SECTION 1400 - MEAL SERVICE

1404. Meals and Services (II)

A. All facilities shall provide meal services to meet the daily nutritional needs of the residents in accordance with the dietary reference intakes (DRIs) of the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences.

C. Residents shall be allowed to choose between a variety of foods offered. Personal preferences as to the times residents receive their meals may be honored. This may include offering smaller, more frequent meals, or snacks, or postponing meals to honor a resident’s request, e.g., to sleep or not to eat. The condition of the resident shall dictate the manner in which meal service is adjusted to suit personal preferences. Meal service systems, e.g., four-meal plans and/or buffet dining, may be offered in order to facilitate the resident receiving a variety of foods.

E. Food shall be cut, chopped, ground or blended to meet individual needs.

...G. The same menu items shall not be repetitively served during each seven-day period except to honor specific, individual resident requests. Substitutes of similar nutritive value shall be offered to residents who refuse food served.

1406. Diets (II)

A. All diets shall be prescribed, dated and signed by the physician and be prepared in conformance with physicians’ orders giving consideration to individual resident preferences.

B. The necessary equipment for preparation of resident diets shall be available and utilized.

C. A diet manual published within the previous five (5) years shall be available and shall address at a minimum:

1. Food sources and food quality;

2. Food protection storage, preparation and service;

3. Meal service staff health and cleanliness;

4. Dietary Reference Intakes (DRIs) of the Food and Nutrition Board of the Institute of Medicine, National Academy of Sciences food serving recommendations;

5. Menu planning, including plans appropriate to special needs, e.g., diabetic, low-salt, low-cholesterol, or other diets appropriate for the elderly and/or infirm.

1407. Menus
A. Menus shall be planned and written at a minimum of four (4) weeks in advance and dated as served. The current week’s menu, including routine and special diets and any substitutions or changes made, shall be readily available. At least the current day’s menu shall be posted in one (1) or more conspicuous places in a public area. All substitutions made on the master menu shall be recorded in writing. Cycled menus shall be rotated so that the same weekly menu is not duplicated for at least a period of two (2) weeks.

B. Each menu shall be approved in writing by a dietitian before meals are prepared and served.

C. A file of tested recipes, adjusted to appropriate yield, shall correspond to items on the posted menus.

Diets shall be prepared in conformance with physicians’ orders. A current diet manual shall be readily available to attending physicians, dietary service personnel and nursing and direct care personnel. (II)

(a) Diets shall be prescribed, dated and signed by the physician.

(b) Facilities with residents in need of special or therapeutic diets shall provide for such diets. (c) Notations shall be made in the medical record of therapeutic diet served, counseling or instructions given and resident’s tolerance of the diet.

(d) Persons responsible for diets shall have sufficient knowledge of food values in order to make appropriate substitutions when necessary. All substitutions made on the master menu shall be recorded in writing.

(e) Meals and snacks shall meet the nutrient needs of the residents according to recommended dietary allowance for age and sex.

(f) Efforts shall be made to accommodate religious practices.

(g) Copies of menus served shall be kept on file for at least one month, and available for inspection.

(h) The dietetic service shall be oriented, and shall take into account the variations of eating habits, including cultural and ethnic needs of each individual resident.

(i) The food served shall be nutritionally and calorically adequate (as recommended by the National Nutritional Council) and served attractively.

(6) Planning of Menus and Food Supplies

(a) Menus shall be planned and written at least two weeks in advance and dated as served. The current week’s menus, including routine and special diets and any substitutions made, shall be maintained in the dietary department.

(b) Records of menus as served shall be filed and maintained for at least 30 days.