7.14 Dietary Services

...(b) Menus and nutritional adequacy. 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 in advance; and

(3) be followed.

(c) Food. Each resident shall receive and the facility shall provide:

... (4) substitutes offered of similar nutritive value to residents who refuse food served.

(d) Therapeutic diets. Therapeutic diets must be prescribed by the attending physician.