RULE §19.1107 Menus and Nutritional Adequacy

a) Menus must:

1) meet the nutritional needs of residents in accordance with the recommended dietary allowances of the Food and Nutrition Board of the National Research Council, National Academy of Sciences;

2) be prepared at least one week in advance;

3) be written for each type of diet ordered in the facility, in accordance with the facility's diet manual;

4) be written or completely evaluated by the facility's dietitian or consultant dietitian;

5) vary from week to week, taking the general age-group of residents into consideration; and 6) be followed. Any substitutions must be documented as required in subsection d) of this section.

b) A qualified dietitian may accept diet orders and changes from the physician.

c) The facility must ensure that a current diet manual, approved by the facility dietitian or the consultant dietitian, is readily available to dietary service personnel and the supervisor of nursing service. To be current, the diet manual must be no more than five years old.

d) The facility must retain records of menus served and food purchased for 30 days. A list of residents receiving special diets and a record of their diets must be kept in the dietary area for at least 30 days.

e) The facility must post the current week’s menu:

1) in the dietary department, including therapeutic diet menus, so employees responsible for purchasing, preparing, and serving foods can use it; and

2) in a convenient location so the residents may see it.

f) Any substitution of menu items must be recorded on the day of use.

RULE §19.1108 Food

Each resident must receive and the facility must provide:

...4) substitutes of similar nutritive value to residents who refuse food served; and