

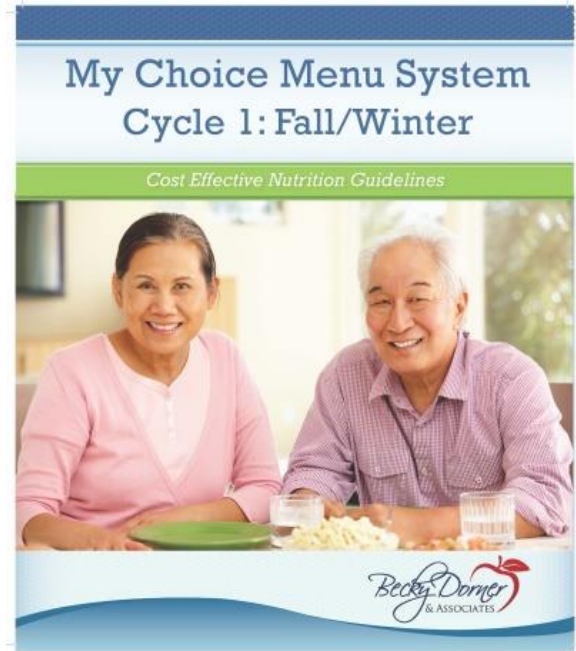


Your Premier Senior Nutrition Resource

New My Choice Menus!

Our new ***My Choice Menus*** offer a wide range of healthy choices for assisted living and nursing facilities. ***My Choice Menus*** are available in 2 formats: eMenus or hard copy menus.

eMenus - Our new cloud based menu system is easy to learn and easy to use! The Menu Publisher module allows you to access the Becky Dorner ***My Choice eMenus***. You can simply customize them to meet your facility's needs or you can create your own menus in the system. More than 5000 recipes available to meet your needs. Reports are available at the click of a button: Week at a Glance, Diet Spreadsheets, Nutrition Analysis, Cost Analysis, Ingredient or Recipe Frequency.



For more information including pricing and a free demonstration, please visit <http://www.beckydorner.com/mychoiceemenu>.

Hard Copy - This traditional format includes a paper copy of the weekly menu overviews, the diet extensions, menu notes and suggestions, always available menus, and diet guidelines in a binder. Your purchase includes a one year subscription to access the nutrition analysis, cost reports and recipes through our website. You can download this information onto your computer and print if you wish. You have the option of renewing your subscription yearly which also includes a newly revised hard copy of the menus to keep your menus up to date.

For additional detail on our hard copy menus, please visit <http://www.beckydorner.com/hardcopygoldmenus>

For more information, please visit www.beckydorner.com or contact us at info@beckydorner.com



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Benefits

- Saves time and relieves added stress
- Tracks food costs and allows you to implement cost saving measures to meet your financial goals
- Enhances production and increases efficiencies
- Provides information to help you meet survey inspection criteria



Features and Advantages

- 4 week cycle menus with diet extension: Regular, Mechanical Soft (NDD Level 3), Puree (NDD Level 1), Reduced Calorie, Consistent Carbohydrate, 2 Gram Sodium, Heart Healthy and Liberalized Renal
- Vital reports at your fingertips to assist in managing your department
- 5000+ standardized recipes that are linked to the USDA data base and manufacturer's nutritional information
- Integrates with the SNO Resident Manager Module for tray tickets, weights, and MNT documentation
- Flexibility for use in multiple facilities

Diet by Week	Cycle: Becky Dorner Cycle1 1st Week						
	Regular - No Added Salt Diet		Primary				
Sunday - Jan 25th	Monday - Jan 26th	Tuesday - Jan 27th	Wednesday - Jan 28th	Thursday - Jan 29th	Friday - Jan 30th	Saturday - Jan 31st	
Breakfast	Apple Juice Fruit Cup Fruit Yogurt Maple Syrup Low Fat Milk Coffee Pepper Packet	Apple Juice Banana Half Baked Egg and Sausage Whole Wheat Toast Margarine Mixed Fruit Jelly Low Fat Milk Coffee Pepper Packet	Cranberry Juice Banana Half Baked Egg and Sausage Whole Wheat Toast Margarine Mixed Fruit Jelly Low Fat Milk Coffee Pepper Packet	Orange Juice Scrambled Egg Assorted Yogurt English Muffin Margarine Mixed Fruit Jelly Low Fat Milk Coffee Pepper Packet	Pineapple Juice Banana Half Fruit Yogurt Blueberry Muffin Low Fat Milk Coffee Pepper Packet	Apple Juice Banana Half Scrambled Egg Sausage Whole Wheat Toast Margarine Mixed Fruit Jelly Rice Krispies Low Fat Milk Coffee Pepper Packet	Cranberry Juice Pancakes Sausage Low Fat Milk Coffee Pepper Packet Maple Syrup
Lunch	Roast Beef Beef Gravy Baked Sweet Potato Broccoli Florets Whole Wheat Dinner Roll Cherry Cobbler Low Fat Milk Coffee Beverage of Choice Pepper Packet	Turkey Breast with - - Gravy Mashed Potatoes Buttered Brussels - - Sprouts Whole Wheat Dinner Roll Baked Pumpkin Dessert Low Fat Milk Coffee Beverage of Choice Pepper Packet	Sweet and Sour Chicken Steamed Rice Tossed Salad French Dressing Sliced Peaches Low Fat Milk Coffee Beverage of Choice Pepper Packet	Apple Pork Cutlet Steamed Rice Whole Wheat Dinner Roll Chocolate Brownie Low Fat Milk Coffee Beverage of Choice Pepper Packet	Beef Burgundy with - - Mushrooms Seasoned Noodles Green Peas Whole Wheat Dinner Roll Fruit Cup Low Fat Milk Coffee Beverage of Choice Pepper Packet	Breaded Fish Fillet Rice Pilaf Scandinavian Vegetables Blueberry Peach Cobbler Whipped Topping Low Fat Milk Coffee Beverage of Choice Pepper Packet	Baked Ham Baked Sweet Potato Broccoli Salad Corn Bread Margarine Pineapple Tidbits Low Fat Milk Coffee Beverage of Choice Pepper Packet
Dinner	Grilled Chicken & - - Cheese on A Bun Creamy Cole Slaw Blushing Pears Peanut Butter Cookie - - Bar Low Fat Milk Coffee Pepper Packet	Hamburger on A Bun Ketchup Mustard Carrot Raisin Salad Ambrosia Delight Low Fat Milk Coffee Pepper Packet	Bell Pepper Stuffed - - with Meat Mashed Potatoes Buttered Corn Dinner Roll Seasonal Fresh Fruit Low Fat Milk Coffee Pepper Packet	Fish Filets with - - Lemon Sauce Calico Rice Broccoli Florets Dinner Roll Tropical Fruit Cup Low Fat Milk Coffee Pepper Packet	Roast Turkey Breast Poultry Gravy Savory Bread Dressing Green Beans Almondine Dinner Roll Apple Pie Square Low Fat Milk Coffee Pepper Packet	Oven Baked Chicken - - Breast Cacciatore 2 Bow Tie Pasta Tossed Salad French Dressing Garden of Eatin' Fruit Sorbet Low Fat Milk Coffee Pepper Packet Parsley Sprig	Roast Beef Beef Gravy Garlic Cubed Potatoes Seasoned Mixed - - Vegetables Whole Wheat Dinner Roll Peach Crisp Low Fat Milk Coffee Pepper Packet
Snack	Fruit Yogurt Cranberry Juice	Almond Cookies Apple Juice	Low Fat Milk Peanut Butter & - - Crackers	Low Fat Milk Assorted Cold Cereals	Low Fat Milk Assorted Cold Cereals	Graham Crackers Applesauce	Graham Crackers Low Fat Milk Whipped Peanut Butter - - & Honey

Please visit the website for more sample reports

For more information, please visit www.beckydorner.com or contact us at info@beckydorner.com