

Week at a Glance Report

The Week at a Glance displays the menu items offered at each meal for the Regular/No Added Salt diet. The menu calendar is intended for displaying in the kitchen or dining room.

Meal at Glance

The Meal at a Glance report displays the menu by day and meal for the Regular/NAS diet.

Recipe Book

The standardized recipes provide instructions for food preparation utilizing methods that conserve nutritive value, flavor and appearance. The recipe index, an alphabetical listing of the recipes for the entire cycle, is located at the end of the recipe book. The recipe index includes the recipe name and corresponding page number in the recipe book. Recipes are listed in alphabetical order by main item first (ie. Beef, Chicken, Fish, etc) followed by the description. All modified recipes are listed under Ground, Pureed, LS, etc. in the recipe index.

Diet Spread Reports

The Diet Spread Report is a spreadsheet that displays all the menu items for the Regular/No Added Salt and therapeutic/modified diets.

Portion Sizes: The serving size of each Regular/No Added Salt Diet item is listed in the Regular/No Added Salt Diet column on the left side of the diet spreadsheet pages. Any menu items that differ from the Regular/NAS Diet will have the replacement item and serving size listed on the diet spreadsheet. Items with texture modifications will list the serving size in scoops. Any diet with an “X” should receive the exact same menu item as the Regular/NAS Diet.

Nutritional Analysis

The Detailed Menu Cycle Nutrition Analysis report is a detailed nutrition analysis for the Regular/NAS diet for each day. This includes the analysis of 16 nutrients broken down by menu item. It is then totaled by meal, by day and by week.

The Average Cycle Nutrition Analysis by Diet report provides a nutritional average for the cycle menu. This can also be generated for all therapeutic diets.

Shopping List

A shopping list can be generated that lists all food items in every recipe for that cycle menu. Ingredients needed for all diets are listed on the shopping list. Please work with your local US Foods representative to ensure products are selected appropriately.