WHAT THE SPORK?

How To Build Efficiencies, Strategies, & Tools To Do More With Less

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MARTIN BROS. DISTRIBUTING

OBJECTIVES

- I. Highlight the technology options to improve dining operations.
- 2. Inspire approaches to reinvigorate excitement in senior living dining programs.
- 3. Understand the tools and resources available to efficiently execute meal service in your senior living community.
- 4. Discover ways your consultant dietitian can be part of your efficient dining program.

INFLATION: THE THREE HEADED MONSTER



TOP 3 EXPENSES

I. Labor/Wage

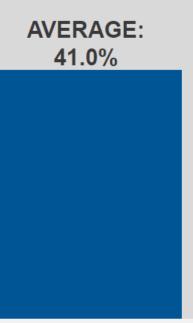
2. Food Costs

3. Medical Supplies



Nursing home providers estimate their costs have increased by 41% in one year.

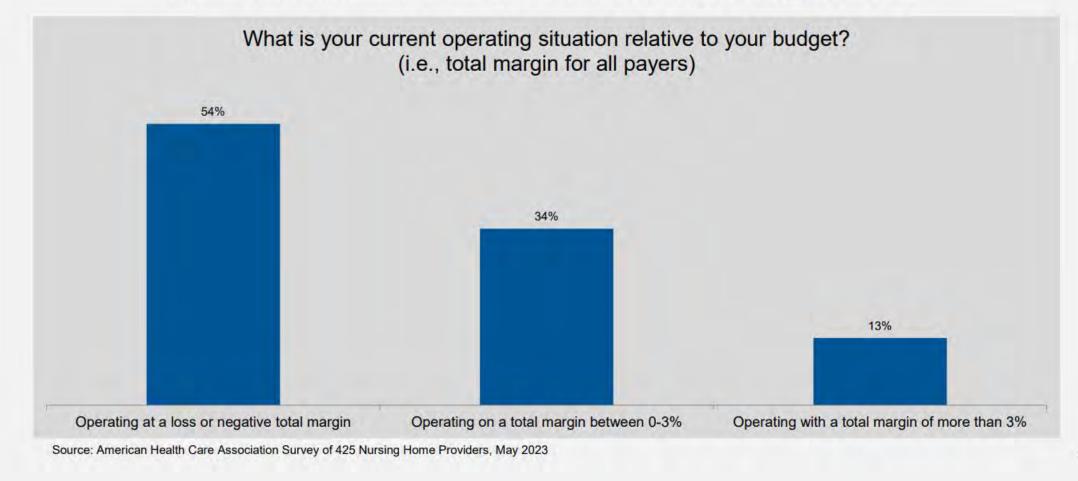
By what percentage have your operational costs increased since this time last year?



Source: American Health Care Association Survey of 759 Nursing Home Providers, May 16-20, 2022



More than half of nursing homes are operating at a loss



Source: American Health Care Association Survey of 425 Nursing Home Providers, May 2023



Approximately 77% of nursing homes facing moderate to high levels of staffing shortages



Source: American Health Care Association Survey of 425 Nursing Home Providers, May 2023

Source: American Health Care Association Survey of 425 Nursing Home Providers, May 2023

COST BENCHMARK "STANDARD OR POINT OF REFERENCE"

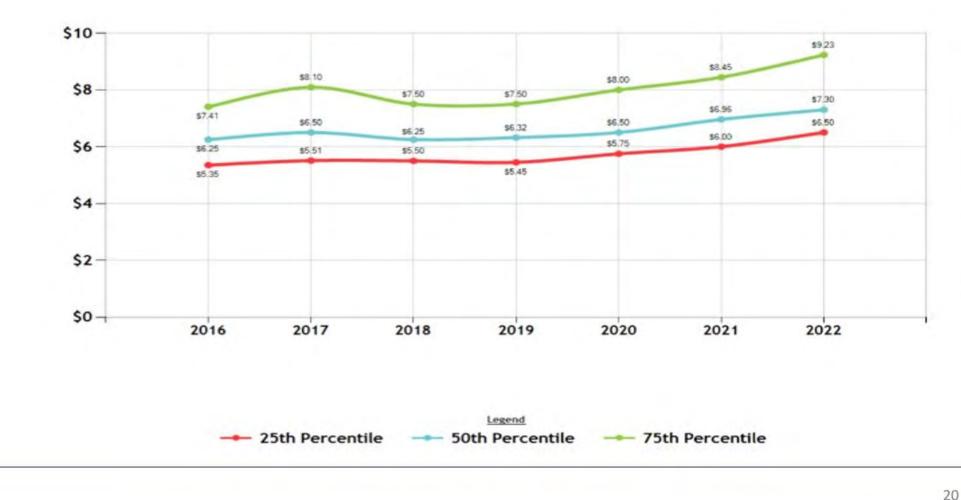
Measured in PPD's: Per Patient Day Costs

ANFP Skilled Nursing Facility Benchmarking Survey



N = 324 responses





CALCULATING PPDS...

Determine patient/resident days per month: 31 days X 87 residents = 2697 resident days

Calculate food cost per patient day \$25,594 divided by 2,697 resident days = **\$9.49 PPD**



\$8,000.00

\$6,000.00

\$4,000.00 -

\$2,000.00 -

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Spend Down Formula

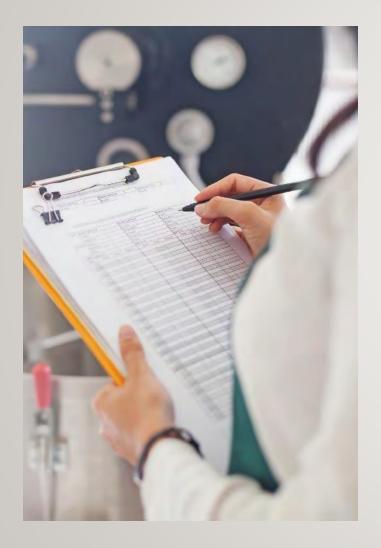
- # Residents x Goal PPD = Daily Grocery Spend
- Daily Grocery Spend x 7 days/week = Weekly Grocery Spend

Example:

- 60 residents x goal ppd of \$7.50 =\$450/day
- 7 days x \$450/day = \$3150/week to spend on groceries



PPD RELEVANT TRENDS & CONSIDERATIONS



Regional Trends: \$6.00-\$9.00

ANFP Reported Median in 2022 (2021): \$7.30 \$6.50-\$9.25

Facility History

What is included in the PPD?

Inflation

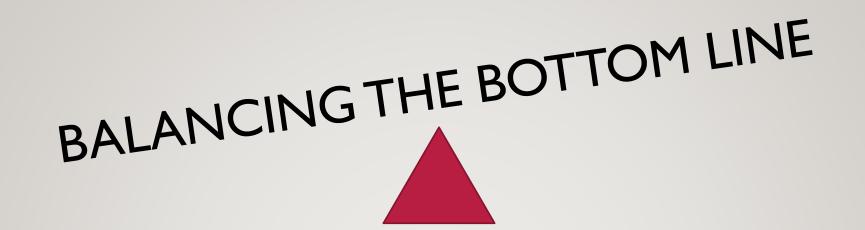
INFLATION
TABLE

2020	2021(+ 8%)	2022(+ 14%)	2023 (+ 5%)
\$5.50	\$5.94	\$6.77	\$7.11
\$5.75	\$6.21	\$7.08	\$7.43
\$6.00	\$6.48	\$7.39	\$7.76
\$6.25	\$6.75	\$7.70	\$8.08
\$6.50	\$7.02	\$8.00	\$8.40
\$ 6.75	\$7.29	\$8.31	\$8.73
\$7.00	\$7.56	\$8.62	\$9.05
\$7.25	\$7.83	\$8.93	\$9.37
\$7.50	\$8.10	\$9.23	\$9.70



483.60 FOOD AND NUTRITION SERVICES

- The facility must provide each resident with a nourishing, palatable, well-balanced diet that meets his or her daily nutritional and special dietary needs, taking into consideration the preferences of each resident.
- Menus must— (1) Meet the nutritional needs of residents in accordance with established national guidelines; (2) Be prepared in advance; (3) Be followed; (4) Reflect, based on a facility's reasonable efforts, the religious, cultural, and ethnic needs of the resident population, as well as input received from residents and resident groups; (5) Be updated periodically; (6) Be reviewed by the facility's dietitian or other clinically qualified nutrition professional for nutritional adequacy; and (7) Nothing in this paragraph should be construed to limit the resident's right to make personal dietary choices.





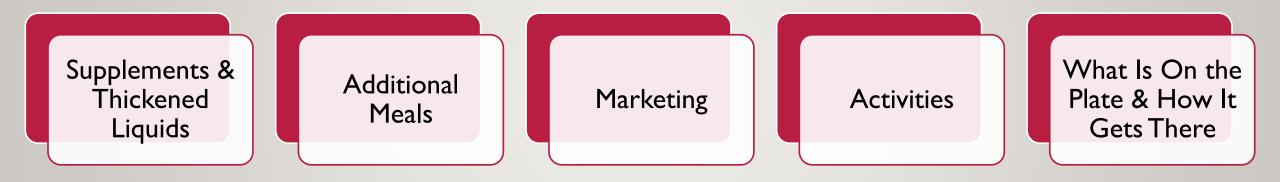
KNEE-JERK RESPONSES TO HIGH PPDS

Point finger at the foodservice distributor

Cherry pick with several foodservice distributers

Purchase lower quality food Change menu to feature low costs foods

INVESTIGATING PPD COMPONENTS



М	Sunday		Monday		Tuesday	
	CHOICE OF JUICE	0.19	CHOICE OF JUICE	0.19	CHOICE OF JUICE	
В	CHOICE OF CEREAL	0.08	CHOICE OF CEREAL	0.08	CHOICE OF CEREAL	
FS	EGG:	0.30	EGG:	0.30	EGG:	
T	MAPLE MINI LONG JOHN MILK		APRICOT COFFEE CAKE MILK	CINNAMON TOAST		
	Meal Total:	1.28		1.20		
N	SALISBURY STEAK W/ MUSHROOM GRAVY GARLIC MASHED		PORK MEDALLIONS W/ CRANBERRY CREAM SAUCE BAKED YAM		CHICKEN LASAGNA TOSSED SALAD W/ DRSG GARLIC TOAST	
00	POTATOES BROCCOLI FLORETS	0.18	CASCADE BLEND VEGETABLES	0.26	FROSTED BANANA BAR	
	ROLL/MARG	0.22	BREAD/MARG	0.16	MILK	
	PUMPKIN PIE/TOPPING MILK		PEACHES & CREAM DESSERT MILK	0.37		
	Meal Total:	2.43		2.17		
EVE	CHEESE QUESADILLA SHREDDED LETTUCE/TOMATO REFRIED BEANS W/	0.31	CHICKEN CORDON BLEU CASSEROLE SEASONED GREEN BEANS BREAD/MARG	0.25	FRENCH ONION BURGER FRENCH FRIES MIXED VEGETABLES MANDARIN	
1	CHEESE		CINNAMON	0.31	ORANGES	
	COOKIE		APPLESAUCE		MILK	
	MILK	0.35	MILK	0.35		
	Meal Total:	1.74		2.23		
	Day Total:	5.44		5.60	P	





"FREE" MEALS

- 12 "free" meals/day
- \$8.50 PRD

- 4 resident equivalents x \$8.50 = \$34.00/day
- \$34.00 ÷ 87 residents = \$.39 additional PRD

Beverages:

- Beverage Cart
 Serve/offer water at all meals
- Asking for beverage preferences
- Updating beverage preferences





Waste Estimates: 18-20%

\$7.50 PPD X 60 Residents = \$81 /day

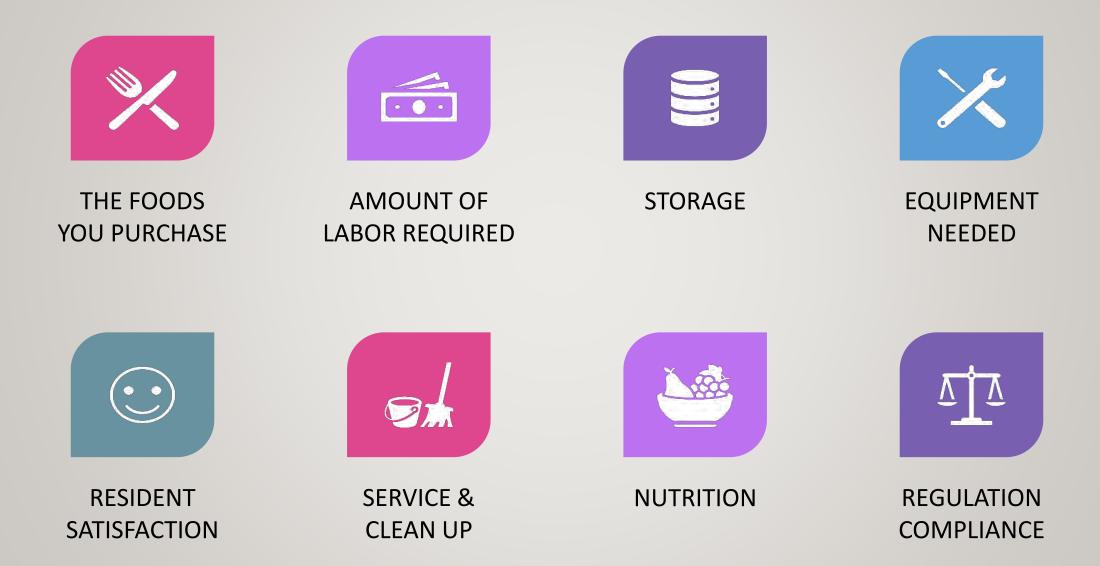
\$29,7565 /year



REASONS FOR FOOD WASTE?

- Not taking count
- Poor inventory control
- Over ordering
- Not following recipes
- Inexperienced staff
- Improper food storage
- Not utilizing FIFO

The Menu Drives Everything



MENUS

Are planned menus?

Customized based on preferences?

Incorporate market trends & seasonal items?

Are diets liberalized?

Is your purchase guide tied to your menu?

Are convenience items used wisely?

How are choices incorporated?



PREPARATION & SERVICE

Are standardized recipes utilized?

Are the recipes aligned with your production strengths?

Is proper portioning done?

Are leftovers evaluated? Are they planned overs?

Are staff trained on preparation principles? Are small portion requests honored? Have you evaluated the use of portion packs & disposables?

BENEFITS OF CYCLE MENU

- Efficient—less time planning menu
- Cost Effective—Use Up Product
- Helps Meet Regulations
- Employee Familiarity





HELP THE KITCHEN FLOW WITH PRE-PREP

Week 1	FALL WINTER 2021-2022 BASE MENU					
Sunday	Monday	Tuesday	Thursday	Friday	Saturday	
			HOT COCOA CHEESECAKE (Thursday): PREPARE & CHILL HOT COCOA CHEESECAKE	CHERRIES IN THE SNOW (Friday): Chill Cherries in the Snow	TUTTI FRUTTI GELATIN (Saturday): Prepare & Chill Tutti Frutti Gelatin	
			Refrigerate			
	TACO SALAD (Wednesday): 2 DAYS AHEAD THAW GROUND BEEF REUBEN BAKE (Wednesday): Thaw Corned Beef BUTTER PECAN CHICKEN (Wednesday): Thaw Chicken Breasts	TACO MEATLOAF (Thursday): THAW GROUND BEEF ROASTED CHICKEN (Thursday): Thaw Chicken Legs	MIXED FRUIT (Thursday): THAW MIXED FRUIT FRIED CORN W/ BACON (Thursday): Thaw Com SHEPHERD'S PIE SOUP (Friday): Thaw Ground Beef	CREAMY HAM ALFREDO (Saturday): Thaw Diced Ham TUTTI FRUTTI GELATIN (Saturday): Thaw Raspberries BAKED HAM (Monday): THAW HAM	FRESH BAKED BREAD (Friday): Proof bread dough in proofer or counter before baking CHILI (Sunday): THAW GROUND BEEF SOUTHERN FRIED CHICKEN (Sunday): THAW CHICKEN	BRAISED STEAK W/MUSHROOM GRAVY (Monday): Thaw Salisbury Steaks

A MENU SYSTEM= EFFICIENCY!

- Provides planned menu in advance
- Nutritionally analyzed
- Standardized Recipes
- Production streamlined
- Products to purchase (new products added to personal order guide)
- Labor/Equipment needed
- Therapeutic Diet Modifications

BE FLEXIBLE



Menu Efficiencies

- Focus on favorites
- Decrease cycle days
- Be aware of markets & disruptions
- Establish contingencies
- Plan for flexibility

MENU SUBSTITUTION POLICY

- Original product is not available in quantity needed.
- Staff shortages limit the ability to prepare original product.
- Equipment malfunction causes a change in what can be prepared.
- Use of another product is needed before expiration is desired for cost control.
- Use of leftovers is desired for cost control.
- Holiday, theme or special menus are served.
- When substitutions need to be made, the Food Service Director will be consulted to determine another standard food equivalent to serve while incorporating the principals of the 2020-2025 Dietary Guidelines for Americans. Standard food groups and equivalents, and substitution guidance are provided in this document.
- Menu substitutions made for one of these reasons shall be documented in the Substitution Log.

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UTILIZE SOUND SYSTEMS AND PROCESSES



STANDARDIZED RECIPES

GLAZED MEATLOAF Portion: 1 piece

Category: Beef/Veal Recipe #: 267

Ingredients	48 Servings	96 Servings	144 Servings	192 Servings
Pan Size:	1-12x20x2	2-12x20x2	3-12x20x2	4-12x20x2
MILK	1 qt	2 qt	3 qt	1 gal
RITZ CRACKERS, CRUSHED	2 lb	4 lb	6 lb	8 lb
ONIONS, FRESH, CHOPPED	3 cup	1 qt + 2 cup	2 qt + 1 cup	3 qt
SHREDDED CHEDDAR CHEESE	1 lb + 8 oz	3 lb	4 lb + 8 oz	6 lb
GROUND BEEF	9 lb	18 lb	27 lb	36 lb
BLACK PEPPER	2 tsp	1 tbsp + 1 tsp	2 tbsp	2 tbsp + 2 tsp
LIQUID WHOLE EGGS	2 1/4 cup	1 qt + 1/2 cup	1 qt + 2 3/4 cup	2 qt + 1 cup
TOPPING				
BROWN SUGAR	2 cup	1 qt	1 qt + 2 cup	2 qt
KETCHUP	2 cup	1 qt	1 qt + 2 cup	2 qt
YELLOW MUSTARD	2 tbsp	1/4 cup	1/4 cup + 2 tbsp	1/2 cup

METHOD:

CCP: THAW GROUND BEEF UNDER REFRIGERATION AND KEEP AT 41°F OR LESS UNTIL READY TO USE IN RECIPE. CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS.

CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS.

CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED.

1. Combine eggs, milk and crushed crackers. Stir in onion and cheese.

2. Add ground beef and black pepper. Mix to combine ingredients, but do not overmix.

Spray pan(s) with pan release and press mixture into 12x20x2 pan(s). Cover with foil.
 Bake in oven at 350°F.

5. Prepare topping: Mix together brown sugar, ketchup and mustard. Spoon half of the mixture over meatloaf after 40 minutes of baking. Return to oven and bake uncovered for 10 minutes. Spoon remaining topping over the meatloaf and continue baking an additional 10 minutes, or until done.

CCP: COOK UNTIL INTERNAL TEMPERATURE REACHES 155°F FOR 15 SECONDS. 5. Cut 12x10x2 pan 4x6 (for 24 servings). Cut 12x20x2 pan 6x8 (for 48 servings). CCP: HOLD AT 135°F OR ABOVE DURING ENTIRE SERVICE PERIOD.

FILES:



ANALYSIS:

Calories: 442.92 Carbohydrate: 23.64 Protein: 21.33 Fat: 28.41 Sodium: 400.74 Potassium: 132.34 Iron: 2.25 Calcium: 161.79 Vitamin A: 299.15 Vitamin E: 0.45 Thiamin: 0.06 Riboflavin: 0.21 Niacin: 0.67 Vitamin C: 1.54

All recipes can work

Scratch Recipes

CITRUS SALSA CHICKEN

Ingredients	36 Servings	40 Servings	48 Servings	60 Servings
Pan Size:				1.25.45
#734418 - ORANGE JUICE	2 qt + 2 3/4 cup	3 qt	3 qt + 2 1/3 cup	1 gal + 2 cup
#620520 - VEGETABLE OIL	1/2 cup	1/2 cup	2/3 cup	3/4 cup
#500011 - CHICKEN BASE, LOW SODIUM	1/4 cup	1/4 cup	1/3 cup	1/3 cup
#909021 - GARLIC MINCED	1 3/4 tbsp	2 tbsp	2 1/3 tbsp	3 tbsp
#977450 - CHICKEN BREAST, BONELESS, SKINLESS, FROZEN, 4 OZ	36 each	40 each	48 each	60 each
#753220 - PINEAPPLE, CRUSHED, #10 CAN	3 1/3 cup	3 3/4 cup	1 qt + 1/2 cup	1 gt + 1 2/3 cup
#751600 - MANDARIN ORANGES, CHOPPED, #10 CAN	1 3/4 cup	2 cup	2 1/3 cup	3 cup
#601800 - RED PEPPERS, DICED, CANNED	2/3 cup	3/4 cup	1 cup	1 cup + 2
#963530 - ONIONS, DICED, FROZEN	1/2 cup	1/2 cup	2/3 cup	3/4 cup
METHOD:		A		

CCP: RETURN INGREDIENTS TO REFIGERATED STORAGE IF PREPARATION IS INTERRUPTED. 1. Combine orange juice, oil, chicken base and minced garlic. 2. Reserve 2 1/2 cups of marinade for salsa and 2 cups for basting (for each 40 servings).

3. Pour remaining marinade for salsa over the chicken. Cover and refrigerate overnight.

Prepare salsa: 4. Combine mandarine oranges, crushed pineapple, diced peppers, diced onions and reserved citrus marinade. Cover and re overnight.

5. Grill, broil or bake chicken breasts, basting frequently with reserved marinade. CCP: COOK UNTIL INTERNAL TEMPERATURE REACHES 165°F FOR 15 SECONDS. CCP: HOLD AT OR ABOVE 135°F WHILE SERVING.

6. Serve 2 TBSP salsa with each chicken breast.



Convenience Recipes

ΊE ortion: 1 SLICE Recipe #: gredient 48 Servings 60 Servings 72 Servings 96 Servings an Size: PIE T&S CHOCOLATE CREAM 3 3/4 each 3 each 4 1/2 each 6 each PIE UB APPLE 3 3/4 each 3 each 4 1/2 each 6 each METHOD CCP: WASH HANDS BEFORE HANDLING FOOD, AFTER HANDLING RAW FOODS OR ANY INTERRUPTION THAT MAY CONTAMINATE HANDS. CCP: USE CLEAN, SANITIZED EQUIPMENT AND UTENSILS. CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED. CCP: BE SURE TO WEAR GLOVES WHEN HANDLING AND CUTTING READY TO EAT FOODS. FRUIT PIES: CCP: STORE PIES IN FREEZER AT OF UNTIL READY TO BAKE. 1. Bake fruit pie(s) from frozen state according to package directions. 2. Cool. 3. Cut each pie into 8 slices. CREAM PIES: CCP: STORE PIES IN FREEZER AT OF UNTIL READY TO THAW. 1. Thaw pies under refrigeration at 41f or lower. 2. Slice into 8 slices per pie - (Slicing will be easier if pies are still slightly frozen) CCP: KEEP PIES AT 41F OR LESS BEFORE SERVICE AND DURING SERVICE.

MERINGUE PIES:

- CCP: STORE PIES IN FREEZER AT OF UNTIL READY TO THAW. 1. Thaw whole pie in refrigerator for about 12 hours, or at room temperature for about 4 hours.
- 2. Slice using a warm knife, wipe clean after each cut.
- 3. Serve immediately or refrigerate.
- Keep unused portions covered in refrigerator.
- CCP: KEEP PIES AT 41F OR LESS BEFORE SERVICE AND DURING SERVICE.

PREP:

NOTES:

ALLERGENS:

**It is not implied nor should it be inferred that recipes that do not list an allergen are free from allergens.

Speed Scratch Recipes

CHERRY CHEESECAKE (MIX)

	Portion: 1 SQ Recipe #: 7										
Ingredie	ent	48 Servings	96 Servings	96 Servings	96 Servings						
Pan Siz	e:	1 12x20x2	2 12x20x2	2 12x20x2	2 12x20x2						
MARG	ARINE, MELTED	2 cup	1 qt	1 qt	1 qt						
GRAH	AM CRACKER CRUMBS	2 qt	1 gal	1 gal	1 gal						
SUGA	R	1 3/4 cup	3 1/2 cup	3 1/2 cup	3 1/2 cup						
CHEE	SECAKE MIX	4 lb	8 lb	8 lb	8 lb						
MILK 1	1%	3 qt	1 1/2 gal	1 1/2 gal	1 1/2 gal						
PIE FI	LLING CHERRY	3 qt	1 1/2 gal	1 1/2 gal	1 1/2 gal						
METHO	D:		•	•							
: 7505	CCP: RETURN INGREDIENTS TO REFRIGERATED STORAGE IF PREPARATION IS INTERRUPTED. margarine and combine with graham cracker crumbs and sugar. ss into the bottom of pan(s). rmilk into a mixer bowl and add cheesecake mix. Blend with wire whip attachment on low speed 30 se bowl well. p on medium speed 2 minutes. DO NOT OVER WHIP. r filling into graham cracker crust. Chill at least 1 hour and preferably overnight. each portion or whole pan with desired fruit topping. each 12x20x2 pan 6x8 for 48 servings. HOLD AT 41F OR LESS DURING SERVICE PERIOD. NOTES: stmplied nor should it be inferred that recipes that do not list an allergen are free from allergens.										

Wee	k 1 Sunda	y				FALL WINTER 2021-2	2022 BASE	MENU				Diet Spreadsheets
		REGULAR/NAS		6 SOFT & BITE-SIZED		5 MINCED & MOIST	1	4 PUREED		CCHO - 5 CHO / MEAL		MODIFIED RENAL
Ter	4 FL OZ	CHOICE OF JUICE	4 FL OZ	CHOICE OF JUICE	4 FL OZ	CHOICE OF JUICE	4 FL OZ	CHOICE OF JUICE	4 FL OZ	CHOICE OF JUICE	4 FL OZ	CRAN, APPLE OR GRAPE JUICE
BFS	1 SERV	CHOICE OF CEREAL	1 SERV	SB6 COOKED CEREAL OR WELL MOISTENED DRY CEREAL, DRAIN	1 SERV	MM5 COOKED CEREAL OR WELL MOISTENED DRY CEREAL, DRAIN	4 OZ L	PU4 CHOICE OF HOT CEREAL	1 SERV	CHOICE OF CEREAL	1 SERV	CHOICE OF CEREAL, NO BRAN
т	1 EACH	EGG:	#10 SCP	SB6 EGG:	#10 SCP	MM5 EGG:	#12 SCP	PU4 SCRAMBLED EGG	1 EACH	EGG:	2 EACH	EGG:
P.	2 EACH	FRENCH TOAST BITES	2 EACH	PU4 OR SLURRY FRENCH TOAST BITES	2 EACH	PU4 OR SLURRY FRENCH TOAST BITES	#16 SCP	PU4 FRENCH TOAST BITES	1 1/2 EACH	FRENCH TOAST BITES	1 SLICE	CINNAMON TOAST
	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	4 FL OZ	WHOLE MILK
	2 EACH	APPLEWOOD SMOKED BACON BBQ RIBS	#8 SCP	SB6 APPLEWOOD SMOKED BACON BBQ RIBS	#8 SCP	MM5 APPLE SMOKED BACON BBQ RIBS	#8 SCP	PU4 APPLEWOOD SMOKED BACON BBQ RIBS	2 EACH	APPLEWOOD SMOKED BACON BBQ RIBS	2 EACH	PLAIN RIBS
N	#8 SCP	CHEDDAR RANCH SCALLOPED POTATOTES	#8 SCP	SB6 CHEDDAR RANCH SCALLOPED POTATOTES	#8 SCP	MM5 CHEDDAR RANCH SCALLOPED POTATOTES	#8 SCP	PU4 CHEDDAR RANCH SCALLOPED POTATOES	#8 SCP	CHEDDAR RANCH SCALLOPED POTATOTES	4 0Z S	PARSLEY NOODLES
0 0 0	4 OZ S	SEASONED GREEN BEANS	4 OZ S	SB6 SEASONED GREEN BEANS, DRAIN	4 OZ S	MM5 SEASONED GREEN BEANS, DRAIN	#12 SCP	PU4 SEASONED GREEN BEANS	4 OZ S	SEASONED GREEN BEANS	4 OZ S	SEASONED GREEN BEANS, FZN
	1 SLICE	PIE	1 SLICE	SB6 PIE, NO CRUST	1 SLICE	MM5 PIE, NO CRUST	#10 SCP	PU4 PIE	1/2 SLICE	PIE	1/2 SLICE	PIE
	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	4 FL OZ	CRAN, APPLE OR GRAPE JUICE
A	1 EACH	BEEF MINUTE STEAK	#8 SCP	SB6 BEEF MINUTE STEAK, NOT TOUGH	#8 SCP	MM5 BEEF MINUTE STEAK, NOT TOUGH	#8 SCP	PU4 BEEF MINUTE STEAK	1 EACH	BEEF MINUTE STEAK	1 EACH	BEEF MINUTE STEAK
1	#8 SCP	MASHED POTATOES	#8 SCP	MASHED POTATOES	#8 SCP	MASHED POTATOES	#8 SCP	MASHED POTATOES	#8 SCP	MASHED POTATOES	#8 SCP	STEAMED RICE
2	2 OZ L	BEEF GRAVY	2 OZ L	BEEF GRAVY	2 0Z L	BEEF GRAVY	2 OZ L	BEEF GRAVY	2 OZ L	BEEF GRAVY	1 TSP	MARGARINE
	1 EACH	CRISPY CHICKEN SANDWICH	1 50	SB6 CRISPY CHICKEN PATTY ON SLURRY BUN	1 50	MM5 CRISPY CHICKEN PATTY ON SLURRY BUN	#6 SCP	PU4 CRISPY CHICKEN SANDWICH	1 EACH	GRILLED CHICKEN SANDWICH	1 EACH	GRILLED CHICKEN SANDWICH
	1 TBSP	HONEY MUSTARD	1 TBSP	HONEY MUSTARD	1 TBSP	HONEY MUSTARD	1 TBSP	HONEY MUSTARD	2 TSP	MAYO/MUSTARD	1 TBSP	HONEY MUSTARD
EV	1 SERV	LETTUCE /TOMATO /ONION	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	1 SERV	LETTUCE /TOMATO /ONION	1 EACH	LETTUCE/ONION
E	2 0Z S	ONION TANGLERS	#8 SCP	MASHED POTATOES/MARG	#8 SCP	MASHED POTATOES/MARG	#16 SCP	PU4 ONION TANGLERS	1 TBSP	ONION TANGLERS	#8 SCP	STEAMED RICE
	#8 SCP	CREAMY COLESLAW	#12 SCP	PU4 CREAMY COLESLAW	#12 SCP	PU4 CREAMY COLESLAW	#12 SCP	PU4 CREAMY COLESLAW	#8 SCP	CREAMY COLESLAW	4 0Z S	STEAMED CABBAGE
	1 EACH	COOKIE	1 EACH	PU4 OR SLURRY COOKIE, NO NUTS/CHIPS/RAISINS	1 EACH	PU4 OR SLURRY COOKIE, NO NUTS/CHIPS/RAISINS	#16 SCP	PU4 COOKIE, NO CHIPS/NUTS/RAISINS	1 EACH	COOKIE	1 EACH	COOKIE
	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	8 FL OZ	MILK	4 FL OZ	CRAN, APPLE OR GRAPE JUICE
A	1 EACH	CHEDDAR OMELET	1 EACH	SB6 CHEDDAR OMELET	1 EACH	MM5 CHEDDAR OMELET	#12 SCP	PU4 CHEESE OMELET	1 EACH	CHEDDAR OMELET	2 EACH	HARD COOKED EGG
	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	4 FL OZ	TOMATO JUICE	1 SERV	FRUIT, NO BANANA

	Week1 Monday : NOON MEAL							Date:	
Offered	Servings Prepared	LeftOver	Recip Numb		scription	Serving Size	Cooked Temp	Served Temp	
				JUICE					
			11886	CRANBERRY JUICE		6 FL OZ			
				ENTREE					
			8115	ROAST BEEF		2 oz			
			8115	GRND ROAST BEEF		3 oz			
			8115	ROAST BEEF		3 oz			
			8115	ROAST BEEF CUT UP		3 oz			
			10535	PUR ROAST BEEF		#6 SCP			
			14569	GRND HOT BEEF SAND		1 EACH			
			14569	HOT BEEF SANDWICH		1 EACH			
			14569	HOT BEEF SANDWICH		11/2 EACH			
				FRUIT/VEG/STA	RCH				
			7389	FF BEETS		4 OZ S			
			7776	MASHED POT / GVY		#8 SCP			
			8079	CORN, FZN		4 OZ S			
			8193	BAKED POTATO/MARG		1 EACH			
			9191	RICE		#8 SCP			
			9191	STEAMED RICE		#8 SCP			
			9465	TATER TOTS		9 EACH			
			9991	BUTTERED BEETS		3 OZ S			
			9991	BEETS, DRAINED		4 OZ S			
			9991	BUTTERED BEETS		4 0Z S			
			14398	PUR BEETS		#12 SCP			
				BREA D					
			2244	BREAD/MARG		1 EACH			
			2244	BREAD/MARG (WHOLE W	(HEAT)	1 EACH			
				DESSERT					
			2159	DICED PEACHES, DRAIN		4 OZ S			
			2159	PEACHES		4 OZ S			
			2159	PEACHES		6 OZ S			
			1393.5	PURPEACHES		#16 SCP			
				BEVERA GE					
			11620	FAT FREE MILK		8 FL OZ			

PRODUCTION GUIDES





OVER-PORTIONING

- Staff serves 4 oz roast beef (\$1.60) vs 3 oz which is specified on menu (\$1.20)
 - \$72 more each time featured
 - \$1,878 yearly
 - Over-portioning daily-\$26,280 annually



MENU PLANNING FOR LOW LABOR/ LOW CENSUS

We	ek 1 REGULAR/NAS		FALL WIN	TER 2022-2023 BASE	MENU		Week at a Glance
м	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B F S T	CHOICE OF JUICE CHOICE OF CEREAL EGG: MAPLE BACON MINI LONG JOHN MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: APRICOT STREUSEL COFFEE CAKE MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: BACON TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL EGG: TOAST MARGARINE/JELLY MILK	CHOICE OF JUICE CHOICE OF CEREAL SAUSAGE LINK PANCAKES/SYRUP FRUIT MILK	CHOICE OF JUICE CHOICE OF CEREAL APPLE BUTTER BREAKFAST BAKE FRUIT MILK	CHOICE OF JUICE CHOICE OF CEREAL HOT BREAKFAST SLIDER MILK
ZOOZ	COUNTRY FRIED STEAK MASHED POTATOES COUNTRY GRAVY ROASTED RANCH BROCCOLI ROLL/MARG PUMPKIN PIE/TOPPING MILK	PORK MEDALLIONS W/ CRANBERRY CREAM SAUCE BUTTERY SWEET POTATO CASSEROLE BRUSSELS SPROUTS W/ CRAISINS BREAD/MARG PEACHES & CREAM DESSERT MILK	CHICKEN LASAGNA ITALIAN BLEND VEGETABLES GARLIC TOAST BANANA BREAD CAKE MILK	SMOKED SAUSAGE GERMAN SPAETZLE & CABBAGE MARINATED CUCUMBERS RYE BREAD / MARG CARAMEL APPLE CRISP MILK	CHICKEN PICCATA GARDEN LONG GRAIN & WILD RICE PARSLIED CARROTS VANILLA CHEESECAKE W/ CHERRY SAUCE MILK	SALMON PATTY CREAMED PEAS & POTATOES BREAD/MARG PEANUT BUTTER & JELLY BROWNIE MILK	PHILLY CHEESESTEAK BAKE CORN BREAD/MARG RASPBERRY SHERBET GELATIN MILK
E V E	CRISPY EMPANADA SHREDDED LETTUCE/TOMATO REFRIED BEANS W/ CHEESE CINNAMON APPLESAUCE COOKIE MILK	CHICKEN CORDON BLEU CASSEROLE SEASONED GREEN BEANS BREAD/MARG PEACHES MILK	SMASHBURGER SLIDERS POTATO WEDGES MIXED VEGETABLES PEARS MILK	LOADED HOT TURKEY SANDWICH FRIED POTATOES BEETS FRUIT MIX MILK	HOMEMADE CHILI SHREDDED CHEESE/DICED ONION CRACKERS CINNAMON ROLL TOSSED GREENS W/ DRSG PINEAPPLE MILK	CUBAN PIZZA CREAMY COLESLAW RICE KRISPIE SQUARE MILK	SOUP OF THE DAY CRACKERS COLD CUT SANDWICH LETTUCE & TOMATO SLICE POTATO CHIPS MANDARIN ORANGES MILK

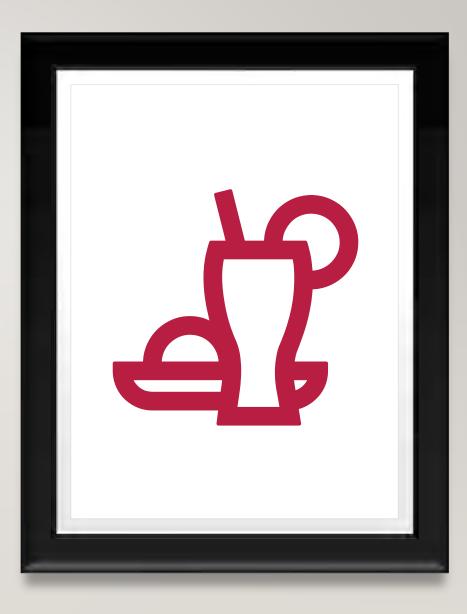
Μ	Sunday	Monday	a second la la second	Tuesday			Friday
B F S	CHOICE OF JUICE CHOICE OF CEREAL EGG: DANISH MILK	0.25 CHOICE OF JUICE 0.08 CHOICE OF CEREAL 0.32 EGG: 0.43 COFFEE CAKE 0.32 MILK	0.25 CHOICE OF 0.08 CHOICE OF 0.32 EGG: 0.60 BACON 0.32 TOAST MARGARIN	F CEREAL	Jul /		ow Labor
	Meal Total:	1.41			1	().)	0 more/day
NO	COUNTRY FRIED STEAK MASHED POTATOE COUNTRY GRAVY BROCCOLI FLORE ROLL/MARG		=\$90				0.37 PEAS 0.24 RG 0.16 JTTER & 0.33
110	PUMPKIN PIE/TOPPING MILK	6 hr Ial		\$15 =			WNIE 0.32
	PIE/TOPPING MILK Meal Total:	3.36	bor x \$ \$ 90	\$15 =			WNIE 0.32 2.45
E V E	PIE/TOPPING MILK			VEDSES			WNIE 0.32
E V E	PIE/TOPPING MILK Meal Total: CRISPY EMPANADA SHREDDED LETTUCE/TOMATO REFRIED BEANS W/ CHEESE CINNAMON APPLESAUCE COOKIE	3.36 1.29 CHICKEN CORDON 0.32 BLEU CASSEROLE SEASONED GREEN 0.42 BEANS BREAD/MARG 0.30 MANDARIN ORANGES 0.12 MILK	\$90 BUN 0.23 POTATO W MIXED VEC 0.16 PEARS 0.40 MILK	VEDSES			WNIE 0.32 2.45 RUST 0.68 7 0.51 0.36

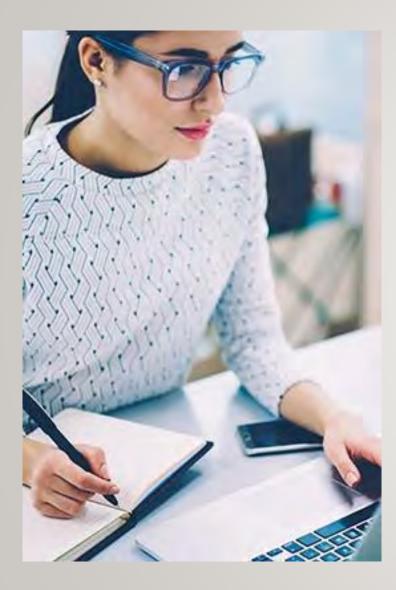
OFFER VS SERVE



SHOP THE REFRIGERATOR. DESIGNATE ONE MEAL WEEKLY TO A "USE IT UP" MEAL OR MENU FEATURE

- SEASONAL ITEMS
- GREAT PURCHASE DEALS
- ITEMS COMING OFF OF A MENU
- SURPLUS SUPPLIES





ORDERING

Is an inventory taken before ordering?

Is census considered in product needs? Do you utilize a grocery list tied to your menu system?

Are you purchasing according to your buying program or GPO?

Are you optimizing product selections routinely with your distributor?

Consider seasonal items and coupon specials.

Are grocery store trips minimized?

Who is checking in the orders?

Week 1 Sund	day to Week 5 Saturday Gro	G SUMMER ENU	April 10,	2022 to May 14, 2022	
Item #	Item Description	Pack Size	Cases Needed	Cases On Hand	Purchase Cases
Bakery & Ba	aking Products				
460831	Baking Powder Five Pound Tin	1 / 5# TIN	**		
461171	Baking Soda	1 / 1 pound	**		
983640	Biscuit Dough Southern Style 2.75 Inch	120 / 2.2 ounce	4 1/4		
415638	Bread Crumbs Plain	1 / 15 pound	3/4		
989150	Bread Garlic Toast Brown And Serve	125 / 1.8 ounce	5 3/4	C -	
986370	Bread Hoagie Hinged Sliced 5-6 Inch	9 / 6/5.5 inch	2	Ge	enerate
989120	Bread Wheat Splittop Sliced	10 / 24 ounce	15	Groo	cery Lists
989110	Bread White Splittop Sliced	10 / 24 ounce	2 1/4	GIU	
343456	Breadstick 6 Inch Mini	1 / 175 Count	2		
989130	Bun Hamburger White Sliced 4 inch	10 / 12 Count	3 1/2		0.00
989140	Bun Hot Dog White Sliced	12 / 12 Count	1 1/2		
402150	Cake Mix White	6 / 5 pound	1/2		
402140	Cake Mix Yellow	6 / 5 pound	1 1/2		
712260	Cheesecake Mix No Bake Creamy	6 / 4 pound	3/4		
465170	Chocolate Chips Semisweet	12 / 12 ounce	1/2		-
465000	Corona 10 100/ Button Eat	115 pound	**		

LINK TO CART FOR ORDERING

	that less than 1/4 Case of the produc				Search
ltem #	Description	Pack Size	Cases Needed	Cases On Hand	Purchase Cases
Bakery &	Baking Products				
415090	Bread Crumbs Panko Japanese	1 / 25 pound	**		1
415638	Bread Crumbs Plain	1 / 15 pound	**		1
985370	Bread Garlic Toast	125 / 1.5 ounce	1 1/2		2
986320	Bread Rye Reuben Sliced	6 / 33 ounce	3 1/2		4
989120	Bread Wheat Splittop Sliced	10 / 24 ounce	7 3/4		8
343456	Breadstick 6 Inch Mini	1 / 175 Count	1 1/2		2
754580	Cherry Pie Filling	6 / #10	3/4		1
465230	Cocoa 10 - 12% Butter Fat	1 / 5 pound	1/2		1

COST OF A GROCERY STORE RUN

I head of lettuce @ \$1.29.....\$1.29
I hour of time @ \$15.00/hour....\$15.00
2 miles to store @ \$.51/mile....\$2.04
Cost to process a check\$15.00
\$33.33

BACON

A different Brand?

A different count?

Raw or Precooked?

() Martin Bros.		Search all items	Q	😯 101750 - Base Menu Maintenance Ac
Home Products - Dish! -	Mpower 🛪 Re	esources * Education * Help *		📜 Orders ≕, Orde
INCLUDE Unreviewed Recipes: No Yes	6	LASAGNA Number: 17261 Category: Beef/Veal Sharing Level: Global Last Modified: 04/21/2020 by Unknown	Serving Size: 1 Square Ingredients: 13	\$2.13 cost per serving
RECIPE CATEGORY Beef/Veal Beverage		LASAGNA Number: 18746 Category: Beef/Veal Sharing Level: Local Last Modified: 05/10/2022 by msell@martinbros.com	Serving Size: 1 Square Ingredients: 11	\$0.97 cost per serving
Cereal	E.	LASAGNA (FZN NOODLES) Number: 6287 Category: Beef/Veal Sharing Level: Global Last Modified: 07/25/2022 by kwulkow@martinbros.com	Serving Size: 1 Square Ingredients: 7	IDDSI-Ready Reviewed \$1.02 cost per serving
← MENUS ▲ 2021-2022 Demo ▲ Curo Care SS 2022		LASAGNA (SCRATCH) Number: 18522 Category: Beef/Veal Sharing Level: Global Last Modified: 04/21/2020 by Unknown	Serving Size: 1 Square Ingredients: 13	\$0.72 cost per serving
 A FALL WINTER 2022-2023 BASE MENU A FALL WINTER 2022-2023 BASE MENU (5 WEEKS) 		LASAGNA (SCRATCH) Number: 9174 Category: Beef/Veal Sharing Level: Global Last Modified: 06/26/2020 by Unknown	Serving Size: 1 Square Ingredients: 16	\$0.86 cost per serving
RECIPE SHARING LEVEL Local Shared		LASAGNA ROLL UP Number: 17267 Category: Entree Sharing Level: Global Last Modified: 04/21/2020 by Unknown	Serving Size: 1 Each Ingredients: 3	Reviewed \$1.39 cost për serving
Global INGREDIENT FLAGS		LASAGNA ROLL UP Number: 7856 Category: Entree Sharing Level: Global Last Modified: 11/01/2016 by msell@martinbros.com	Serving Size: 1 Each Ingredients: 2	\$1.00 cost per serving

HOW DO YOU ACCOMMODATE EVERYONE'S PERSONAL PREFERENCES?

- The Silent Generation (1928 1945)
 - Simple and Traditional
 - Meat & Potatoes
- Baby Boomers (1946 1964)
 - Traditional With A Twist
 - Sandwiches besides hamburgers
- Generation X (1965 1980)
 - Curious Eaters Who Want Exotic Food
 - Ethnic Foods



GET RESIDENT INPUT

Weekly Sampler

Seafood Quiche / Vegetable Quiche / Meat Lovers Quiche

Quiche: a savory egg custard baked in a flaky pie crust shell. The base of quiche filling are milk, cream, and eggs. The additions vary and can include meats, seafood, cheese, spices and vegetables.

Which is your favorite? Seafood Vegetable Meat Lover

Would you like to see this item featured on the menu? Yes No

Other Comments:

- Be positive with new menu options
- Show pictures, describe new recipes
- Food Council Meetings
- Bring Food
- Ask for "this or that" rather than open ended

ALWAYS AVAILABLE



BREAKFAST ANYTIME

BREAKFAST CEREALS

Choice of cereal served with toast with butter and jelly and seasonal fruit (1/2 cup)

TOASTED BAGEL

With cream cheese or peanut butter or peanut butter & jelly, plus seasonal fruit and orange juice.

YOGURT FRUIT PLATE or COTTAGE CHEESE With granola & honey & muffin

EGGS WITH BACON OR SAUSAGE

Choice preparation of eggs served with toasted English muffin with butter and jelly, orange juice

PANCAKES WITH BACON OR SAUSAGE With butter and syrup.

Choice preparation of 1 egg. Orange juice

MARIE

LUNCH & DINNER

SPINACH SALAD Fresh spinach leaves, dried cranberries, diced egg and bacon crumbles. Served with choice of salad dressing.

> HOUSE SIDE SALAD With dressing of choice

FRUIT PLATE Medley of fresh fruits and choice of chicken, tuna or egg salad on lettuce leaf with sliced tomatoes and crackers.

LOADED BAKED POTATO Including butter, sour cream, shredded cheese and chives with peaches, or choose a baked sweet potato.

SINGLE-SERVE ITEMS

Sautéed Summer Vegetables Onion Rings French Fries Fried Okra Green Beans Applesauce

BREAKFAST DAILY SPECIALS

ng ruw or undercooked meute, poultry, seafood, shellfish or eggs may increase your risk of foodborne illinese

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Pancakes	Sausage	Homemade	Lemon	Warm	Biscuit and	Denver
with Syrup &	Gravy &	Muffins with	Blueberry	Cinnamon	Sausage Links	Omelet Muffin
Bananas or	Biscuits &	Yogurt Parfait	French Toast	Roll with	with Baked	with Orange
Blueberries	Strawberry		Casserole with	Seasonal Fruit	Cinnamon	Slices
	Cup		Banana Half		Apples	

HAMBURGER or HOT DOG With cheese, includes lettuce, tomato, pickle spear, French fries,

condiments and applesauce. TURKEY CLUB Turkey and crispy bacon with lettuce leaf and sliced tomato on toasted bread with mayo, served

with chips and applesauce. CHICKEN STRIPS & FRENCH FRIES Three golden strips with dipping

sauce. Served with French fries and applesauce.

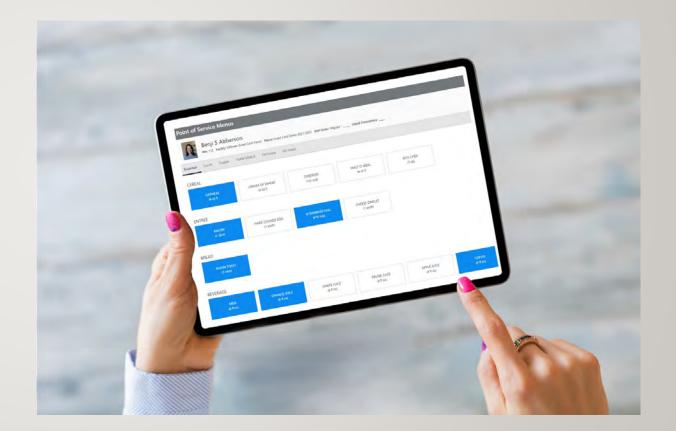
DESSERTS ICE CREAM Vanilla Chocolate Strawberry No-Sugar-Added Vanilla

RAINBOW



OFFER PERSONAL CHOICES EFFICIENTLY AND SAFELY

	1	
Mon - May 13, 2019	Mon - May 13, 2019	Mon - May 13, 2019
BREAKFAST	NOON	EVE
REGULAR/NAS	REGULAR/NAS	REGULAR/NAS
Thin	Thin	Thin
Allergies: Peanuts, sesame	Allergies: Peanuts, sesame	Allergies: Peanuts, sesame
MAIN MEAL	MAIN MEAL	MAIN MEAL
CHOICE OF CEREAL	COUNTRY FRIED STEAK	FRENCH ONION CHICKEN CASSEROLE
EGG:	MASHED POTATOES	BUTTERED NOODLES
WAFFLES	COUNTRY GRAVY	HERBED CARROTS
BERRY COMPOTE	PARMESAN ROASTED BROCCOLI	
-	BREAD/MARG	MUFFIN
BEVERAGE	CHOCOLATE SUNDAE	STAIN GLASS PARFAIT
SOY MILK	•	BEVERAGE
JUICE: APPLE, GRAPE, PRUNE	BEVERAGE	*MAGIC CUP
JUICE: CRANBERRY, ORANGE,	*MAGIC CUP	
TOMATO	SOY MILK	SOY MILK
FRUIT PUNCH, ORANGE, TEA	FRUIT PUNCH, ORANGE, TEA	FRUIT PUNCH, ORANGE, TEA
PINK LEMONADE, HOT CHOCOLATE	PINK LEMONADE, HOT CHOCOLATE	PINK LEMONADE, HOT CHOCOLATE
COFFEE	-	-
-	ALWAYS AVAILABLE	ALWAYS AVAILABLE
ALWAYS AVAILABLE	COLD CUT SANDWICH	COLD CUT SANDWICH
-	BLT SANDWICH	BLT SANDWICH
SPECIAL INSTRUCTIONS	HAMBURGER ON BUN	HAMBURGER ON BUN
*needs help cutting meats	GRILLED CHEESE SANDWICH	GRILLED CHEESE SANDWICH
	GRIELED CHLESE SANDWICH	-
	SPECIAL INSTRUCTIONS	SPECIAL INSTRUCTIONS
	*needs help cutting meats	*needs help cutting meats
	Anecus help cutting meats	1 3
Guest2 Guest2	Guest2 Guest2	Guest2 Guest2
Table 1 Rm: 102A	Table 1 Rm: 102A	Table 1 Rm: 102A
Adaptive Equip: divided plate	Adaptive Equip: divided plate, tippy cup	Adaptive Equip:
······································		



SNACK OPPORTUNITIES AND PRESENTATION



-





ACTIVITIES & FOOD

- Theme Meal Magic
- Tea Party
- Movie Party
- Ice Cream Social
- Happy Hour
- Think of your own social obligations...most revolve around food!!
- →Do you have a budget for this?



USEYOUR REGISTERED DIETITIAN

THERAPEUTIC DIETS CAN BE COSTLY

- Citation costs if not serving correct diet/menu/texture.
- Costs of purchasing extra food items
- Costs of production for preparing menu items for all diets
- Staff ability to produce quality meal.
- Do residents eat the restricted diet?
- How is resident satisfaction?

WHY ARE SUPPLEMENTS OFTEN THE FIRST INTERVENTION?

Literature cites at least 40% of supplements are not consumed

CMS states in F325 Interpretive Guidelines, "With any nutrition program, improving intake via wholesome foods is generally preferable to adding nutritional supplements." http://www.pioneernetwork.net/Data/Documents/NewDiningPracticeStandards.pdf

FORTIFY IT!







DO YOU HAVE THE RIGHT TOOLS FOR THE MENU?





10° CHEF'S KNIFE - SANI SAFE - BLUE HANDLE (251640) SANI-SAFE® Cook's Knife, in Perfect Cutlery Packaging, stain-free, highcarbon steel blade, textured, blue polypropylene handle. NSF Certified.



 3.5° PARING KNIFE V-LO (250718) V-LO(0) 3,5^\circ Parer. The ideal tool for pealing, trimming, slicing, and garnishing small fruits and vegetables.



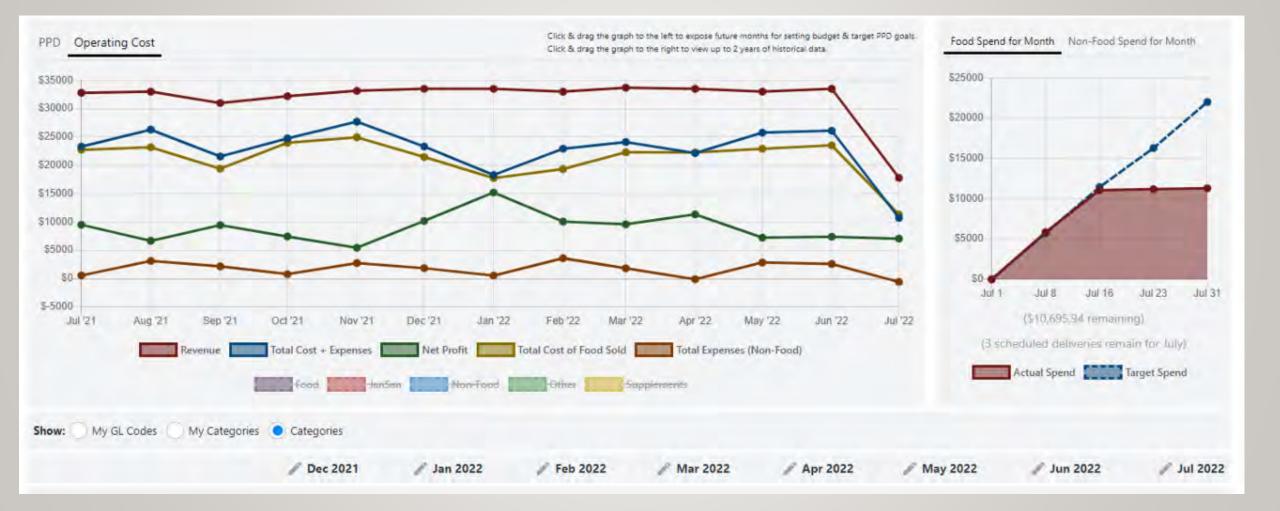
12" SLICER ROAST BEEFV-LO (250546) Duo edge roast slicer with dex-tex armadillo texture and composite handle, stain free, high-carbon steel blades, long lasting sharp edges. NSF certified.



8" FILLET KNIFE - NARROW (90137209) The Soffrip product line is the standard in non-slip and comfortable design for demanding kitchen environments. Blades are manufactured from proprietary DEX-STELUM stain-free, high-carbon steel and are individually ground and honed.



Keep Your Spend In Check





PILFERAGE

- Monitoring high risk items
- Using clear trash liners
- Installed a camera
- Lighting in the parking lot
- Limited access to the kitchen
- Budget support for our team

Dining Leaders

- Stay informed
- Are accountable for fiscal success
- Think outside the box for staffing solutions
- Inspire staff
- Regularly communicate with leaders
- Take action



Questions?

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