Menu Planning & Assessment

February 2008

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Objectives

- Understand the principles of menu planning, applying relevant nutrition guidelines
- Awareness of available menu assessment tools and standards
- Be able to apply menu assessment tools to evaluate a menu
- Understand menu planning for special groups eg. Residential facilities, hospitals, nursing homes, school canteens
- Understand food service limitations

Menu Planning

- A fundamental tool in Dietetic practice
- Encompasses all aspects of the food service system
- The quality of the menu is dependent on the time invested in the planning process

Is the menu important?

Opportunities

- Nursing Homes
- Sports Industry
- Child Care Sector
- Corporate Catering
- Acute Care facilities

Objectives in Menu Planning

- Meet nutritional needs - “Recognition that food is treatment” - part of medical therapy

  BDA Butter Hospital Food Project (1999)

- Meet/exceeds customer expectations
- Drives purchasing
- Determines production methods and distribution systems
- Dictates staffing levels
- Provides quality, standardisation & predictability
Dietitian’s role in Menu Planning

- Hospital Accreditation
- DAA competencies for entry level dietitians
- Directly impact customer satisfaction
- Directly impact nutritional care
- Drive menu policy
- Direct customer choice

Overseas Experience

- Food is important in hospital setting
- Patient feedback counts – increasing influence
- Influenced food service review
  - Better Hospital Food project 2001
  - Food, Fluid and Nutritional Care, 2003, Scotland
  - Food and Well Being, 2003, Wales
  - NHS Plan for the UK

Components of Menu Planning System

<table>
<thead>
<tr>
<th>Menu Standards and Policy</th>
<th>Influencing Factors</th>
<th>Menu Basics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Menu template</td>
<td>Production systems</td>
<td>Nutrition</td>
</tr>
<tr>
<td>Menu pattern</td>
<td>Distribution systems</td>
<td>Customer preferences</td>
</tr>
<tr>
<td>Menu type</td>
<td>Staffing levels</td>
<td>Cultural centre/ethnic identity</td>
</tr>
<tr>
<td>Food and nutrition policies</td>
<td>Skills of staff</td>
<td>Menu descriptions</td>
</tr>
<tr>
<td>Menu objectives</td>
<td>Budget</td>
<td>Menu contrasted</td>
</tr>
<tr>
<td>Dietary guidelines</td>
<td>Food availability</td>
<td>Menu popularity</td>
</tr>
</tbody>
</table>

Menu Design

- Menu Type
  - selective vs non selective
  - A la carte, cycle menus
  - Spoken menu
  - Choice at point of service

- Menu Template
  - No. & type of choices to offer

- Menu Pattern
  - Timing & frequency of meals / 24 hrs

Challenges

Balancing act to meet menu objectives and nutrition goals

- Constraints - Costs, Equipment, Staffing, Skills, Pt preferences
- Standards – Food Safety, NRVs, Dietary guidelines, menu assessment tools, DOH food and nutrition policies

Menu Type

Selective vs non selective menu

When would you be likely to use selective menus and non selective menus?

Discuss the advantages and disadvantages of each
Select a menu for today's meal:['Selective Menu', 'Non-Selective Menu']

Non-Selective Menu

Day 1  Day 2  Day 3
---  ---  ---
Poached Fish  Savoury Mince  Roast Chicken & Gravy
Creamed Potato  Steamed Rice  Pasta
Steamed Cabbage  Peas  Creamed Sweet Potato
Mashed Pumpkin  Corn  Steamed broccoli
Rice Pudding  Semolina Pudding  Baked custard
Orange Juice  Pineapple Juice  Apple juice
Creamy Chicken Soup  Lamb and vegetable Soup  Ham and Split pea Soup

Selective Menu

Day 1  Day 2  Day 3
---  ---  ---
Poached Fish  Savoury Mince  Roast Chicken & Gravy
Creamed Potato  Steamed Rice  Pasta
Steamed Cabbage  Peas  Creamed Sweet Potato
Mashed Pumpkin  Corn  Steamed broccoli
Rice Pudding  Semolina Pudding  Baked custard
Orange Juice  Pineapple Juice  Apple juice
Creamy Chicken Soup  Lamb and vegetable Soup  Ham and Split pea Soup

menu information guide

We take great pleasure in providing tomorrow’s menu for you to select from. The hospitality area of our膳食 department is to provide you with a variety of nutritious and appealing menus. If you have any special dietary requirements, please do not hesitate to contact our Catering Department or talk to one of our Menu Monitors.

As we are looking to provide the best service possible, we encourage you to complete the patient questionnaire at the rear of this menu.

how to order

Each morning a new menu will be presented to you from which you will be able to select your meals for the following day. Please note that the items on this menu may be customized. Your team with a MAFAS! are now in the kitchen ready to serve you.

A ‘headliner choice’ menu has been provided for each meal suitable for contract patients and diabetics. Just list to ask your staff if you require further assistance in making your selection.

A complementary menu has been devised with dinner subject to your

non allergenic.
Cook chill facility
Consultant review to improve on food
Poor pt satisfaction scores

Current Status
Cook chill facility
Average LOS was 3/7
Consultant review to improve on food

Consultant review to improve on food

McClelland & Williams J Human Nutr Diet 2003

<table>
<thead>
<tr>
<th>Menu Cycle Length</th>
<th>1986</th>
<th>2001</th>
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<tbody>
<tr>
<td></td>
<td>%</td>
<td>%</td>
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<tr>
<td>&lt;14</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>14</td>
<td>40</td>
<td>58</td>
</tr>
<tr>
<td>15-20</td>
<td>5.5</td>
<td>1</td>
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<tr>
<td>21</td>
<td>20</td>
<td>14</td>
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<tr>
<td>22-27</td>
<td>1</td>
<td>0</td>
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<tr>
<td>&gt;28</td>
<td>19.5</td>
<td>12</td>
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</table>

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A la carte Menu in tertiary public hospital

Current Status
Poor pt satisfaction scores
Consultant review to improve on food service
Average LOS was 3/7
Cook chill facility

A la Carte Menu

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>Dinner</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apricot Juice</td>
<td>Vegetable Soup</td>
<td>Vegetable Soup</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>Beef Consomme</td>
<td>Beef Consomme</td>
</tr>
<tr>
<td>Apricot Juice</td>
<td>Potato &amp; leek Soup</td>
<td>Potato and leek soup</td>
</tr>
<tr>
<td>Stewed Peas</td>
<td>Potato Salad</td>
<td>Potato Salad</td>
</tr>
<tr>
<td>Stewed Apricots</td>
<td>Pasta Salad</td>
<td>Pasta Salad</td>
</tr>
<tr>
<td>Banana</td>
<td>Rice Salad</td>
<td>Rice Salad</td>
</tr>
<tr>
<td>Porrige</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wheat Diets</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice Bubbles</td>
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<tr>
<td>Cornflakes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>White Bread</td>
<td></td>
<td></td>
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<tr>
<td>Wholemeal Bread</td>
<td></td>
<td></td>
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<tr>
<td>Fresh Bread</td>
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<tr>
<td>Muffin</td>
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<tr>
<td>Margarine</td>
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<tr>
<td>Jam</td>
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</tbody>
</table>

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A la carte Menu on a computerised system

13 mains, 10 salads, 5 desserts
Recipes trialled to ensure quality:
- taste
- Texture
- presentation

Recipes all analysed
Photos displayed of each dish to ensure standardisation and consistency in plating

New initiatives
A la carte menu on a computerised system
13 mains, 10 salads, 5 desserts
Recipes trialled to ensure quality:
- taste
- Texture
- presentation

Advantages
- Direct pt choice
- Order selections based on cost, nutrition, popularity
- Improved pt/staff interaction
- Streamlined selections & production
- Perceived to be technologically advanced by patients/residents

Disadvantages
- Repetitive for staff
- Pts from NESB require paper menu
- Costs with upgrading technology
- Returned visits if pt unavailable/labour intensive

Menu Design – Spoken Menu

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Menu Design – Paper Menu

<table>
<thead>
<tr>
<th>Advantages</th>
<th>Disadvantages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pts have time to review menu</td>
<td>Pts can over select</td>
</tr>
<tr>
<td>Relatives can select for pt (NESB, dementia)</td>
<td>Printing costs</td>
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<tr>
<td>Communication to pt via nutrition messages</td>
<td>Can’t direct choice</td>
</tr>
<tr>
<td>Use as a marketing tool</td>
<td>Data entry/scanning required</td>
</tr>
<tr>
<td>Healthier selections are easily identified</td>
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</tbody>
</table>

Room Service Menu

- Call centre set up
- Using a hybrid
- Short order section in kitchen required
- Limited room service menu options

Denmark

Menu Template

Develop template with number of choices per food category:
- No. of hot mains
- No. of vegetables
- No. of desserts
- Plan for special days e.g. fish on Fridays
- Colour code items on template to look for repetition

Template Order

- Fill in hot mains then cold dishes
- Hot Breakfast
- Choose accompanying starch then other vegetables
- Desserts
- Soup
- Modified diets planned
- Use colour coding to check for repetition
- Checklist, including menu fundamentals

Sample of a menu template – 7 day cycle

<table>
<thead>
<tr>
<th>FOOD GROUP</th>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THUR</th>
<th>FRI</th>
<th>SAT</th>
</tr>
</thead>
<tbody>
<tr>
<td>SOUP 1</td>
<td></td>
<td></td>
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<tr>
<td>SOUP 2</td>
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<tr>
<td>MEAT/ALTERNATIVE</td>
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<td>MEAT/ALTERNATIVE</td>
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<tr>
<td>VEGETARIAN OPTION</td>
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<tr>
<td>POTATO/RICE/PASTA</td>
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<tr>
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<tr>
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<tr>
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<tr>
<td>JUICE</td>
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</table>
In Summary

Objectives
Challenges
Components of the system
Menu Design
- type – cycle, selectivity,
- pattern
- template