D) Each nursing home shall maintain at all times sufficient food supplies for residents. The home shall maintain at least two days’ supply of perishable food items and at least one week’s supply of staple food items. The amount of such supplies shall be based on the number of meals the nursing home provides and the nursing home’s census.

...E) Each nursing home shall have planned menus, which are approved by the dietitian required by paragraph (K) of this rule, for all meals, including special diets, at least one week in advance. Menus shall be varied and be based on a standard meal planning guide published or approved by a licensed or registered dietitian in accordance with acceptable standards or practice. The nursing home shall maintain records for all meals, including special diets, as served. The meal records shall be kept on file in the nursing home for at least one year after being served and made available to the director upon request. The records shall indicate the date that each meal was served along with any food substitutions from the menu.

...(H) Special diet menus shall be adjusted as directed by the dietitian required under paragraph (K) of this rule or the resident’s attending physician. The special diet shall be prepared and served as ordered.

(I) The nursing home shall monitor each resident’s nutritional intake and make adjustments in accordance with the resident’s needs. Notification of any significant unplanned or undesired weight change shall be made to the resident’s attending physician and the dietitian required by paragraph (K) of this rule. “Significant unplanned or undesired weight change” means a five percent weight gain or loss over a one month period, a seven and one-half per cent or more weight gain or loss over a three month period, or a ten per cent or more weight gain or loss over a six month period.