


<b>Name of Policy:</b> <u>Patient menus</u> <b>Policy Number:</b> 3364-104-320 <b>Department:</b> Food & Nutrition <b>Approving Officer:</b> Director Food and Nutrition <b>Responsible Agent:</b> Food & Nutrition Management  <b>Scope:</b> Food & Nutrition Clinical Nutrition	  <b>Effective Date:</b> September 7, 2023 Initial Effective Date: 8/2002
<input type="checkbox"/> New policy proposal <input checked="" type="checkbox"/> Minor/technical revision of existing policy <input type="checkbox"/> Major revision of existing policy <input type="checkbox"/> Reaffirmation of existing policy	

**(A) Policy Statement**

It is the policy of Food & Nutrition Services to maintain nutritional analysis of recipes and food items used on production menus and provide patients with a selective menu, based on diet order, to allow them to choose selections based on food preferences.

**(B) Purpose of Policy**

To develop a mechanism to standardize and identify nutritional care while honoring food preferences; to promote adequate nutritional intake, and to allow patients to make independent food choices, within the prescribed diet order.

**(C) Procedure**

- 1) The Chief Clinical Dietitian or designee plans and approves all patient menus. Clinical Dietitians advise in menu preparation and menu substitutions.
- 2) FANS will keep a nutrition binder holding the nutritional analysis of food items and recipes used on the patient menu. Nutritional analysis is based on:
  - Patient menus = Non-select menu selection
  - Modified/Therapeutic diets = Physician diet order and specifications
- 3) A Room Service menu is offered to all patients with selections modified for the following restrictions.
  - Regular
  - Pediatric (3-17 years)
  - Mechanically Altered; Ground meats; Chopped meats
  - Soft/ GI Soft
  - Thickened liquids (nectar and honey)
  - Heart Health/HTN/CABG/Stroke (2gNa, low fat/cholesterol)
  - Heart Failure/Cirrhosis/CKD/ESRD (2gNa)
  - Carbohydrate Controlled; (Diabetic Male/Diabetic Female)
  - Low phosphorus; Low potassium
  - Calcium restricted
  - Carbonated beverage restricted
  - Fluid restricted: dry tray, 240ml/tray
  - High calorie/High protein
  - High fiber; Fiber restricted
  - Kosher
  - Vegetarian (all levels)
  - Vitamin K restricted
  - Allergies: milk, egg, nut, peanut, fish, shellfish, soy, wheat/gluten, sesame
  - Tyramine restricted
  - No red foods
  - Post gastrectomy

- Pancreatitis (Low Fat)
  - No Caffeine
  - Tyramine restricted
  - Kobacker
  - Low Lactose
- 4) Non-Selective Menus will be used for test diets and for selected short-term diet orders:
- Puree
  - Clear and Full Liquid
  - Fractured Jaw
  - Post Cath Tray Diet
  - Bariatric Clear/ Bariatric Full/ Bariatric Soft
- 5) Patient Menu Substitution of Products
- Every attempt to keep substitutions to a minimum unless necessary due to production issues.
  - The tray line staff and the patient will receive notification from the Production Manager, Supervisor or Clinical Dietitian/Diet Technician in the event of a menu substitution.
  - If a substitution is necessary, the Production Manager, Supervisor or Clinical Dietitian/Diet Technician will:
    - i) Substitute with a food or beverage item comparable in nutrient value. Production Manager and Supervisor should contact Dietitian or Dietetic Technician for approval.
    - ii) Record substitution on the production sheets.
    - iii) Notify Diet Office to amend menus as needed (food allergies, food preferences, etc.)
- 6) Alternative Patient Menu Selection (Special Request)
- FANS develops mechanisms which respects patient food preferences and provides alternative menu items to meet the special needs of patients.
  - Alternative menu items available will be provided to patients as requested (within diet prescriptions).
  - Attempts will be made to accommodate patient’s religious and cultural food preferences.
- 7) Diet Office employees monitor the duration of short-term diet orders according to guidelines and refer orders which exceed norm to the clinical staff.
- 8) Patient allergies are entered into the computer and food items in conflict with the allergy(s) will be removed from menu selections.
- 9) See NCM Diet Manual Crosswalk Worksheet approved by the P&T committee, 2023.

<p><b>Approved by:</b></p> <p style="text-align: right;">September 7, 2023</p> <hr style="width: 80%; margin-left: 0;"/> <p>/s/ Joshua Krupinski          Director, Food &amp; Nutrition</p> <p style="text-align: right;">Date</p> <p><i>Review/Revision Completed By:          Food &amp; Nutrition          Clinical Nutrition</i></p>	<p><b>Review/Revision Date:</b></p> <p>6/05          6/2/2008          7/1/2011          7/1/2014          4/1/2017          4/23/2019          3/26/2020          5/16/2022          9/7/23</p> <hr/> <p><b>Next Review Date:</b> 9/7/2026</p>
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