



Menu Adaptations: Quick and Creative Menu and Meal Ideas During a Pandemic



Menu Adaptations: Quick and Creative Menu and Meal Ideas During a Pandemic

Presenter:
Sue Linja, RD



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Objectives

1. Describe why a menu change may be needed during a pandemic
2. Work through a decision tree about if/when temporary menu changes are needed
3. Discuss the process needed to make menu changes during a pandemic to ensure that resident/patient needs and regulations are met

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Sue Stillman-Linja, RDN, LD

- Owner S&S Nutrition Network
- More than 25 years experience working with geriatric nutrition
- Creating/implementing quality nutrition and menu services for her clients
- Provide contract work for more than 50 dietitians in the northwest U.S.
- Popular on the media circuit as a speaker for nutrition and aging seminars

Disclosures: Sue Stillman Linja has no relevant disclosures to report. She has certified that no conflict of interest exists for this program.

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The Menu


- Is the backbone of the food service department
 - Even during a worldwide pandemic
- Can be adapted in times of need
 - Short term!
 - Following proper procedures

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F 803 Menus and nutritional adequacy

Menus must meet the nutritional needs of residents in accordance with established national guidelines

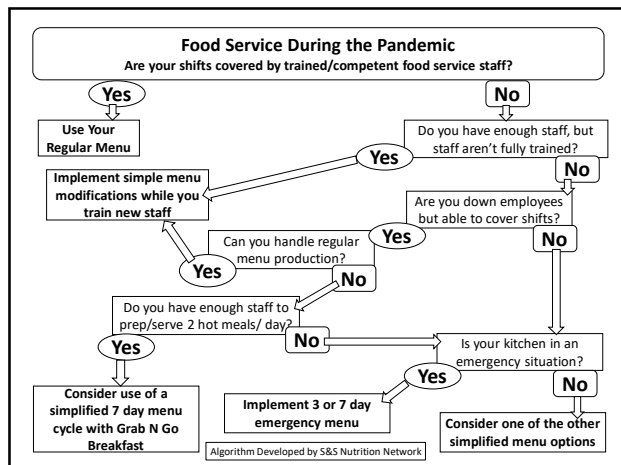
- Menus altered for a crisis must still meet regulation
- Meet nutrition needs
 - Probe to surveyors - Residents are receiving food in the amount, type, consistency and frequency to maintain normal body weight and acceptable nutritional values
- Prepared in advance
- Followed
- Reasonable effort to meet ethnic, religious, cultural
- Based on input from resident group
- Updated periodically
- Reviewed by dietitian for nutritional adequacy
- Provide choice



State Operations Manual Appendix PP - Guidance to Surveyors for Long Term Care Facilities

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Simple Menu Modifications

- Identify most time-consuming items and change those
- Simplified recipes (salsa chicken)
- Allow CDM and Cook flexibility (herbed fish or fish sticks)
- Include 1-2 "Chef Choice" meals/week
- Frozen soup, ready to eat salads
- Soup/sandwich of the day vs specified variety
- Cookies, ice cream, prepared desserts



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Minimal Menu

- 2 hot meals a day
- Able to staff with one shift
- Grab-n-go breakfast prepared the night before
- Therapeutic diets, recipes

DAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast
Hot	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item
Hot	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal
Hot	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese
Hot	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt
Hot	Fruit of the Day &/or Choice of 100% Vils. C. Juice	Fruit of the Day &/or Choice of 100% Vils. C. Juice	Fruit of the Day &/or Choice of 100% Vils. C. Juice	Fruit of the Day &/or Choice of 100% Vils. C. Juice
Hot	Milk	Milk	Milk	Milk
Hot	Pork Roast	Roasted Chef Choice	Fried Chicken or Breaded Chicken Strips	Maple
Hot	Mashed Potatoes & Gravy		Mashed Potatoes & Cream Gravy	Hashbrowns
Hot	French Onion		Carrots	
Hot	Bread Basket	Bread Basket	Biscuits	Biscuits
Hot	Seasonal Fruit or Ice Cream		Ice Cream or Cakes	Fruit Pie
Hot	Choice of Beverage	Choice of Beverage	Choice of Beverage	Choice of Beverage
Hot	Chicken Alfredo	Spicy Ground Sausage w/ Sauerkraut On Bun	Patty Melt or Beef Sandwich	Hot or Cold
Hot	Oven Pasta	Potato Salad	Macaroni Salad	
Hot	Brown Sugar Carrots	Marinated Vegetable Salad	Crispy Colelaw	Brussels Sprouts
Hot	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
Hot	Optional Dessert	Optional Dessert	Optional Dessert	Optional Dessert
Hot	Milk	Milk	Milk	Milk

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Minimal Menu

Menu from S&S Nutrition Services

DAY	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast	Grab N Go Breakfast
Hot	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item	Choice of Toast or Bakery Item
Hot	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal	Choice of Cereal
Hot	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese	Hard Boiled Egg or String Cheese
Hot	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt	Yogurt Parfait or Yogurt
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Hot	Milk	Milk	Milk	Milk	Milk	Milk	Milk
Hot	Pork Roast	Roasted Chef Choice	Fried Chicken or Breaded Chicken Strips	Maple			
Hot	Mashed Potatoes & Gravy		Mashed Potatoes & Cream Gravy	Hashbrowns			
Hot	French Onion		Carrots				
Hot	Bread Basket	Bread Basket	Biscuits	Biscuits			
Hot	Seasonal Fruit or Ice Cream		Ice Cream or Cakes	Fruit Pie			
Hot	Choice of Beverage	Choice of Beverage	Choice of Beverage	Choice of Beverage	Choice of Beverage	Choice of Beverage	Choice of Beverage
Hot	Chicken Alfredo	Spicy Ground Sausage w/ Sauerkraut On Bun	Patty Melt or Beef Sandwich	Hot or Cold			
Hot	Oven Pasta	Potato Salad	Macaroni Salad				
Hot	Brown Sugar Carrots	Marinated Vegetable Salad	Crispy Colelaw	Brussels Sprouts			
Hot	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit	Choice of Fruit
Hot	Optional Dessert	Optional Dessert	Optional Dessert	Optional Dessert	Optional Dessert	Optional Dessert	Optional Dessert
Hot	Milk	Milk	Milk	Milk	Milk	Milk	Milk

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Convenience Food Menu

- Minimal preparation
- Able to be made by staff with less food service training
- Budget oriented

Day	Breakfast	Lunch	Dinner
Day 1	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg
Day 2	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg
Day 3	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg
Day 4	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg
Day 5	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg
Day 6	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg
Day 7	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg	Hot or Cold Cereal/Milk 100% Fruit Juice Dough or Danish (frozen) Hard Boiled Egg

Menu courtesy of Lynette Maxey, RDN, CDE

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Emergency Menu

- 3 Day or 7 Day Menu
- Use of utilities or not
- Easy pre-prep and preparation

	REGULAR/NAS	MECHANICAL SOFT
Fruit Juice	6 oz	Fruit Juice 6 oz
Hot Cereal	6 oz	Hot Cereal 6 oz
Egg & Cheese Bake	2x2"	Egg & Cheese Bake 2x2"
Milk	8 oz	Milk 8 oz
Water	8 oz	Water 8 oz
Chili Con Carne	6 oz	Chili Con Carne, Soft 6 oz
Crackers	4	Crackers 4
Canned Fruit	1/1	Canned Fruit 1/1
Bread/Margarine	1/1	Bread/Margarine 1/1
Milk	8 oz	Milk 8 oz
Water	8 oz	Water 8 oz
Canned Veg Soup	6 oz	Canned Veg Soup 6 oz
Crackers	4	Crackers 4
Egg Salad	3 oz	Egg Salad, Soft 3 oz
Bread	2 sl	Bread 2 sl
Canned Fruit	1/1	Canned Fruit 1/1
Milk	8 oz	Milk 8 oz
Water	8 oz	Water 8 oz
Cookies	2	Cookies 2

Menu from Becky Dorner & Associates, Emergency/Disaster Plan for Food and Dining Services, 2018

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Planning Ahead

- Menu must be reviewed/approved by the RDN before starting
- All pieces and parts are needed - diet extensions, recipes
- Menu changes communicated with residents/family
- Food procured for the new menu



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Who Can Help?

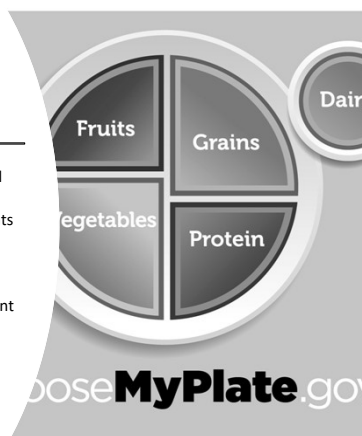
- The RDN!
- Menu system vendors - may be able to purchase the “supplement” menu without using their whole system
- Your food vendor and back up vendors
- Other partners (i.e. shelf stable pureed foods, pre-thickened liquids)
- Think local - why not support hometown small business, too



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Nutritional Needs

- Still must meet basic nutritional needs
- Still must keep residents/patients safe
- Liberalize diets if able
- Still must have appropriate extensions and follow the current physician order



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Menu
Substitutions

- Food shortages or delivery delays (please don't hoard)
- Menu substitution documentation

[illegible]

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Special Touches

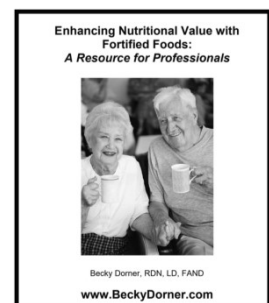
- Update resident food preferences to reduce complaints
- Send a weekly menu on the room tray - send updates often
- Special touches can go a long way
 - Menu of the day
 - Burger/fry nostalgic paper



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High Calorie/ Protein Options

- Menu fortification for residents/ patients at risk for or experiencing actual weight loss and/or muscle loss
- Consider automatic high calorie/ protein add-ons to the tray for those at any risk level
 - Fortified cereal, extra cheese, hummus spread and mayo on the sandwich
 - Replace milk with milk-based supplement



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[illegible]

Test Tray Audit

Simplified test tray audit for CDM so any staff can do it

TEST TRAY ON THE HALL

Ask to have a tray put on the hall cart as the **FIRST** tray on. Remove the tray **LAST** after all others are passed.
 Please document the food served and comment on the following: Is the temperature palatable (hot or cold)? Is the texture good?
 How's the appearance of the tray? How's the flavor of the food? Other comments?


Salad/Soup:			
Entree:			
Side Dish:			
Vegetable/Fruit:			
Bread/Dessert/Other:			
Other Food/Condiments to Complement the Meal:			
Time Taken to Pass the Trays on This Cart? (Goal <15 minutes)			



Activities and Between Meal Snacks

- Coordinate with Activities
 - Themed in-room parties
- Individual Disposable Snack Baskets
 - Weekly, every other day
 - Special diet considerations
 - Non-perishables
 - Nothing back to the kitchen

Thank you!



To Sue Stillman-Linja, RDN, LD for Supporting this Webinar

- Contact sue@sandsnutrition.com

For more information

- Visit www.beckydorner.com/COVID-19
- Sign up for our free electronic newsletter to stay up to date on current news
- References and resources provided with handout

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Food Service During the Pandemic

Are your shifts covered by trained/competent food service staff?

Yes

**Use Your
Regular Menu**

No

Do you have enough staff, but
staff aren't fully trained?

Yes

**Implement simple menu
modifications while you
train new staff**

No

Are you down employees
but able to cover shifts?

Yes

Can you handle regular
menu production?

Yes

No

Do you have enough staff to
prep/serve 2 hot meals/ day?

Yes

**Consider use of a
simplified 7 day menu
cycle with Grab N Go
Breakfast**

No

Is your kitchen in an
emergency situation?

Yes

**Implement 3 or 7 day
emergency menu**

No

**Consider one of the other
simplified menu options**

Menu Adaptations: Quick and Creative Menu and Meal Ideas During a Pandemic

Resources from *Menu Adaptations: Quick and Creative Menu and Meal Ideas During a Pandemic Webinar* with Sue Stillman-Linja, RDN, LD 4/14/20



Emergency Menu Samples

- Free 7-Day Emergency Meal Plan
Includes: menu notes, sample emergency food and water supplies and 7 day emergency meal plan. <https://www.beckydorner.com/wp-content/uploads/2020/03/Disaster-Manual-7-Day-Emergency-Meal-Plan.pdf>
- Free 3-Day Emergency Meal Plan
Includes: sample menu shell, suggested emergency menu pattern, menu notes, sample emergency supplies and 3 day emergency meal plan. <https://www.beckydorner.com/wp-content/uploads/2019/07/Emergency-Disaster-Planning-3-Day-Sample-Menu.pdf>
- Sample Menus courtesy of Sue Stillman-Linja, RDN, LD
<https://www.beckydorner.com/wp-content/uploads/2020/04/Minimum-7-Day-COVID-menu-from-Sue-S-Linja.pdf>
- Sample Convenience Menus courtesy of Lynette Maxey, RDN, CDE
<https://www.beckydorner.com/wp-content/uploads/2020/04/Pandemic-Menu-Lynette-Maxey.pdf>
- Labor Lean Menu courtesy of Shamrock Foods <https://www.beckydorner.com/wp-content/uploads/2020/04/Labor-Lean-Menu-Sample-from-Shamrock-Foods.pdf>

Emergency/Disaster Plan for Food and Dining Services, 2018 Edition Menus

- Book only: <https://www.beckydorner.com/product/emergency-disaster-plan-for-food-and-dining-services-2018-edition-book-only/>
- Book and Course: <https://www.beckydorner.com/product/emergency-disaster-plan-for-food-and-dining-services-2018-cpe-self-study-program/>

Fortified and Enhanced Foods

- Enhancing Nutritional Value with Fortified Foods: A Resource for Professionals
<https://www.beckydorner.com/wp-content/uploads/2018/04/2018EnhancingNutritionalValue-3859.pdf>

Regulatory Information

- Centers for Medicare & Medicaid Services, State Operations Manual, Appendix PP, F 803 Menus and Nutritional Adequacy. <https://www.cms.gov/Medicare/Provider-Enrollment-and-Certification/GuidanceforLawsAndRegulations/Downloads/Appendix-PP-State-Operations-Manual.pdf>

Policies and Procedures

- Dorner B. Policy & Procedure Manual: for Healthcare Facilities. Becky Dorner & Associates, Inc. Dunedin, FL. 2019.



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- Diet and Nutrition Care Manuals (2019 Comprehensive or Simplified)
- Policy and Procedure Manual (2019)
- Emergency/Disaster Plan for Food and Dining Services (2018)

More titles (see website for all titles – added frequently):

- Nutrition and Integrative Medicine: A Primer for Clinicians (2020)
- The Genomic Kitchen: Your Guide to Understanding and Using the Food-Gene Connection for a Lifetime of Health (2020)
- Salt Fat Acid Heat: Mastering the Elements of Good Cooking (2020)
- Nutrition & Diabetes Pathophysiology and Management (2019)
- Minimum Data Set (MDS) 3.0 RAI Manual v1.17 Course (2019)
- CMS State Operations Manual Appendix PP Course (2019)
- AADE Quick Guide to Medications (2019)
- Sports Nutrition: A Handbook for Professionals, 3rd Edition (2019)
- Nutrition for the Older Adult (2019)
- Food Code 2017 Course (2019)

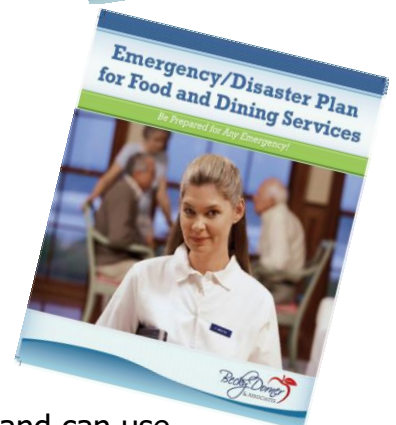
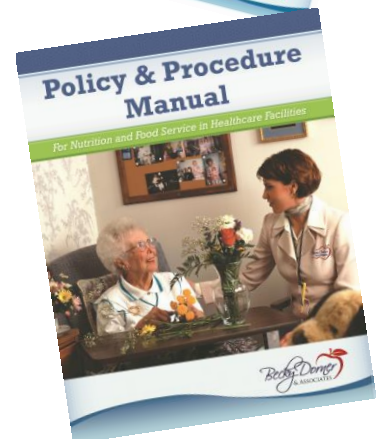
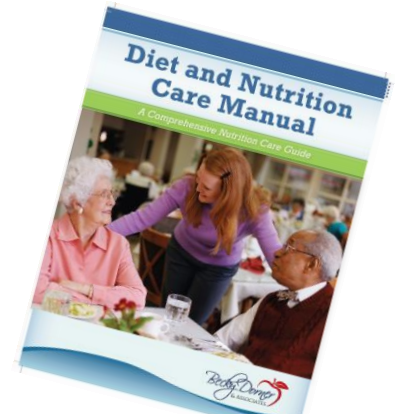
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