Menu Planning Process

KEEPING OUR MEALS RELEVANT AND VITAL TO THOSE WE SERVE

1. **STEP 1: CHEFS CREATE DRAFT MENU**
   - Our professionally-trained chefs draft a 6-week menu. While creating the menu, they consider several factors such as presentation, food cost and practicality of preparation.

2. **STEP 2: NUTRITION ASSESSMENT**
   - Our registered dietitians complete a nutritional assessment of the recipes. Meal plan goals are established by careful review of research on nutrition-based interventions for people living with HIV/AIDS and cancer and by the Dietary Reference Intake ranges (DRI’s) as established by the United States Department of Agriculture.

   **NUTRITION GOALS OF REGULAR MEAL PLANS**
   - A daily average of:
     - 1,800 calories
     - 80 grams of protein
     - No more than 2,000mg of sodium

3. **STEP 3: RECIPE MODIFICATION**
   - Once the nutrient analysis is complete, the nutrition services manager and executive chef modify the recipe for a regular meal into the other specialized meal plans.

   **OUR SPECIALIZED MEAL PLANS**
   - Regular
   - Renal
   - Soft
   - Pureed
   - No Dairy
   - Vegetarian
   - Diabetic
   - Heart-Healthy
   - No Fish
   - Shelf Stable
   - Gastrointestinal Friendly

4. **STEP 4: CLIENT FEEDBACK**
   - Our clients have the opportunity to provide feedback on the menu by completing our client survey, speaking with a dietitian or calling our client services hotline.