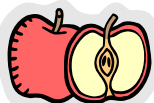


Welcome to **Manitoulin Centennial Manor**. We are happy to have you join us here. The staff of the Food Services department want to welcome you to the facility and let you know a little bit more about the services we provide

## The importance of good nutrition!

Eating is an important and essential part of our lives. In the interest of quality of life and life itself, we have the responsibility to make the dining room experience a positive one. Only when our residents regard mealtimes as pleasant and relaxing occasions, can we as caregivers feel confident.

We aim to create a Dining Room atmosphere conducive to health eating habits and promote healthy appetites. We are



each

committed to providing the optimum conditions in which to enjoy and every meal.

We strive to provide quality care, to promote independence, healthy appetite, responsiveness and positive thinking.

## Meal Times

**BREAKFAST** is served daily at 8:30 am – hot and cold cereal, assorted juices, a hot entrée, toast and baked goods are available. We always have the coffee pot on early if you like to have your coffee first thing in the morning.



**LUNCH** is served daily at 12:00 pm – soup or juice, and two entrée choices are available each meal – sandwiches, salads, casseroles, burgers etc. – you can look at the menu as it will always be posted for you to review. And there is dessert too. Always two choices ... always delicious.

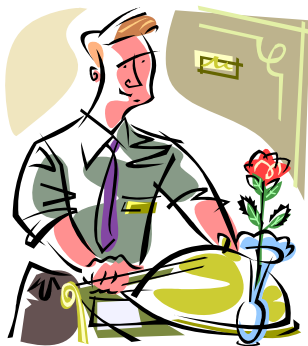
**SUPPER** is the big meal at **Manitoulin Centennial Manor** – it is served nightly at 5 pm. We offer two entrée choices *and* two vegetable choices *and* two dessert choices at each supper. On Sunday we have a traditional Sunday night supper with a roast and pie for dessert.

**SECONDS ARE ALWAYS AVAILABLE!**

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## Snacks

Not only do we offer 3 meals per day, but we bring the snack cart around 3 times per day as well. We encourage you to take a little something to eat and particularly something to drink as the cart passes by.



## Texture changes

Sometimes you may need to have the texture of the food offered changed somewhat to help you to chew or swallow it. At *Manitoulin Centennial Manor* we can alter the texture of regular food items but not alter the taste. Our recipes are constantly being tested, tasted and updated for all textures.

## “FOOD FIRST”

Our philosophy at *Manitoulin Centennial Manor* is to always offer “FOOD FIRST”. We try everything we can to not use commercial supplements. Sometimes as we age it becomes difficult to get the right amount of energy and protein into a person and we will offer a commercial supplement to help boost the persons intake. But we will try everything to find you something you can eat first!

## We also believe in “FAMILY FIRST” so at *Manitoulin Centennial*

*Manor* there is a family dining room you can book for any special events and get together you want to have. Your family is welcome to dine here ... we have got meal vouchers that can be purchased from the office priced at:

**\$5.00 / LUNCH AND \$6.00 FOR DINNER**

Just contact *Main Office* at extension #310 to purchase meal tickets.



Food Service Questionnaire

**PLEASE CIRCLE YOUR PREFERENCES**

**DO YOU PREFER:** COFFEE OR TEA

**WHAT DO TAKE IN YOUR COFFEE/TEA:**

**DO YOU PREFER:** WHITE OR BROWN  
BREAD OR BOTH

**DO YOU PREFER:** HOT OR COLD  
CEREAL OR BOTH

**DO YOU PREFER:** BUTTER/MARGARINE

**DO YOU DRINK MILK?** YES OR NO

**DO YOU DRINK WATER** YES OR NO

**PLEASE CIRCLE THE FOODS YOU LIKE:**

**DAIRY:**  
MILK  
CHEESE  
COTTAGE CHEESE  
ICE CREAM  
SHERBET  
PUDDING  
YOGURT

**STARCHY FOODS:**  
BREAD  
ROLLS  
RICE  
CROISSANTS  
RYE BREAD  
MUFFINS  
COOKIES  
CAKE

**MEATS AND ALTERNATES:**

EGGS Style	FISH
BEEF	TUNA
PORK	SALMON
CHICKEN	SEAFOOD e.g. Shrimp
TURKEY	SOUPS
LAMB	CASSEROLES
VEAL	SPAGHETTI
WEINERS	PASTA
SAUSAGE	EGG NOODLES
HAM	RICE
BACON	SANDWICHES
STEWES	OTHER:
MEAT PIES	

**VEGETABLES:**

CARROTS  
PEAS  
CORN  
BRUSSEL SPROUTS  
SQUASH  
TURNIP  
BEANS  
BROCCOLI  
CAULIFLOWER  
CABBAGE  
ZUCCHINI  
ONIONS  
MUSHROOMS  
BEETS  
TOMATOES  
TOSSED SALAD  
SPINACH SALAD  
MIXED GREEN SALAD  
OTHER:

**FRUITS:**

GRAPES  
STRAWBERRIES  
WATERMELON  
HONEYDEW MELON  
CANTALOUPE  
APPLE SAUCE  
FRUIT SALAD  
PEARS  
APPLES SLICES  
APPLE SAUCE  
BANANAS  
ORANGES  
PEACHES  
PLUMS  
APRICOTS  
RHUBARB  
MIXED BERRIES  
RASPBERRIES  
BLACK BERRIES  
OTHER:

**MY FAVOURITE FOOD IS:**

**MY FAVOURITE MEAL IS:**

**WHAT YOU NEED TO KNOW ABOUT MY EATING HABITS IS:**

**COMMENTS:**

**THANK YOU FOR THIS INFORMATION !**

**NAME:**

**ROOM:**

**DATE:**

**RETURN TO *Mr. Bill Proulx* IN MAIN KITCHEN**

WELCOME TO

MANITOULIN  
CENTENNIAL MANOR