

## **DOVE HEALTHCARE RESIDENT CHOICE MEAL PLAN**

### **7:00-9:00 AM**

#### **Continental Breakfast:**

- Juice, Milk, Coffee
- Assorted Cold Cereal/Hot Cereal
- Fresh and Canned Fruits
- Daily Special such as Fresh Baked Muffin, Egg Patty or Bagels
- White, Wheat, Raisin Toast, English Muffins made to order

### **10:30-11:30 AM**

#### **Brunch:**

- Entrees vary from breakfast foods to soup and sandwiches; hot dishes and the picnic favorites – hamburgers and hot dogs.
- At least 3 times a week grills are brought to the Dining Rooms where daily items like French Toast, Pancakes, Eggs, or Grilled Cheese are prepared to order, adding aroma and food quality to our meals

### **1:30 PM**

#### **Afternoon Offering:**

- “Treat Time” varies from pizza to ice cream
- Fruit Cups and/or Fresh Fruit
- Homemade cookies daily
- Individual snack sized treats are always available such as Rice Krispie™ bars, Lorna Doone™ cookies, cheese and crackers, popcorn, other chip snacks.

### **4:00 PM**

#### **Supper Meal (largest meal):**

- Main Entrée, Starch, Vegetable, Fruit or Dessert
- Entrees include: Chicken Kiev, roast beef, turkey, seafood newberg, shrimp

### **6:30 PM**

#### **Evening Offering:**

- ½ Sandwich
- Fruit Cups and/or Fresh Fruit
- Homemade cookies daily
- Individual snack sized treats are always available such as Rice Krispie™ bars, Lorna Doone™ cookies, cheese and crackers, popcorn, other chip snacks.

**During meals, residents can socialize and participate in current events and other activities. Meal service is offered in the dining rooms for those not in need of room service.**

## **Continental Breakfast Choices**

### **Beverages**

#### Milk

- Skim
- 2%
- Whole

#### Hot Offerings

- Coffee
- Hot Chocolate
- Tea

#### Juices

- Apple
- Cran-Apple
- Cranberry
- Orange
- Grape
- Prune
- Tomato
- V-8

### **Fruits**

- Orange
- Apple
- Banana
- Stewed Prunes

### **Cereal Choices**

#### Cold Offerings

- Rice Krispies
- Raisin Bran
- Corn Flakes
- 40% Bran Flakes
- Cheerios
- Shredded Wheat
- Frosted Flakes

#### Hot Offerings

- Oatmeal
- Hot Cereal of the Day

### **Breads**

- White Toast
- Wheat Toast
- Raisin Toast
- English Muffin
- Muffin of the Day

### **10:30-11:30 AM Brunch:**

- Selections of food vary: breakfast type foods available on some days and sandwiches, hot dishes, etc. on other days.
- Grills are utilized in the dining rooms for preparation of pancakes, eggs, grilled sandwiches, etc.
- On Sundays after church we often have many family members dine with their loved ones.
- If a resident was not awake and did not eat continental breakfast, we will wake them for the brunch meal.
- Most nourishments/supplements that are needed for resident nutrition are provided at the brunch and supper meals.
- We use fresh fruit for garnish when in season..

### **1:30 PM Offering:**

Our social time/coffee hour or another group activity is normally going on during this time and our activity aides provide service down the halls and in the activity sessions.

Large variety of foods served at this snack time. Some of the resident's favorites are:

- Orange or root beer floats
- Chili
- Chips and salsa/dip
- Pizza
- Ice cream bars

We also include the following items on the carts:

- Homemade cookies
- Individual fruit cups
- Bags of popcorn
- Rice Krispie™ bars (pre-packaged)
- Cheese on crackers (pre-packaged)
- Ensure
- Individual puddings
- Soups are added to the menu occasionally during the winter months.

#### **4:00 PM Supper Meal**

- Meal service is provided from steam tables in dining rooms by the Dietary staff.
- This meal is our largest offering of the day.
- Nourishments/supplements are provided at this time if the resident requires the added nutrition.
- Eating earlier allows time for good digestion before going to bed for the evening.

#### **6:30 PM Offering**

- A snack cart is brought around to each resident's room.
- Activities are going on after supper and this snack passed during the activities as well.
- Sandwiches are also available in nurse's station refrigerator to give out during the evening/night hours.
- Individual pre-packaged foods such as those offered at 1:30 are also available.
- We do not wake residents to offer this snack as food is available throughout the night.

## SAMPLE MENUS

### Resident Choice Meal Plan

Meal	General
<b>7-9 AM Continental Breakfast</b>	<ul style="list-style-type: none"> <li>• Assorted Fruit and Juice</li> <li>• Variety bread</li> <li>• Hot/Cold Cereal</li> <li>• Milk/Coffee/Tea</li> </ul>
<b>10:30AM Brunch</b>	<ul style="list-style-type: none"> <li>• Grilled Ham/Cheese on rye</li> <li>• Cream of potato soup 6 oz</li> <li>• Pineapple rings - 2</li> <li>• Milk/Coffee/Tea</li> <li>• Salad bar/1st floor</li> </ul>
<b>1:30 Offering</b>	<ul style="list-style-type: none"> <li>• Tortilla chips &amp; salsa</li> <li>• Cookie</li> </ul>
<b>4 PM Supper</b>	<ul style="list-style-type: none"> <li>• Mushroom Steak</li> <li>• Mashed potato</li> <li>• Fresh squash</li> <li>• Strawberries</li> <li>• Milk/Coffee/Tea</li> </ul>
<b>6:30 Offering</b>	<ul style="list-style-type: none"> <li>• ½ Sandwich</li> <li>• Fruit cup</li> </ul>

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<b>10:30AM Brunch</b>	<ul style="list-style-type: none"> <li>• OJ or Prune Juice</li> <li>• Pancakes/Syrup (2)</li> <li>• Smokie links (2)</li> <li>• Milk/Coffee/Tea</li> <li>• </li> <li>• Salad bar/1st floor</li> </ul>
<b>1:30 Offering</b>	<ul style="list-style-type: none"> <li>• Cheese &amp; crackers</li> <li>• Cookie</li> </ul>
<b>4 PM Supper</b>	<ul style="list-style-type: none"> <li>• Battered Fish</li> <li>• Potato Wedges</li> <li>• California Blend - 1/2 cup</li> <li>• Pear halves - 1/2 cup</li> <li>• Milk/Coffee/Tea</li> </ul>
<b>6:30 Offering</b>	<ul style="list-style-type: none"> <li>• ½ Sandwich</li> <li>• Fruit cup</li> </ul>