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 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.

each

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!

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 togethers 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.

Now here is what you can do for us

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- 1. Tell us what you like and don't like to eat. Attached is a quick questionnaire that you will need to fill out and return to *Mr. Bill Proulx* in the kitchen. Both *Bill Proulx* and your dietitian *Gillian Berfelz* will come to visit you in the near future. The more that we know about your food preferences and about what and when you like to eat the better we can meet your nutritional needs.
- 2. The second thing you can do for us is DRINK, DRINK, DRINK. Unless you are on a fluid restrictions (and your doctor will tell you that) you need to drink as many fluids in a day as you can. It really helps to maintain your well-being. You will be offered lots of drinks at meals and snacks. Cold water is always available throughout the facility. Please DRINK, DRINK, And DRINK.
- 3. The third and final thing you can do is tell us what you **THINK**. We have a **RESIDENT FOOD COMMITTEE** that meets one time per month. All are welcome to attend. We meet every 2nd Wednesday of each month. Every good cook knows that we all have good meals and some duds ... let us know in the kitchen what you think as we want to make sure you are happy.

| COMMENTS YOU WOULD LIKE TO SHARE | | |
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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 YES OR NO **WATER** PLEASE CIRCLE THE FOODS YOU LIKE: DAIRY: **STARCHY FOODS:** MILK **BREAD** CHEESE **ROLLS** COTTAGE CHEESE RICE ICE CREAM **CROISSANTS** SHERBET RYE BREAD **PUDDING MUFFINS YOGURT COOKIES** CAKE **MEATS AND ALTERNATES: EGGS Style** FISH **BEEF** TUNA PORK **SALMON** CHICKEN SEAFOOD e.g. Shrimp TURKEY SOUPS CASSEROLES LAMB **SPAGHETTI VEAL WEINERS** PASTA SAUSAGE **EGG NOODLES** HAM RICE **SANDWICHES BACON**

OTHER:

STEWS

MEAT PIES

| VEGETABLES: | FRUITS: | | |
|---|----------------|--|--|
| CARROTS | GRAPES | | |
| PEAS | STRAWBERRIES | | |
| CORN | WATERMELON | | |
| BRUSSEL SPROUTS | HONEYDEW MELON | | |
| SQUASH | CANTALOUPE | | |
| TURNIP | APPLE SAUCE | | |
| BEANS | FRUIT SALAD | | |
| BROCCOLI | PEARS | | |
| CAULIFLOWER | APPLES SLICES | | |
| CABBAGE | APPLE SAUCE | | |
| ZUCCHINI | BANANAS | | |
| ONIONS | ORANGES | | |
| MUSHROOMS | PEACHES | | |
| BEETS | PLUMS | | |
| TOMATOES | APRICOTS | | |
| TOSSED SALAD | RHUBARB | | |
| SPINACH SALAD | MIXED BERRIES | | |
| MIXED GREEN SALAD | | | |
| OTHER: | BLACK BERRIES | | |
| | OTHER: | | |
| | 0 | | |
| MY FAVOURITE FOOD IS: | | | |
| | | | |
| MY FAVOURITE MEAL IS: | | | |
| | | | |
| WHAT YOU NEED TO KNOW ABOUT MY | | | |
| EATING HABITS IS: | | | |
| COMMENTS: | | | |
| COMMENTS: | | | |
| | | | |
| | | | |
| THANK YOU FOR THIS INFORMATION! | | | |
| NAME: | | | |
| ROOM: | DATE: | | |
| RETURN TO Mr. Bill Proulx IN MAIN KITCHEN | | | |

WELCOME TO

MANITOULIN CENTENNIAL MANOR