



Menus-The Foundation of the Department

Key Points



- The menu is the starting point for many decisions involving purchasing, production, and service of food.
- The Certified Dietary Manager will examine the basics of menu planning and utilize techniques to provide satisfying meals for their clients.
- The Certified Dietary Manager can identify standard food weights and measures related to the meal service and portioning.
- The Certified Dietary Manager has legal and moral responsibilities for providing nutritious food to their clients.

Resources



- Textbook Chapter 2
- ANFP New CMS Guidelines Food, Nutrition and Dining <https://www.anfponline.org/docs/default-source/legacy-docs/docs/nc112016>
- ANFP The Edge Express Emerging Dining Trends in LTC https://www.anfponline.org/docs/default-source/NFEF/emerging_dining_trends.pdf?sfvrsn=0
- ANFP Nutrition Connection Menu Planning Thinking Beyond Color, Flavor, & Texture https://www.anfponline.org/docs/default-source/legacy-docs/docs/nc_022013.pdf?sfvrsn=4
- CBDM Practice Standard: Menu Planning <https://www.cbdmonline.org/docs/default-source/legacy-docs/practice-standards/foodservice/menu-planning.pdf>
- Dietary Guidelines for Americans <https://www.dietaryguidelines.gov/>
- Food for Fifty by Molt, Mary, Pearson Education Inc.

- USDA Food and Nutrition School Lunch Program
<https://www.fns.usda.gov/nslp>
- USDA School Lunch Program Fact Sheet <https://fns-prod.azureedge.net/sites/default/files/resource-files/NSLPFactSheet.pdf>
- Chapter 2 PowerPoint presentation (YouTube)
<https://youtu.be/rrpP3zCiUto>
- Chapter 2 Lesson Review Questions

Additional Resources

Nutricopia Dietetic Services Policy and Procedure Manual
Nutricopia Diet Manual

Learning Objectives

- a) Identify how the menu impacts the foodservice department
- b) List resources available for menu planning and development
- c) Identify how cultures can impact the menu
- d) Define how the menu affects the department budget
- e) Describe how management decisions affect the menu
- f) Evaluate the quality and accuracy of each meal service

Learning Activities

- 1) READ Chapter 2 ____
- 2) REVIEW the Resources for Chapter 2. ____
- 3) COMPLETE Worksheet 2. ____

Assessment Activities – Submit to Online Dietitian Preceptor
(using correct format with all the required information – see assignment completion instructions)

- 1) SUBMIT Worksheet 2; it is 100% complete and correct. ____
- 2) COMPLETE and SUBMIT the online Lesson Review Quiz ____

Refer to Assignment Completion Instructions for details on how to submit your work to your preceptor