Menu Styles/Implementation, Guiding Healthy Choices

The following pages are taken from the book Making Mealtime Magic with Person Centered Dining from Becky Dorner & Associates, Inc. They provide some ideas for facilities that are considering implementing selective dining styles and/or menus, including restaurant style menus. Ideally, you will want to conduct a sample survey with your residents and determine their favorite foods so you can include these on your restaurant style menus. You will want to choose the residents’ most favorite foods as staple items on your menus, and then rotate other favorite food items.

The first few pages in this section include sample policies and procedures, sample restaurant style menus for Breakfast/Brunch, and Lunch/Dinner. As you review these samples, you will notice a number of “Today’s” or “Chef’s” specials where you can rotate the residents’ favorite food items each day. You can use the “Possible Menu Rotations for the Daily Specials” (for Breakfast/Brunch, and Lunch and Dinner) for ideas on which food items to use for your daily rotations.

“Guiding Resident Choices for a Healthy Diet” provides guidelines for your staff to encourage residents to choose a well-rounded meal when they are using restaurant style menus, buffets, or other personal choice food service meal options. This tool provides suggestions for servings of each food group at breakfast, lunch and dinner, and also provides some general guidelines for healthy snacks. We suggest that you train your service staff to use these guidelines, and also post this information in areas where service staff can view it – or better yet, print this onto note cards for staff to carry in their pockets.

In addition to these tools, there is a sample restaurant style menu template. You can also download this template from the free members’ only area of our website at http://www.beckydorner.com/membersonly (simply sign up for the free membership on our home page to access the members’ only area).

The book includes a lot of additional information and resources. For more information, please visit http://www.beckydorner.com/products/252 and for menus that are already created: http://www.beckydorner.com/menusrecipes.

Last, there is a sample holiday/theme meal poster and menu spreadsheet included (with many more offered in the book).

We hope these resources will assist you in your journey to create person centered dining as a focus for your residents.
Selective Menus

Policy:

If selective menus are offered, selections will be provided within allowed dietary modifications. A non-select menu will be available for anyone who does not make meal choices on their own. If an individual is unable to make their own choices, a family member may make the selection, or staff will choose based on known food preferences and diet order. Nutritional supplements may be added to the selective menu after discussion with the individual.

Procedure:

1. Selective menus are provided to all individuals who choose to make their own menu selections. Assistance from family or staff is encouraged for those who cannot make their own menu choices.

2. Nutrition and food service staff will label menus with the individual’s name, room number and diet, and deliver the menus.

3. Nursing staff may assist in the delivery of menus and in menu selection as deemed necessary. Family members are also encouraged to assist when needed. Menus are returned to the food service department when complete.

4. The Food Service Manager, or designee will review food choices for individuals on therapeutic diets, and refer to the registered dietitian nutritionist (RDN) or designee if there are concerns.
   a. The RDN or designee will counsel individuals, if needed, on appropriate choices for their therapeutic diets to encourage a nutritionally adequate diet and will document accordingly in the medical record. Interview the individual regarding nutritional interventions that are acceptable (i.e. milkshake, fortified cereal, etc.) for those needing high calorie/protein supplements or other nutrition interventions.
   b. The RDN or designee will add the intervention to the individual’s selective menu.
   c. The RDN or designee will observe the individual’s acceptance and tolerance to the nutritional intervention and adjust as needed.

Note: Support staff work under the supervision of the registered dietitian nutritionist (RDN). Support staff include nutrition and dietetics technician registered (NDTR), nutrition associates (four year degree in nutrition/dietetics), certified dietary managers (CDM), food service managers, etc. The RDN may delegate certain tasks based on the scope of practice and competency level of each member of the nutrition team.
Family Style Dining

Policy:

Family style dining supports the rituals of dining at home. Individuals participating in family style dining will be monitored for safe food handling and needs during the meal. Individuals will be offered personal choice in dining service.

Procedure:

1. Family style dining is available to individuals during breakfast, lunch and dinner.
2. Nursing staff will remind all residents/patients of the meal. Nursing is responsible for assisting those needing help to the dining room. Individuals are assisted to prepare for the meal (glasses on, hearing aids in, hands washed, etc.)
3. Nursing and food service staff will offer food and beverage choices to the individual at the point of service.
4. Food is placed in bowls or on platters and delivered to the dining tables just prior to service. The food will:
   - Be covered if necessary.
   - Be at the appropriate and required temperature for service.
   - Have the appropriate size serving utensil according to the planned menu.
5. Food bowls and platters used are appropriate for passing at the table. Soup and dessert items may not lend themselves to family style dining and may be serviced similar to restaurant service.
6. A staff member will:
   - Oversee the passing and serving of the food as needed.
   - Encourage appropriate portion size. Assist those with manual dexterity limitations.
   - Monitor for any unsafe food handling practices during the meal (such as direct hand contact with the food by an individual, or other forms of contamination such as sneezing, coughing or spitting on or near the food to be passed).
   - If a food item is considered contaminated, the food will be removed from the table and a replacement obtained.
7. If the individual decides not to follow specific diet recommendations, there is an obligation to educate on the risk of not following their diet. If the individual cannot make this decision, then family, physician, durable power of attorney for medical care, etc. will be educated on the risks and will determine what is best.
8. For those individuals unable to pass dishes, Russian-style of family-style service may be used. Waiters offer choice of entrée, vegetable and starch from divided dishes. Leftovers served in this manner can be properly returned to the kitchen.
9. Nursing staff are responsible for recording food and beverage intakes. This information is recorded per facility policy.
IN DHCC Meeting: Roundtable on Person Centered Dining

10. Individuals are offered (or assisted to use) a hand wipe or cloth to wipe their hands prior to leaving the dining room.

11. The food service manager will perform meal rounds routinely to determine if the meals are attractive and nutritious and meet the needs of the individual; and will observe meals for preferences, portion sizes, temperature, flavor, variety and service accuracy.
Buffet Style Dining

Policy:

Buffet Style Dining offers the individual infinite possibilities for mealtime food combinations and selections. Individuals will be provided personal choice dining and the ability to choose food portions that match their appetite. Appropriate assistance will be provided during meal service and dining. Infection control systems will also be followed.

Note: Much of this also applies to food/salad bars and self-service stations.

Procedure:

1. Buffet style dining is available during breakfast, lunch and dinner. Foods and beverages should allow for variety and rotation of various food items.
2. Nursing staff will remind all residents/patients of the meal. Nursing is responsible for assisting those needing help to the dining room. Individuals are assisted to prepare for the meal (glasses on, hearing aids in, hands washed, etc.)
3. Nursing and food service staff will offer food and beverage choices to the individual at the point of service.
4. Independent residents are encouraged to plate their own hot and cold food items. Nursing staff is available to facilitate others with their self-selection of hot and cold food items from the buffet line. Dietary staff members will plate the food items chosen. Most residents will require tray service of food items selected to table side.
5. If the individual decides not to follow specific diet recommendations, there is an obligation to educate on the risk of not following their diet. If the individual cannot make this decision, then family, physician, durable power of attorney for medical care, etc. will be educated on the risks and will determine what is best.
6. Nursing staff members place the food items from the tray to each resident’s/patient’s table place setting and provide eating/dining assistance as needed.
7. Any resident/patient or staff member returning to the buffet line should obtain a clean plate.
8. Staff should monitor individuals to assure that unsafe practices do not occur (such as reaching into the food and then putting it back on the food bar)
9. Dietary staff must be attentive to food holding times and the possible need for batch cooking to assure a quality product. Remove food pans prior to replacing food items. Never add new food to older food that has been sitting on a buffet table.
10. Staff must assure that food is safe. Food must be held at ≥ 135 degrees F for hot foods ≤ 41 degrees F for cold foods. Food should not be held longer than 2 hours.
11. Sneeze guards should be provided.
12. Nursing staff members are responsible for recording food and beverage intake. This is recorded per facility policy.

13. Individuals are offered (or assisted to use) a hand wipe or cloth to wipe their hands prior to leaving the dining room.

14. The food service manager will perform meal rounds routinely to determine if the meals are attractive and nutritious and meet the needs of the individual; and will observe meals for preferences, portion sizes, temperature, flavor, variety and service accuracy.

15. Food service staff will break down, clean and sanitize the buffet equipment after each meal.
# Making Mealtime Magic
With Person Centered Dining

## Café Breakfast/Brunch Menu
**Entrees, Fruits, Juices, Baked Goods & More!**

<table>
<thead>
<tr>
<th>Fruit</th>
<th>Beverages</th>
<th>Entrees</th>
<th>Combinations*</th>
<th>Sides</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana</td>
<td>Fruit Juices (Apple, Cranberry, Grape, Orange or Today’s Juice*)</td>
<td>Eggs made to order (scrambled, poached, fried, hard boiled)</td>
<td>Breakfast sandwich of the day*</td>
<td>Yogurt (plain, fruit or Greek)</td>
</tr>
<tr>
<td>Stewed Prunes</td>
<td>Milk (Skim, 2%, Low Fat Chocolate)</td>
<td>Waffles</td>
<td>Chef’s daily combination*</td>
<td>Bacon</td>
</tr>
<tr>
<td>Today’s seasonal fruit*</td>
<td>Hot Brewed Coffee</td>
<td>Chef’s daily special*</td>
<td></td>
<td>Sausage</td>
</tr>
<tr>
<td></td>
<td>Hot Tea</td>
<td>Breads and Cereals</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ice Water with Lemon</td>
<td>Choice of hot cereal (cream of wheat or rice, oatmeal, grits)</td>
<td>Choice of cold cereal (toasted O's, raisin bran, corn flakes)</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Toast (white or wheat)</td>
<td>Today’s baked goods &amp; breads*</td>
<td></td>
</tr>
</tbody>
</table>

*Ask your server about today’s special choices*

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*We are indeed much more than what we eat, but what we eat can nevertheless help us to be much more than what we are.*

- Adelle Davis (1904-1974)
Café Lunch and Dinner Menu  *Entrees, Sandwiches, Salads, Sides & More*

**Appetizers/Salads**
- Soup de Jour*
- House Salad
- Selection of Cheeses & Crackers
- Today’s salad*  

**Beverages**
- Fruit Juices (Apple, Cranberry, Grape, Orange or Today’s Juice*)
- Milk (Skim, 2%, Low Fat Chocolate)
- Hot Beverage of Choice (brewed hot coffee, hot tea)
- Cold Beverage of Choice (iced tea, soda, ice water with lemon)

**Entrees**
- Pot roast with gravy
- Oven baked chicken
- Spaghetti with meat sauce
- Catch of the day*
- Chef’s daily special*  

**Sandwiches**
- Chicken salad on choice of bread or croissant
- Hamburger (with lettuce, tomato, onion, cheese, condiments)
- Grilled cheese
- Turkey Club (turkey, Swiss cheese, bacon, mayonnaise)
- Sandwich of the day*  

**Combinations**
- Soup du jour and salad bar
- Half sandwich of the day and soup du jour
- Half sandwich of the day and house salad

**Sides**
- Creamy mashed potatoes
- Rice pilaf
- Seasoned corn
- Green beans
- Today’s vegetables*
- Today’s special side*

**Desserts**
- Today’s fresh seasonal fruit*
- Today’s special baked goods*
- Ice cream or sherbet

*Ask your server about today’s special choices*

These pages are taken from the book *Making Mealtime Magic With Person Centered Dining*
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Possible Menu Rotations for Daily Specials: Breakfast/Brunch

Note: Rotate different specials for each meal.

Today’s Seasonal Fruit
- Fresh fruit cup (melons, berries)
- Grapefruit
- Melon: cantaloupe, honeydew
- Orange sections
- Orange and grapefruit
- Seasonal berries: blackberries, blueberries, raspberries, strawberries,

Today’s Juice
- Cranberry mixes: cranberry with apple, grape, orange
- Pineapple
- Pineapple-orange
- Strawberry-kiwi

Hot Beverage of Choice
- Regular or decaffeinated coffee
- Regular or decaffeinated tea
- List of available teas (herbal teas, flavors, etc.)
- Hot spiced apple cider (seasonal)

Cold Beverage of Choice
- Iced Tea: sweet, unsweetened, flavored teas (peach, lemon, raspberry, etc.)
- Soda: Cola, diet cola, ginger ale, diet ginger ale, lemon-lime soda, diet lemon-lime soda, root beer, etc.
- Lemonade, flavored lemonades (raspberry lemonade, etc.)

Chef’s Daily Specials
- French toast
- Omelets: made to order, 3 cheese, ham and cheese

Today’s Baked Goods and Breads:
- Muffins: apple cinnamon, banana, blueberry, cranberry orange
- Coffee cake, crumb cake
- Danish, pastries, or donuts

Chef’s Daily Combinations
- Breakfast sandwich: egg and cheese, egg, ham and cheese, egg, sausage and cheese

Today’s Special Sides
- Ham
- Cottage cheese and peaches
Possible Menu Rotations for Daily Specials: Lunch and Dinner

Note: Rotate different specials for each meal.

Soup de Jour (preferably homemade)
- Bean soup, black bean soup
- Beef vegetable soup
- Chicken noodle soup
- Cream of celery, chicken, tomato
- Clam chowder
- Corn chowder
- Minestrone
- Potato soup
- Tomato bisque
- Vegetable soup
- Wedding soup

Today's Salad
- Arugula
- Coleslaw, creamy coleslaw
- Cucumber, cucumber and onion, cucumber and tomato
- Lettuce with a variety of vegetables (onion, carrot, cucumber, tomato, etc.)
- Macaroni or pasta salad
- Mixed greens
- Potato salad
- Spinach (baby)
- Three bean salad

Today's Juice
- Cranberry mixes: cranberry with apple, grape, orange
- Pineapple
- Pineapple-orange
- Strawberry-kiwi

Catch of the Day (choice of baked, grilled)
- Mahi mahi
- Salmon
- Tilapia
- White fish

Chef’s Daily Special (Entrees)
- Beef: pepper steak, pot roast, Salisbury steak, sirloin steak, stuffed peppers, tips
- Chicken: baked, fried, a la king, pot pie, sweet and sour
- Italian: lasagna, pizza, ravioli
- Mexican: enchiladas, tacos
- Turkey a la king

Sandwich of the Day
- Ham, ham and cheese
- Reuben
- Sloppy Joe

Today’s Vegetables
- Asparagus
- Broccoli (steamed)
- Carrots (buttered, glazed, with peas)
- Cauliflower (buttered, cheesy)
- Corn (baked casserole, buttered, creamed)
- Greens
- Mixed
- Peas
- Zucchini
Today’s Sides
- Chips (cheese puffs, corn chips, potato chips)
- Macaroni and cheese
- Noodles (buttered, creamed)
- Potatoes: baked, French fries, hash browns (cheesy hash brown casserole), steak fries, sweet potato fries, sweet (baked, candied, casserole), tater tots

Today’s Fresh Seasonal Fruit
- Ambrosia
- Apple: baked with cinnamon
- Applesauce with cinnamon
- Mandarin oranges
- Melon in season: cantaloupe, honeydew, watermelon
- Peaches
- Pears
- Strawberries
- Watermelon

Today’s Special Baked Goods (Desserts)
- Cake (cherry, chocolate, marble, white, yellow) with topping (fruit, frosting, whipped cream),
- German chocolate, jello cake
- Cheese cake with topping (cherries, strawberries, whipped topping)
- Cookies: chocolate chip, kiss cookies, peanut butter, snicker-doodle, sugar
- Cookie bars: blondies, brownies, seven layer bars
- Pudding: bread pudding, butterscotch, chocolate, pistachio, rice pudding, tapioca, vanilla, white chocolate

Bread Basket Suggestions
If you choose to have a bread basket on the table, consider varying the breads offered based on the day’s specials. Offer a variety of breads (two to three types) in the basket each day.
- Quick breads: banana, blueberry, corn, cranberry-orange, pumpkin
- Yeast breads: Ciabatta, French, Italian, oat, rolls, rye, sour dough, white, whole grain, whole wheat
Guiding Resident Choices for a Healthy Diet

The following are general guidelines for a regular diet that is well rounded and meets the MyPlate guidelines for a healthy diet. Refer to your registered dietitian nutritionist (RDN) and your diet/nutrition manual for more specific guidance, especially for therapeutic diets.

**Breakfast**
Encourage residents to choose the following for each breakfast meal:

- 1 serving of fruit or juice (preferably high in vitamin C)
- 2 servings of cereal and/or bread (preferably whole grain)
- 1 oz of protein or equivalent
- 1 c low fat milk or yogurt
- Beverage of choice (coffee, tea, water, etc.)

**Lunch and Dinner**
Encourage residents to choose the following for each Lunch and Dinner meal:

- 2-3 oz protein or equivalent (typically 2 oz at one meal and 3 oz at the other meal)
- 2 servings of vegetables
- 2 servings bread or grain (preferably whole grain)
- 1 serving of fruit
- 1 c low fat milk or yogurt
- Condiments as Desired+
- Beverage of choice (coffee, tea, water, etc.)

**Snacks**
Encourage residents to choose healthy snacks, for example:

- Fruits
- Vegetables
- Sandwiches
- Whole grain crackers with cheese
- Low fat yogurt
## Sample Daily Meal Plan for a Well Balanced Diet

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ c Orange Juice</td>
<td>2 oz Roast Beef</td>
<td>6 oz Vegetable Soup</td>
</tr>
<tr>
<td>½ c Oatmeal</td>
<td>½ c Seasoned Rice</td>
<td>3 oz Baked Fish</td>
</tr>
<tr>
<td>¼ c Scrambled Egg</td>
<td>½ c Seasoned Peas</td>
<td>½ c Mashed Potato</td>
</tr>
<tr>
<td>1 Slice Whole Wheat Toast</td>
<td>with Mushrooms</td>
<td>½ c Green Beans</td>
</tr>
<tr>
<td>1 Tbs Jelly or Fruit Spread</td>
<td>1 Tbs Salad Dressing</td>
<td>Almondine</td>
</tr>
<tr>
<td>1 tsp Margarine*</td>
<td>1 Whole Wheat Roll</td>
<td>1 Slice Whole Wheat</td>
</tr>
<tr>
<td>1 c Low Fat Milk and/or</td>
<td>½ c Fruit Sorbet with</td>
<td>Bread</td>
</tr>
<tr>
<td>Yogurt</td>
<td>¼ cup Strawberries</td>
<td>1 Baked Apple</td>
</tr>
<tr>
<td>Condiments as Desired+</td>
<td>1 c Low Fat Milk</td>
<td>1 c Low Fat Milk</td>
</tr>
<tr>
<td>Beverage of Choice</td>
<td>Condiments as Desired+</td>
<td>Condiments as Desired+</td>
</tr>
</tbody>
</table>

**P.M. Snack**

2 Squares Graham Crackers
Beverage of Choice

*Low in trans fats
+May include pepper or other spices, sugar, sugar substitute, salt, coffee creamer, etc.

Based on nutrition goals
Labor Day Celebration

- Mini chicken sliders
- Amish potato salad
- Corn on the cob
- Red, white & blue fruit cup
- Cracked wheat dinner roll
- Choice of beverage
### Labor Day Celebration

<table>
<thead>
<tr>
<th>Regular/No Added Salt</th>
<th>Mechanical Soft</th>
<th>Puree</th>
<th>Consistent Carbohydrate (CCHO)</th>
<th>CCHO Puree</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken Pattie</td>
<td>Chicken Pattie+</td>
<td>P Chicken Pattie</td>
<td>Chicken Pattie</td>
<td>\</td>
</tr>
<tr>
<td>On Mini Bun</td>
<td>On Mini Bun+</td>
<td>And Mini Bun</td>
<td>On Minnie Bun</td>
<td>/P #8 s</td>
</tr>
<tr>
<td>Lettuce, Tomato</td>
<td>Tomato Slice,</td>
<td>Mayonnaise, Mustard</td>
<td>Lettuce, Tomato</td>
<td>1 each</td>
</tr>
<tr>
<td>Slice, Mayonnaise,</td>
<td>Mustard</td>
<td></td>
<td>Slice, Mayonnaise,</td>
<td>1 each</td>
</tr>
<tr>
<td>Mustard</td>
<td></td>
<td></td>
<td>Mustard</td>
<td></td>
</tr>
<tr>
<td>Amish Potato Salad</td>
<td>Amish Potato Salad</td>
<td>P Amish Potato Salad</td>
<td>Amish Potato Salad</td>
<td>%8 s</td>
</tr>
<tr>
<td>Bu. Corn on the Cob</td>
<td>Creamed Corn</td>
<td>P Bu. Corn</td>
<td>Bu. Corn</td>
<td>\</td>
</tr>
<tr>
<td>Red, White &amp; Blue</td>
<td>Red, White &amp; Blue</td>
<td>P Red, White &amp; Blue Fresh Fruit Cup (Honeydew, Strawberries, Blueberries)</td>
<td>Red, White &amp; Blue Fresh Fruit Cup (Honeydew, Strawberries, Blueberries)</td>
<td>#12 s</td>
</tr>
<tr>
<td>Fresh Fruit Cup</td>
<td>Fresh Fruit Cup</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>(Honeydew, Strawberries, Blueberries)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>With Whipped Topping</td>
<td>With Whipped Topping</td>
<td>With Whipped Topping</td>
<td>With Whipped Topping</td>
<td>1 Tbsp</td>
</tr>
<tr>
<td>Cracked Wheat</td>
<td>Fresh Bread+</td>
<td>P Dinner Roll</td>
<td>Dinner Roll</td>
<td>1</td>
</tr>
<tr>
<td>Dinner Roll</td>
<td>With Margarine</td>
<td>With Margarine</td>
<td>With Margarine</td>
<td>1</td>
</tr>
<tr>
<td>With Margarine</td>
<td>Low Fat Milk*</td>
<td>Low Fat Milk*</td>
<td>Low Fat Milk*</td>
<td>1 c*</td>
</tr>
<tr>
<td>Low Fat Milk</td>
<td>Choice of beverage*</td>
<td>Choice of beverage*</td>
<td>Choice of beverage*</td>
<td></td>
</tr>
<tr>
<td>Choice of beverage</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*At Ordered Liquid Consistency  +As Tolerated  P = Pureed

These pages are taken from the book *Making Mealtime Magic With Person Centered Dining*

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