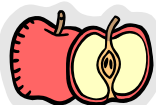


Welcome to **Manitoulin Centennial Manor**. We are happy to have you join us here. The staff of the Food Services department want to welcome you to the facility and let you know a little bit more about the services we provide

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.



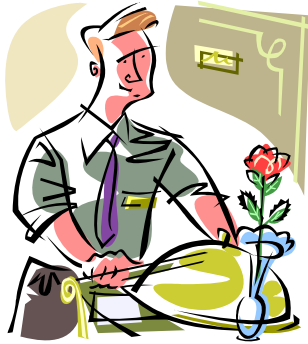
LUNCH is served daily at 12:00 pm – soup or juice, and two entrée choices are available each meal – sandwiches, salads, casseroles, burgers etc. – you can look at the menu as it will always be posted for you to review. And there is dessert too. Always two choices ... always delicious.

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!

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