

Brigham Young University

# Menu Modification

As a group we created a six day menu for a factitious upscale assisted living center. The menu was analyzed to make sure it was meeting all of the daily requirements, and graded on meeting the requirements and being appropriate for the population. The menu was then modified to fit a pureed diet and once again analyzed to insure it was meeting the nutrition requirements and graded on being appropriate for a population requiring a pureed diet. A power point was created to explain to the class some of the considerations when planning a menu for an assisted living center and our menu.

## SIX DAY MENU

# Day #1

### Lunch

#### *Entrée:*

- Apple pork chops w/ parsley (3oz)
  - Comes with ¼ cup of apple sauce

#### *Sides:*

- Brown rice (½ cup)
- Glazed carrots (½ cup cooked)

#### *Dessert:*

- Crème Brule (1 cup)

### Dinner

#### *Entrée:*

- Toasted orzo shrimp pasta w/ lemon (1 cup)
  - Two servings of cooked pasta containing 2oz of baby shrimp, sautéed onions, bell peppers, sun-dried tomatoes and capers (¼ cup veggies).

#### *Dessert:*

- Mint Brownie (2x2 square)

### H.S.

- Peaches and cottage cheese (½ cup and 1 cup respectively)

## Day #2

### Lunch

#### *Entrée:*

-Chicken Parmesan w/ basil stem

- Made up of a 4 oz. chicken breast, ½ cup of stewed tomatoes, 2 oz. of pasta, and 1oz. of mozzarella.

#### *Sides:*

-Artichoke

- ½ of an artichoke served with a Tbs. of butter and ¼ tsp garlic salt.

#### *Dessert:*

-Peach cobbler (4oz serving)

### Dinner

#### *Entrée:*

-Chili (1 cup)

- Chili is homogenously composed of kidney and pinto beans, beef, onion, green bell peppers, and spices.

#### *Sides:*

-Cornbread (2oz serving)

- Served with a Tbs. of honey butter, piped on as a garnish.

#### *Dessert:*

-Fruit turnover

- Single pastry shell filled w/ fruit cocktail filling.

### H.S.

-Fruit and Yogurt Parfait (4oz serving)

# Day #3

## Lunch

### *Entrée:*

- Almond crusted salmon w/ lemon twist and parsley
  - 3oz fillet breaded in egg, flour, almonds, and seasoning.

### *Sides:*

- Quinoa (1/2 cup cooked)
  - Contains an 1/8 cup softened raisins.
- Asparagus and Egg plant (1/3 cup)

### *Dessert:*

- Angel food cake (2oz)
  - Served with 2 Tbs. sugar glaze.

## Dinner

### *Entrée:*

- Baked potato bar
  - Bar includes 1/3 cup of broccoli, 1Tbs. of sour cream, 1/2 Tbs. of butter, 1/2 Tbs. of bacon bits, 1Tbs. of cheese, and 1/2 Tbs. of onion

### *Dessert:*

- Chocolate lava cake (4oz)

## H.S.

- 1 small apple with 2 oz. of cheese

# Day #4

## Lunch

### *Entrée:*

-Ham w/ carved pineapple

- 3 oz of meat and ½ cup of pineapple

### *Sides:*

-Scalloped potatoes (3oz)

- Normal recipe containing potato scallops, cheese, and sour cream.

-Peas (½ cup)

### *Dessert:*

-Boston cream pie (4oz slice)

## Dinner

### *Entrée:*

-Chicken pot pie (8oz)

- Made with 2 oz. of chicken, ½ cup of corn, 1 tsp. chopped onion, ½ oz. chopped carrots, 2 oz. cream of chicken sauce, 2 oz. of biscuit topping, ¼ cup of green beans, and a ¼ cup of peas.

### *Sides:*

-Fresh strawberries (½ cup)

### *Dessert:*

-Costco style cheesecake (1 slice)

- 1 f.o. of blueberry drizzle.

## H.S.

-Sugar free vanilla or chocolate pudding (1 cup)

# Day #5

## Lunch

### *Entrée:*

-Beef stroganoff w/ tomato twist (8 oz.)

- Contains ½ cup hamburger meat, ¼ tsp. chopped garlic, 6 oz. egg noodles, ¾ cup mushroom cream of soup.

### *Sides:*

-Sautéed mushroom and onions (½ cup)

-Zucchini and yellow squash (½ cup)

### *Dessert:*

-Lemon cream cake (4oz slice)

## Dinner

### *Entrée:*

-BBQ chicken salad w/ jicama garnish

- Contains 3 oz. of chicken, ¼ cup of grapes, ¼ cup of cheese, 1 cup of romaine, ¼ cup of tomatoes, 2 Tbs. of bbq sauce, and ½ cup of jicama.

### *Sides:*

-Cooked corn (½ cup corn)

### *Dessert:*

-Ice cream Sunday

- ½ cup of ice cream, ¼ cup of banana, 2 Tbs. of chocolate sauce.

## H.S.

-Cinnamon Strudel (3 oz.)

- Made of a pastry shell and 3 Tbs. of sugar frosting.

# Day #6

## Lunch

### *Entrée:*

-Chicken Fried Steak w/ gravy (5 oz. steak with 1 f.o. of gravy)

### *Sides:*

-Baked sweet potato fries (3 oz.)

-Steamed broccoli (½ cup)

### *Dessert:*

-Chocolate mousse bowl (3 oz.)

## Dinner

### *Entrée:*

-Vegetable lasagna w/ parsley garnish (5 oz.)

- A serving is composed of 2 oz. of noodles, 1½ oz. of ricotta cheese, 2 cups spinach, ½ cup broccoli, ½ cup tomato sauce.

### *Sides:*

-Cut fruit (1 cup)

- Homogenous cut mix of pineapple, cantaloupe, and honeydew

### *Dessert:*

-3 small cream puffs

## H.S.

-Graham crackers and peanut butter (2 crackers and 1 Tbs. of peanut butter)

## ***Alternate Menu/A la carte options***

### **Standard for Breakfast (offered every day):**

- Hot cereal (½ cup)
- Eggs (2 eggs)
- Pancakes (3-4" flour pancakes)
- Fruit (1 cup of preference)
- Bacon or sausage (2 oz.)
- Cold cereal (¾ cup)

### **Standard for Lunch/Dinner (Even days):**

- Grilled Chicken Breast w/ lemon (4 oz.)
- Mashed Potatoes (1 cup)
- Green Beans (½ cup)

### **Standard for Lunch/Dinner (Odd days):**

- Turkey Croissant Sandwich
  - A croissant roll with 3 oz. of sliced turkey, lettuce, 4 slices of tomato, 1 oz. of provolone cheese.
- Grapes (½ cup)

### **Standard for H.S. (Offered every day):**

- Tapioca pudding (½ cup)

### **A la carte menu (Offered every day for Lunch/Dinner):**

- Minestrone soup (1 cup)
- Small green salad
  - Made up of leaf lettuce, carrots, cherry tomatoes, and cucumber.
- Dinner roll
- Jello cup
- Ice cream (½ cup)
- Chocolate chip cookies (2 small)



## MENU MODIFICATION ANALYSIS

The original menu had a very high fat content due to the large portion size of crème brule and 1% milk with meals. There were deficits in fiber, folate, vitamin A, and calcium. To modify this menu the breakfast oatmeal portion was doubled from ½ cup to 1 cup to increase fiber and increase carbohydrate, which was boarder-line low. Crème brule was decreased to cut fat, and to add bulk fresh raspberries were added which were nutritional as well as aesthetically pleasing. Also to decrease fat, skim milk was used instead of 1% at all meals, which also increased calcium. Vitamin A, though not shown to meet in IU is met through REA through the glazed carrots, and folate remained low even after modifications.

Compared to MyPyramid the needs were similar, however ESHA suggested only 2339 calories and MyPyramid rounded up to 2400. Vegetables were also higher in MyPyramid than what was on the menu, however in ESHA all the requirements, with the exception of folate and IU of vitamin A were met without having to add extra produce. Also, grain, dairy, meat, and fruit were also a little lower than the MyPyramid recommendations. Surprisingly it seemed more difficult to compare the menu to MyPyramid than ESHA when using MyPyramid website. It also was surprising to realize that MyPyramid over estimates your needs by a small amount to ensure that all nutritional needs are being met if it is followed.

## Puree Diet

<b>Original Modified Menu</b>	<b>Puree Equivalents/Substitutes</b>
<b>Breakfast</b>	<b>Breakfast</b>
Pears, canned, 1 cup	Pears, pureed and molded, 1 cup
Oatmeal , 1 cup with skim milk, 1 cup	Oatmeal (1cup) pureed with 1 cup skim milk
Pork sausage, 1 link	Pork sausage pureed, 1 link
Cranberry cocktail, 1 cup	Cranberry cocktail, thickened, 1 cup
Water, 1 cup	Water, thickened, 1 cup

<b>Original Modified Menu</b>	<b>Puree Equivalents/Substitutes</b>
<b>Lunch</b>	<b>Lunch</b>
Pork chop, 3 oz	Pork chop, pureed and molded, with gravy 3 oz
Applesauce ¼ cup	¼ cup apple sauce
Brown rice, ½ cup	Brown rice, ½ cup pureed and molded
Glazed carrots, ½ cup	Carrots, pureed and molded, with glaze ½ cup
Crème Brulee (3 oz) with fresh raspberry (2 Tbs)	Crème Brulee with raspberry sauce (no seeds) 3 oz
Water, 12 oz	Water, 12 oz, thickened

<b>Original Modified Menu</b>	<b>Puree Equivalents/ Substitutes</b>
<b>Dinner</b>	<b>Dinner</b>
Orzo, 2 oz dry	Mashed potatoes with gravy, 4 oz
Shrimp, 2 oz	Chicken, pureed and molded 3 oz
Peppers, sautéed 1 oz	Green beans, pureed and molded ½ cup
Tomatoes, sun dried, 1/8 cup	
Mint brownie, 2"x2" square	Chocolate shake (Magic Shake), 8 oz
Milk, skim, 1 cup	Milk, skim, thickened, 1 cup
Water, 1 cup	Water, thickened, 1 cup

<b>Original Modified Menu</b>	<b>Puree Equivalents/Substitutes</b>
<b>HS Snack</b>	<b>HS Snack</b>
Peaches, canned, ½ cup	Peaches, pureed and molded, ½ cup
Cottage Cheese, 1 cup	Cottage Cheese, pureed 1 cup
Milk, skim, 1 cup	Milk, skim, thickened, 1 cup
Water, 1 cup	Water, thickened, 1 cup

## Beverages

Your choice of:

- Coffee
- Iced Tea
- Tea
- Milk
- Orange Juice
- Apple Juice
- Strawberry Lemonade
- Coca-Cola Products



## A la carte Menu

Offered every day for Lunch  
and Dinner:

- Minestrone Soup
- Green salad
- Dinner Roll
- Jello Cup
- Ice Cream
- Chocolate Chip Cookies

## The Aberdeen

## Evening Snacks

Day One

- Peaches and Cottage Cheese

Day Two

- Fruit and Yogurt Parfait

Day Three

- Apples and Cheese

Day Four

- Sugar free  
Vanilla or  
Chocolate  
Pudding

Day Five

- Cinnamon Strudel

Day Six

- Graham Crackers and Peanut Butter

Alternative Snack

- Tapioca Pudding



## The Aberdeen

Assisted Living

We Are Here For You

## Menu

Assisted Living

## *Dinner*

### **Day One**

- Toasted Orzo Shrimp Pasta with Lemon
- Dessert: Mint Brownie



### **Day Two**

- Chili, Cornbread with Honey Butter
- Dessert: Fruit Turnover

### **Day Three**

- Baked Potato Bar
- Dessert: Chocolate Lava Cake

### **Day Four**

- Chicken Pot Pie, Fresh Strawberries
- Dessert: Cheesecake with Blueberry Drizzle



### **Day Five**

- BBQ Chicken Salad with Jicama, Corn
- Dessert: Ice Cream Sundaes

### **Day Six**

- Vegetable Lasagna with Parsley, Fruit
- Dessert: Cream Puffs

## *Breakfast*

### **Your Choice of :**

- Hot cereal, Eggs, Pancakes, Fruit, Bacon or sausage, Cold cereal



## *Lunch*

### **Day One**

- Apple Pork Chops with Parsley, Applesauce, Brown Rice, Glazed Carrots
- Dessert: Crème Brulee

### **Day Two**

- Chicken Parmesan with Basil and Artichoke with Butter
- Dessert: Peach cobbler

### **Day Three**

- Almond Crusted Salmon with Lemon Twist and Parsley, Quinoa, Asparagus and Eggplant
- Dessert: Angel food cake with Sugar Glaze



## *Lunch, continued*

### **Day Four**

- Ham and Pineapple, Scalloped Potatoes, Peas
- Dessert: Boston Cream Pie

### **Day Five**

- Beef Stroganoff with Tomato Twist, Sautéed Mushroom and Onions, Zucchini and Yellow Squash
- Dessert: Lemon Cream Cake

### **Day Six**

- Chicken Fried Steak with Gravy, Baked Sweet Potato Fries, Steamed Broccoli
- Dessert: Chocolate Mousse Bowl

## *Lunch and Dinner*

## *Alternatives*

### **Odd Days**

- Grilled Chicken Breast with Lemon, Mashed Potatoes, Green Beans
- Dessert: Dessert of the Lunch or Dinner

### **Even Days**

- Turkey Croissant Sandwich, Grapes
- Dessert: Dessert of the Lunch or Dinner



A person wearing a dark grey suit jacket and a white shirt with a cufflink is holding a silver tray. The background is a light blue gradient.

# *Aberdeen Assisted Living Menu*

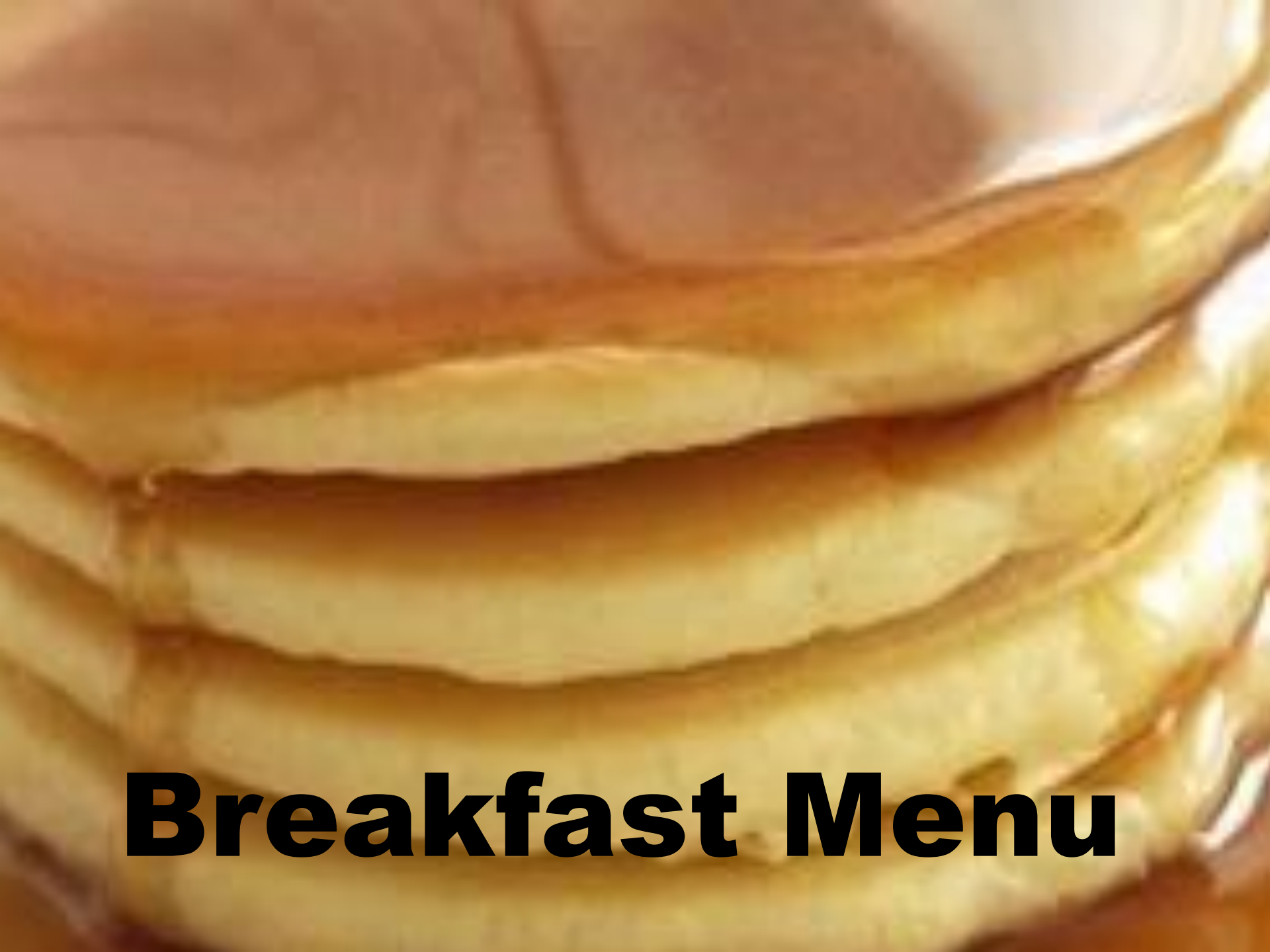
## Group Members:

Lisa Lindow  
Marjorie Miller  
Dustin Moore  
Paige Smith  
Laura Larsen

A photograph of a well-furnished living area in an assisted living home. The room features a large wooden fireplace mantel with a floral arrangement on top. To the right, a wooden staircase with a railing leads to an upper level. In the foreground, there are two orange armchairs and a green sofa. A patterned chair and a small table with a lamp are visible near the stairs. The floor is covered with a patterned rug.

**Upscale Assisted  
Living Home**





# **Breakfast Menu**



*Alternate Menu/A la carte options*

**Standard for Breakfast (offered every day):**

- Hot cereal ( $\frac{1}{2}$  cup)
- Eggs (2 eggs)
- Pancakes (3-4" flour pancakes)
- Fruit (1 cup of preference)
- Bacon or sausage (2 oz.)
- Cold cereal ( $\frac{3}{4}$  cup)





# Dinner Menu



# Day 1

## Lunch

### *Entrée:*

- Apple pork chops w/ parsley (3oz)
  - Comes with  $\frac{1}{4}$  cup of apple sauce

### *Sides:*

- Brown rice ( $\frac{1}{2}$  cup)
- Glazed carrots ( $\frac{1}{2}$  cup cooked)

### *Dessert:*

- Crème Brule (1 cup)

## Dinner

### *Entrée:*

- Toasted orzo shrimp pasta w/ lemon (1 cup)
  - Two servings of cooked pasta containing 2oz of baby shrimp, sautéed onions, bell peppers, sun-dried tomatoes and capers ( $\frac{1}{4}$  cup veggies).

### *Dessert:*

- Mint Brownie (2x2 square)

## H.S.

- Peaches and cottage cheese ( $\frac{1}{2}$  cup and 1 cup respectively)

# Day 2

## Lunch

### *Entrée:*

-Chicken Parmesan w/ basil stem

- Made up of a 4 oz. chicken breast, ½ cup of stewed tomatoes, 2 oz. of pasta, and 1oz. of mozzarella.

### *Sides:*

-Artichoke

- ½ of an artichoke served with a Tbs. of butter and ¼ tsp garlic salt.

### *Dessert:*

-Peach cobbler (4oz serving)

## Dinner

### *Entrée:*

-Chili (1 cup)

- Chili is homogenously composed of kidney and pinto beans, beef, onion, green bell peppers, and spices.

### *Sides:*

-Cornbread (2oz serving)

- Served with a Tbs. of honey butter, piped on as a garnish.

### *Dessert:*

-Fruit turnover

- Single pastry shell filled w/ fruit cocktail filling.

## H.S.

-Fruit and Yogurt Parfait (4oz serving)

# Day 3

## Lunch

### *Entrée:*

- Almond crusted salmon w/ lemon twist and parsley
  - 3oz fillet breaded in egg, flour, almonds, and seasoning.

### *Sides:*

- Quinoa (1/2 cup cooked)
  - Contains an 1/8 cup softened craisins.
- Asparagus and Egg plant (1/3 cup)

### *Dessert:*

- Angel food cake (2oz)
  - Served with 2 Tbs. sugar glaze.

## Dinner

### *Entrée:*

- Baked potato bar
  - Bar includes 1/3 cup of broccoli, 1Tbs. of sour cream, ½ Tbs. of butter, ½ Tbs. of bacon bits, 1Tbs. of cheese, and ½ Tbs. of onion

### *Dessert:*

- Chocolate lava cake (4oz)

## H.S.

- 1 small apple with 2 oz. of cheese

# Day 4

## Lunch

### *Entrée:*

- Ham w/ carved pineapple
  - 3 oz of meat and ½ cup of pineapple

### *Sides:*

- Scalloped potatoes (3oz)
  - Normal recipe containing potato scallops, cheese, and sour cream.
- Peas (½ cup)

### *Dessert:*

- Boston cream pie (4oz slice)

## Dinner

### *Entrée:*

- Chicken pot pie (8oz)
  - Made with 2 oz. of chicken, ½ cup of corn, 1 tsp. chopped onion, ½ oz. chopped carrots, 2 oz. cream of chicken sauce, 2 oz. of biscuit topping, ¼ cup of green beans, and a ¼ cup of peas.

### *Sides:*

- Fresh strawberries (½ cup)

### *Dessert:*

- Costco style cheesecake (1 slice)
  - 1 f.o. of blueberry drizzle.

## H.S.

- Sugar free vanilla or chocolate pudding (1 cup)



# Day 5

## Lunch

### *Entrée:*

-Beef stroganoff w/ tomato twist (8 oz.)

- Contains ½ cup hamburger meat, ¼ tsp. chopped garlic, 6 oz. egg noodles, ¼ cup mushroom cream of soup.

### *Sides:*

-Sautéed mushroom and onions (½ cup)

-Zucchini and yellow squash (½ cup)

### *Dessert:*

-Lemon cream cake (4oz slice)

## Dinner

### *Entrée:*

-BBQ chicken salad w/ jicama garnish

- Contains 3 oz. of chicken, ¼ cup of grapes, ¼ cup of cheese, 1 cup of romaine, ¼ cup of tomatoes, 2 Tbs. of bbq sauce, and ½ cup of jicama.

### *Sides:*

-Cooked corn (½ cup corn)

### *Dessert:*

-Ice cream Sunday

- ½ cup of ice cream, ¼ cup of banana, 2 Tbs. of chocolate sauce.

## H.S.

-Cinnamon Strudel (3 oz.)

- Made of a pastry shell and 3 Tbs. of sugar frosting.

# Day 6

## Lunch

### *Entrée:*

-Beef stroganoff w/ tomato twist (8 oz.)

- Contains ½ cup hamburger meat, ¼ tsp. chopped garlic, 6 oz. egg noodles, ¼ cup mushroom cream of soup.

### *Sides:*

-Sautéed mushroom and onions (½ cup)

-Zucchini and yellow squash (½ cup)

### *Dessert:*

-Lemon cream cake (4oz slice)

## Dinner

### *Entrée:*

-BBQ chicken salad w/ jicama garnish

- Contains 3 oz. of chicken, ¼ cup of grapes, ¼ cup of cheese, 1 cup of romaine, ¼ cup of tomatoes, 2 Tbs. of bbq sauce, and ½ cup of jicama.

### *Sides:*

-Cooked corn (½ cup corn)

### *Dessert:*

-Ice cream Sunday

- ½ cup of ice cream, ¼ cup of banana, 2 Tbs. of chocolate sauce.

## H.S.

-Cinnamon Strudel (3 oz.)

- Made of a pastry shell and 3 Tbs. of sugar frosting.



# **Beverage Menu**

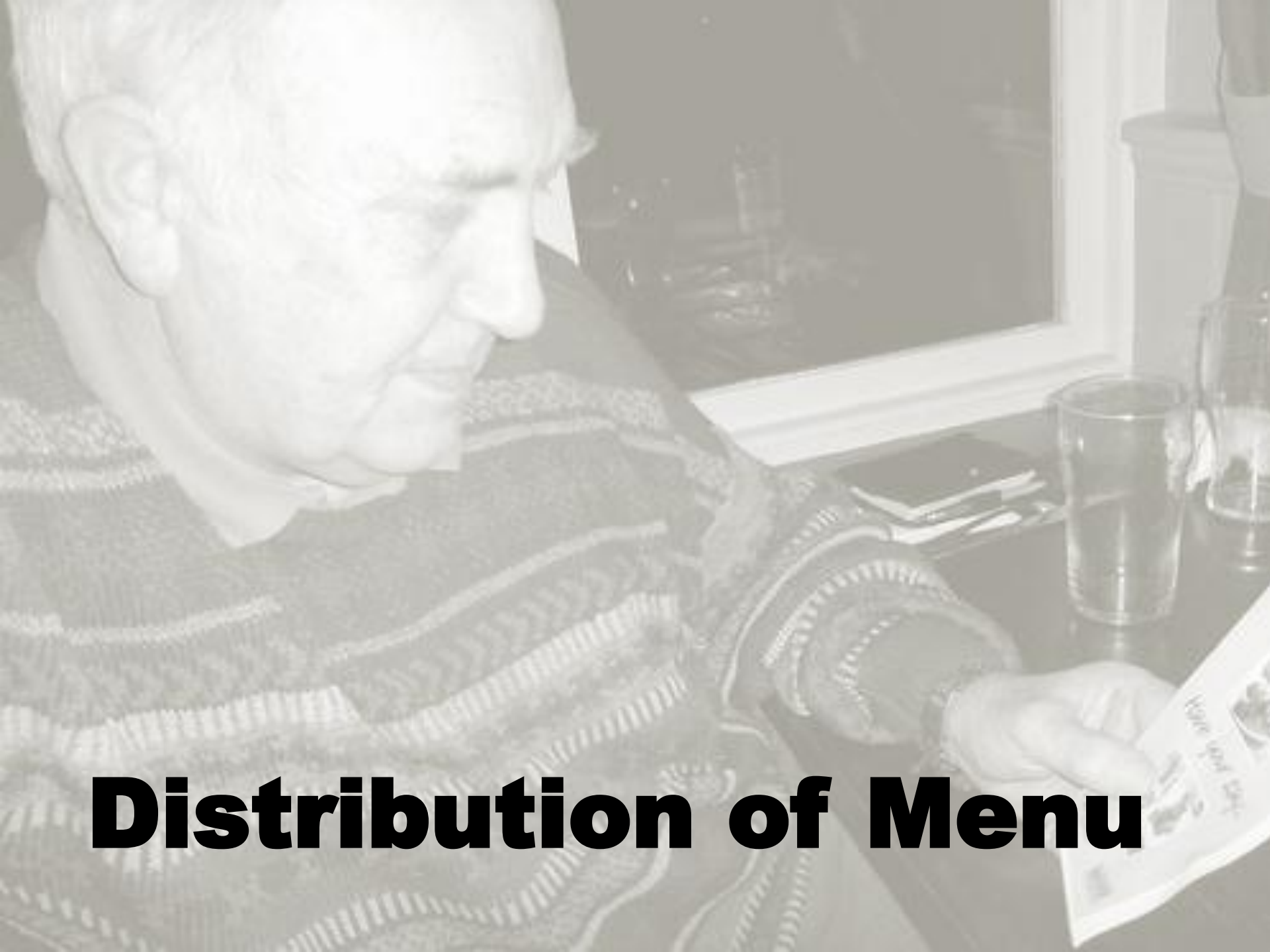


**PM Snack**

# Menu Considerations

- Salt/ Sugar Packets
- Dentures
- Pureed Diets
- Medication Interactions





# Distribution of Menu

