

Chapter 3: Menu planning and design

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Chapter 3 – Menu Planning and Design

Benefits of menu planning

Nutritional needs

Process of menu planning

Menu structure and content

Quality assurance steps undertaken

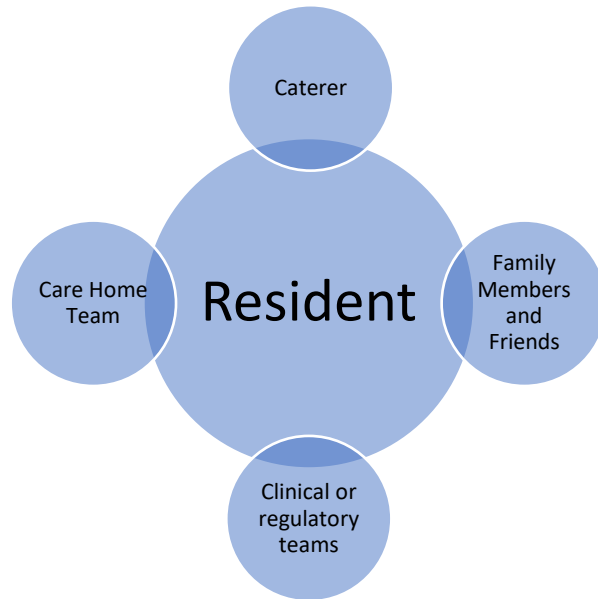
Menu launch

Key messages





Benefits of Menu Planning



Resident and Families

- Will have a say in the design of menus
- Their preferences and nutritional needs are catered for

Caterers

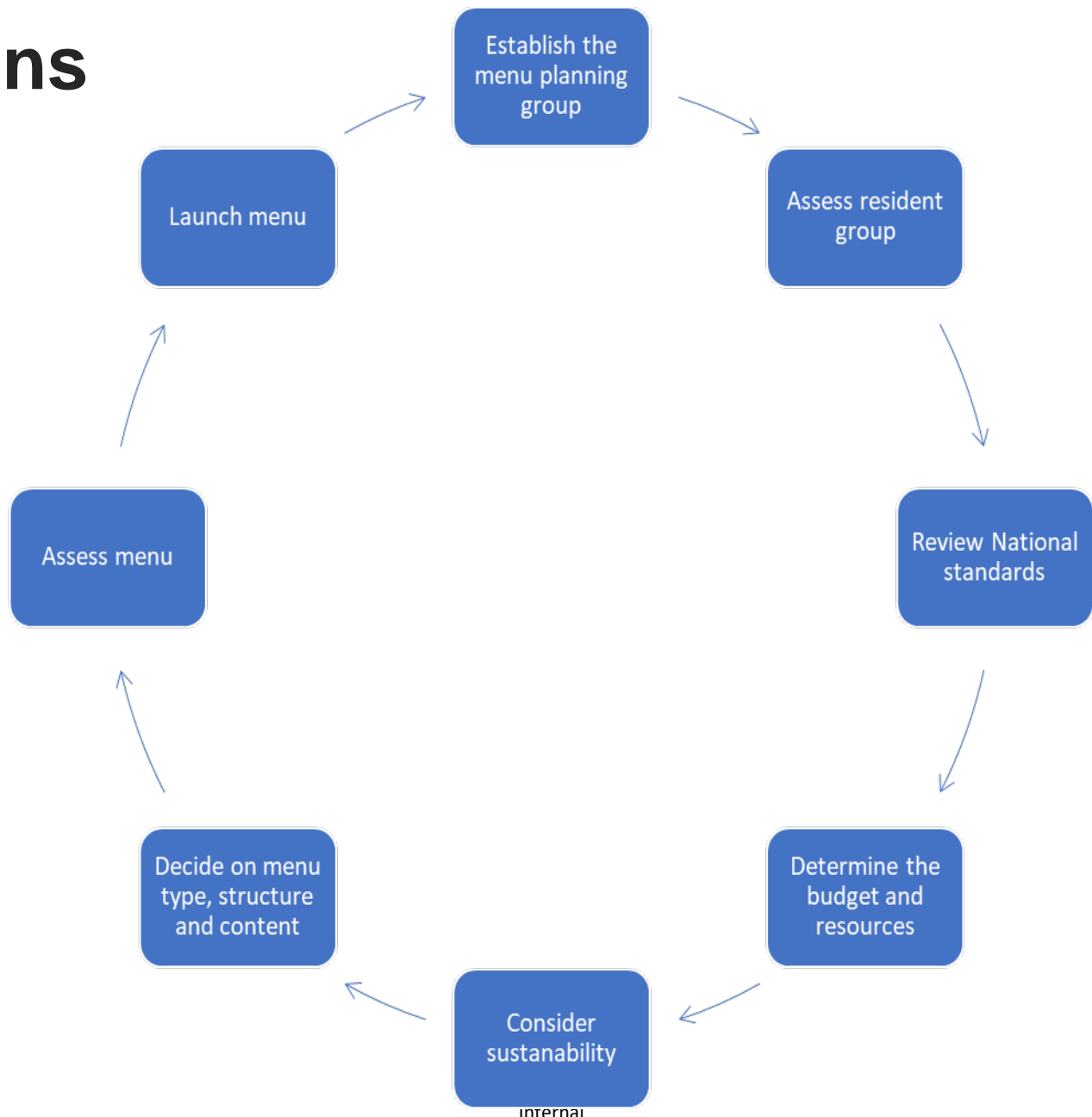
- Manages increasing costs by controlling waste and using seasonal products
- Assists food ordering & contingency plans
- Identifies food allergens and sources of cross contamination

Healthcare teams

- Increased confidence in the food provided meets residents preferences, needs and wishes.



Considerations





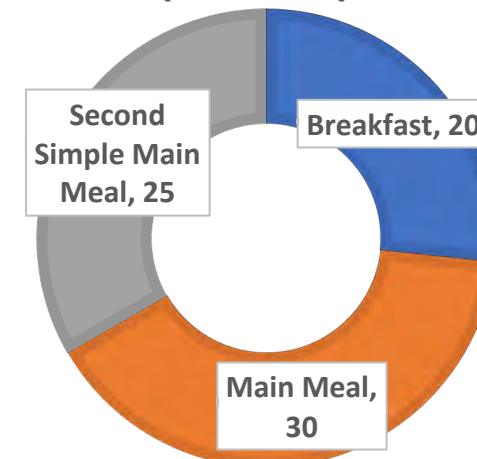
Nutritional Considerations

>65 years	Males	Females
Calories per day	2294-2342	1840-1912
Protein g / kg per day	1.2	1.2

(Scientific Advisory Committee on Nutrition 2011) (Dorrington et al. 2020)

Aim: 2000kcal and 75g of protein

PROTEIN PROVISION OF MEALS
(GRAMS)





Menu Content - Breakfast

- Residents should be able to select the portion size of cereal and bread items that is appropriate for them



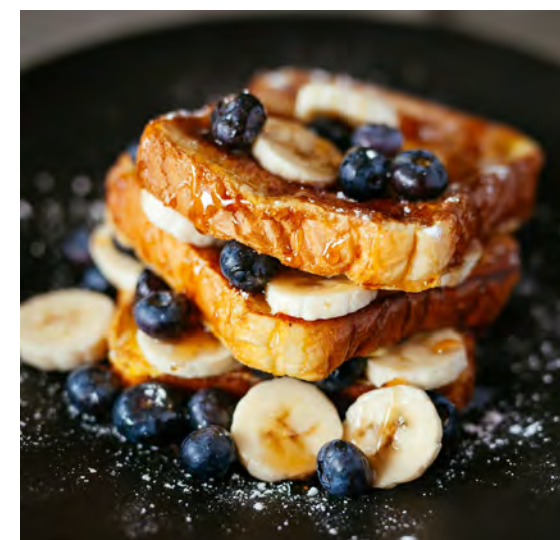
BDA Care Home Digest Launch Event

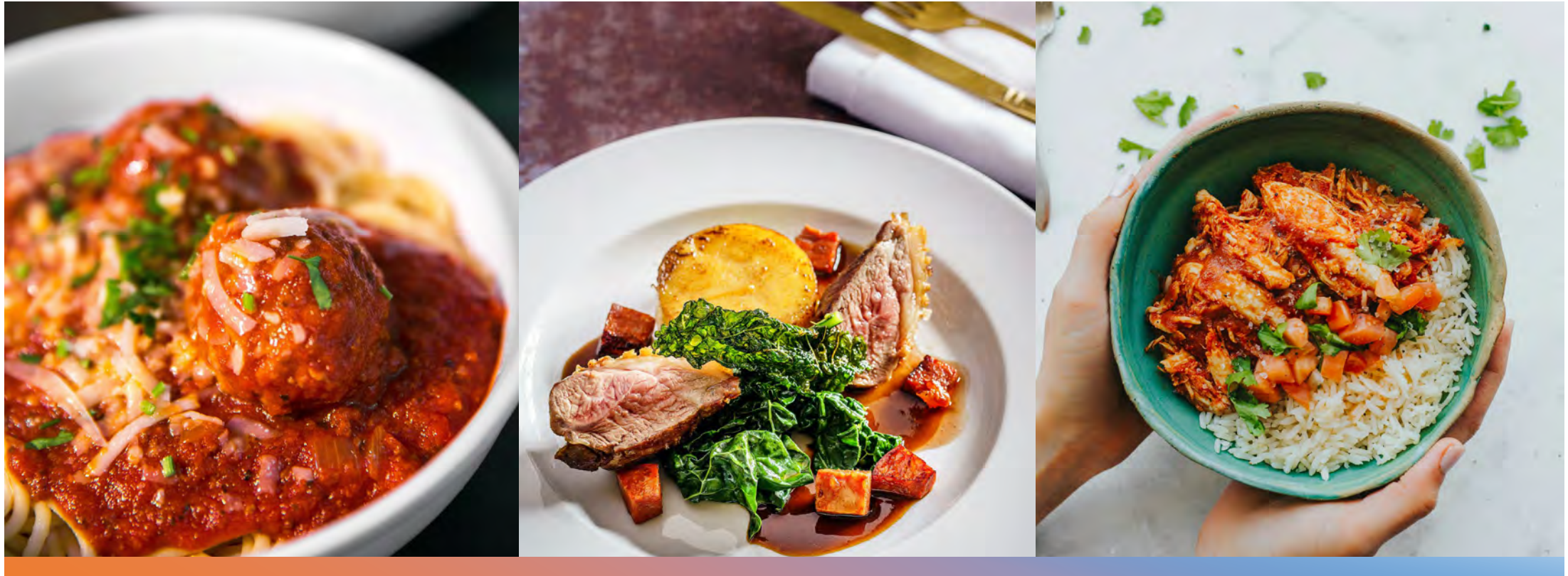




Breakfast

	Portion size (grams)	Energy per portion (kcal)	Protein per portion (grams)
Egg, scrambled - 1 eggs	60	90	9
Egg, boiled – 1 egg	60	75	6
Eggy bread/French toast – 1 slice	100	188	10
Sausage, chipolata	20	62	3
Bacon, back	25	72	6
Lorne sausage	75	231	10
Black pudding	75	222	8
Mackerel	100	283	20
Kipper	100	245	21
Lentils, uncooked	60	143	11
Baked beans (regular tomato sauce)	135	109	7
Tomatoes, grilled	85	14	1
Mushrooms, fried (Rapeseed oil)	44	47	1
Potato scone/bread	42	62	1





Main Meal



Main Meal



Simple (second) Main Meal



Simple (second) Main Meal



Snacks



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Mixed fruit	Cheese straw	1 pot yoghurt	Cheddar cheese with biscuits	Sweet pancake	Mini pork pie	Sliced fruit with custard
Evening	Madeira cake	Pot custard	Toasted currant bun	Mini sausage roll	Fruit kebab or fresh fruit	Fruit based cake	1 pot yoghurt

Quality Assurance



Food Name	Kcal	Carb	Protein	Fat
Breakfast				
Milk whole pasteurised average	64	4.4	3.4	3.6
Breakfast cereal rice toasted/crisp fortified	110	25	1.7	0.3
Orange juice from concentrate	58	13.2	0.87	0.15
Butter spreadable (75-80% fat)	50	0.0336	0.028	5.5
Jam fruit with no seeds	53	13.1	0.06	0
Bread wholemeal toasted	90	16.2	4	1
Kippers flesh only grilled	245	0	21.7	17.6
	669kcal	72g	31.8g	28.2g
Lunch				
Macaroni cheese homemade	398	39.7	17.2	18.9
Ratatouille homemade	66	3	0.96	5.6
Beans green boiled in unsalted water	21	3	1.7	0.24
Pie fruit pastry top and bottom homemade	288	31.2	3.4	16.6
Custard made up with whole milk	69	9.1	2.4	2.5
	842kcal	86g	25.6g	44g
Dinner				
Soup broccoli and stilton carton chilled	103	7.3	4.6	6.2
Bread white average	167	32.1	6.3	1.5
Butter spreadable (75-80% fat)	50	0.0336	0.028	5.5
Beef topside roasted well-done lean	81	0	14.5	2.5
Rocket raw	1.8	0	0.36	0.04
Carrots old raw	27.9	5.9	0.4	0.32
Mousse chocolate low fat	75	10.4	3.3	2.2
	506kcal	56g	29.4g	18.3g
	2017kcal	214g	87g	90g



Quality Assurance



A 70kg (11st) man
Food intake; completing meals
Needs; 2000kcal/day and 84g of protein each day

✓ Provision 2000kals and 87g of protein



A 40kgs (6st4lb) women
Food intake; small portions of main meals and snacks
Needs; 1300kcal and 48g of protein each day

✓ Provision 1300kals and 50g of protein



A 80kg (12st 7lb) man
Food intake; Taking full meals, snacks between meals and milky drinks
Needs; 2500kcal/day and 96g of protein per day

✓ Provision 2500kals and 100g of protein



Launching the menu

Menu analysis

Update of care home policy

Communicating the plan





Key take home messages

Know and involve the resident

Improve care in a stepwise approach

Provide sufficient protein

Reflect and seek feedback

