150.009: Dietary Service

...E) Quality of food

1) At least three meals that are nutritious and suited to special needs of patients and residents shall be served daily.

2) Meals shall be served at regular times, with not more than a 15-hour span between a substantial evening meal and breakfast. Breakfast shall not be served before 7:00 a.m.; the evening meal shall not be served before 5:00 p.m. When a five-meal plan is in effect, the main evening meal shall not be served before 4:00 p.m.

3) Appropriate between-meals snacks and bedtime nourishment shall be offered to each patient or resident.

4) Whether a three, four or five-meal-a-day plan is in effect, meals and snacks shall provide nutritional value equivalent to the daily food guide (105 CMR 150.009(D)(2)).