

Menu Planning Process

KEEPING OUR MEALS RELEVANT AND VITAL TO THOSE WE SERVE



1 STEP 1: CHEFS CREATE DRAFT MENU

Our professionally-trained chefs draft a 6-week menu. While creating the menu, they consider several factors such as presentation, food cost and practicality of preparation.



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STEP 2: NUTRITION ASSESSMENT

Our registered dietitians complete a nutritional assessment of the recipes. Meal plan goals are established by careful review of research on nutrition-based interventions for people living with HIV/AIDS and cancer and by the Dietary Reference Intake ranges (DRI's) as established by the United States Department of Agriculture.

NUTRITION GOALS OF REGULAR MEAL PLANS

A daily average of:

- ✓ 1,800 calories
- ✓ 80 grams of protein
- ✓ No more than 2,000mg of sodium

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STEP 3: RECIPE MODIFICATION

Once the nutrient analysis is complete, the nutrition services manager and executive chef modify the recipe for a regular meal into the other specialized meal plans.

OUR SPECIALIZED MEAL PLANS

- REGULAR
- PUREED
- DIABETIC
- SHELF STABLE
- RENAL
- NO DAIRY
- HEART-HEALTHY
- GASTROINTESTINAL FRIENDLY
- SOFT
- VEGETARIAN
- NO FISH

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STEP 4: CLIENT FEEDBACK

Our clients have the opportunity to provide feedback on the menu by completing our client survey, speaking with a dietitian or calling our client services hotline.



Delivering hope, one meal at a time®

