...4) DIETS AND MENUS.

a) Diets shall be prescribed by the attending physician. Therapeutic menus shall be prepared and served as ordered.

(b) A diet manual, approved by a dietitian, shall be readily available to the attending physician, nursing and dietary service personnel. The manual shall be reviewed at least annually by the dietician.

A) Menus for regular and routine therapeutic diets shall be planned in writing at least three weeks in advance.

B) The current week’s menu shall be posted in the dietary department and in a location accessible and conspicuous to residents.

C) A different menu shall be followed for each day for a minimum of twenty-one days (this does not apply to facilities using selective menus).

D) Menus shall include fresh fruits and vegetables in season.

E) Records of menus, as served, shall be retained for sixty days (this does not apply to facilities using selective menus).

c) Menus shall be planned and followed to meet nutritional needs of the resident in accordance with physician orders and, to the extent medically possible, in accordance with the recommended dietary allowances in the facility diet manual (see subsection (4)(b) of this rule).

5) FOOD PREPARATION AND SERVICE.

...d) An identification system shall be established to ensure that each resident receives diet as ordered.

...g) If a resident refuses a food served, substitute foods of necessary nutritional food elements shall be offered (6) DOCUMENTATION.

Resident’s response to diet shall be recorded in the clinical record when there are significant dietary problems.