

MASSACHUSETTS

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150.009: Dietary Service

...E) Quality of food

- 1) At least three meals that are nutritious and suited to special needs of patients and residents shall be served daily.
- 2) Meals shall be served at regular times, with not more than a 15-hour span between a substantial evening meal and breakfast. Breakfast shall not be served before 7:00 a.m.; the evening meal shall not be served before 5:00 p.m. When a five-meal plan is in effect, the main evening meal shall not be served before 4:00 p.m.
- 3) Appropriate between-meals snacks and bedtime nourishment shall be offered to each patient or resident.
- 4) Whether a three, four or five-meal-a-day plan is in effect, meals and snacks shall provide nutritional value equivalent to the daily food guide (105 CMR 150.009(D)(2)).