

BASIC MENUS ALTERNATE ENTREES

The BASIC menu system lists a suggested alternate for all Dinner and Supper meals for every day of this six week cycle. These alternate entrees and vegetables **may be** used for individual residents who do not want to be served an item as on the menu.

For example, the alternate entree and vegetable selection for Week 2, Tuesday, Dinner lists:

Breaded Fish Square 2 oz; Garden Peas 1/3 C

The entree for this day is Fried Chicken Thigh and the vegetable Corn with Peppers. The staff may prepare the fish and/or peas for residents they know **in advance** do not want the planned menu for this day. However, if another item is more appropriate, the staff may prepare in advance an alternate **of their choice**. The only requirement is that a planned entree provide 2 ozs. protein, and that alternate vegetables, potatoes, etc., are 1/3 cup. For example, Veal Cutlet and Chopped Spinach instead of the Fish Square and Garden Peas. The menu listed alternate is only a suggestion, and **is not intended** to be prepared in case someone does not like the menu for the day.

For residents who have not indicated in advance their dislikes, a poster entitled:

INDIVIDUAL RESIDENT FOOD SUBSTITUTIONS

has been developed (please see attachment). The ingredients for these items are to be on hand in case a resident refuses all or part of his/her tray of food. Each of the suggested foods may be quickly prepared and served to the resident who has refused the meal. After it is determined a resident has a dislike, this information is to be added to preference lists. The next time this meal is served, the resident who rejected their meal may be served the alternate, preplanned in advance, for this meal.