

5-day Cycle Menu Planning Worksheet – FS Facility Type: Nursing House

Last: KaFai

First: Li

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/Juice: (one each)	1. Guava * and ** 2. Coconut Water	1. Banana* 2. Apple Juice (fort)	1. Papaya * 2. Pineapple Juice (fort) *	1. Orange* 2. Passion fruit Juice (fort)* and **	1. Watermelon * and ** 2. Grape Juice (fort) *
Hot Cereal/Grain:	1. Parmesan Polenta (614)	1. Baked Cheese Grits (598)	1. Bean ragout over Grilled Parmesan Polenta (615)	1. Cooked Breakfast Cereals (Cream of Wheat and Oatmeal) 596	1. Soft Polenta
Entrees (2):	1. Asian Omelet 2. Sausage Ball	1. Scrambled Eggs 2. Whole-wheat Pancake	1. Huevos Rancheros 2. French Toast	1. Creamed Eggs 2. Waffles (276)	1. Egg and Cheese Breakfast Burrito 2. Breakfast Polenta (Pork Sausage) 502
Sides (3):	1. Focaccia (E#1/2) 2. Ham Loaf (E#1) 3. Baking Power Biscuits	1. Oatmeal Muffin (E#1) 2. Creamed Ham (E#1) 3. Over-fried Bacon (E1/#2)	1. Guacamole (E#1) 2. Low Fat Yogurt (E#2) 3. Baked Veggie Sausage	1. Raised Muffin (E#1) 2. Glazed Baked Ham (E#2) 3. Bagel	1. Oven-Fried Sausage (E#1) (501) 2. Date Nut Bread (E#2) 3. Corn Bread
Lunch:					
Soup/Salad: (one each)	1. Corn Chowder 2. Tossed Vegetable Salad	1. Chicken Stock 2. Carrot Raisin Salad	1. Chili Con Carne 2. Roasted Edamame Salad	1. Gazpacho 2. Tender Greens and Fruit Salad (blueberry)	1. Lentil and Black Bean Soup 2. Coleslaw
Entrees (2):	1. Kebeob (Beef) 2. Chicken Breast Parmesan	1. Grilled Tofu Cantonese over Rice 2. Salmon Fillet	1. Deviled Pork Chops 2. chicken Cacciatore	1. Sweet and Sour Tofu 2. Filet of Sole Amandine	1. Spanish Meatball (Beef) 2. Pan-Fried Chicken
Vegetables (2):	1. Baked Eggplant (E#1) 2. Hot Asian Spinach (E#2)	1. Baked Acorn Squash (E#1) 2. Seasoned Brussels Sprouts (E#2)	1. Roasted Portabella Mushrooms (E#1) 2. Bake Onion (E#2)	1. Seasoned Peas (E#1) 2. Parsley Buttered Carrot (E#2)	1. Roasted Bell Peppers (E#1) 2. Tot Cabbage Slaw (E#2)
Grain/Bread/ Starch (2):	1. Roasted Portabella Gyro (E#1) 2. Noodles Romanoff (E#2)	1. White Rice (E#1) 2. Baked Potato (E#2)	1. Ginger Rice (E#1) 2. Pack a Pita Plate (E#2)	1. Jalapeno Rice (E#1) 2. Mashed Potato (E#2)	1. Herbed Fettuccine (E#1) 2. Grilled Sandwiches (E#2)
Desserts (2):	1. Pineapple Cashew Cake 2. Oatmeal Cookie	1. Cranberry Raspberry Pie 2. Vanilla Cream Pudding	1. Old-Fashioned Strawberry Shortcake 2. Coconut Macaroons	1. Baked Apple 2. Lemon Square	1. Banana Nut Bread 2. Drop Sugar Cookies
Dinner:					
Soup/Salad: (one each)	1. Garden Chili 2. Creamy Coleslaw	1. Oyster Stew (814) 2. Sliced Cucumber and Onion in Sour Cream	1. Pepper Por Soup 2. Marinated Garde Salad	1. Broccoli and Cheese Soup 2. Tomato Basil Salad	1. French Onion Soup 2. Marinated Mushrooms
Entrees (2):	1. Sweet-Sour Pork 2. Deviled Crab	1. Roasted Rack of Lamb 2. Black Beans and couscous	1. Sauerbraten 2. Caribbean shrimp	1. Grilled Lamb Chops 2. Pinto Beans with Andouille Sausage	1. Barbecued Spareribs 2. Scalloped Oysters
Vegetables (2):	1. Seasoned Broccoli (E#1) 2. Seasoned Fresh Asparagus (E#2)	1. Harvard Beet (E#1) 2. Seasoned Cauliflower (E#2)	1. Peperonata (E#1) 2. Baked Tomato (E#2) (866)	1. Scalloped Corn (E#1) 2. Creole Eggplant (E#2)	1. Cauliflower and Potato Curry (E#1) 2. French-Fried Onion Rings (E#2)
Grain/Bread/ Starch (2):	1. Asian Fried Rice (E#1) 2. Seasoned Black-Eyed Peas (E#2)	1. Leek and Mushroom Quinoa (612) 2. Spinach Lasagna (E#2)	1. Orzo Pilaf (E#1) 2. Quinoa Pilaf (E#2)	1. Rigatoni and Spinach (E#1) 2. Thin and Crispy Pizza (E#2) 482	1. Arroz De Coco (E#1) 2. Marinated Vegetable Pita (E#2)
Desserts (2):	1. Cranberry Nut Bread 2. Russian Cream	1. Fruit Cobbler (Peach) 2. Meringue Shells	1. Pie Made with Canned Fruit (Mango) 2. Cheesecake	1. Pumpkin Cake Roll 2. Sandie	1. Strawberry Chiffon Pie 2. Floating Island

Assorted Beverages: Coffee/Tea/Milk Available Assorted Toast/Bread/Rolls Available

*High Vitamin C **High Vitamin A

5-day Cycle Menu Planning Worksheet – FS Facility Type: Nursing Home

Last: KaFai

First: Li

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/juice: (one each)	1. Guava* and ** 2. Coconut water	1. Banana* 2. Apple juice*	1. Papaya * and ** 2. Pineapple juice*	1. Orange* 2. Passion fruit juice * and **	1. Watermelon* and ** 2. Grape juice*
Hot Cereal/Grain:	1. Cooked breakfast cereals	1. Dried fruit and nut granola	1. Barley casserole	1. Bulgur-stuffed sweet dumpling squash	1. Soft polenta
Entrees (2):	1. Asian omelet 2. Dumplings	1. Scrambled eggs 2. Whole-wheat pancake	1. Huevos Rancheros 2. French Toast	1. Creamed eggs 2. Oatmeal muffin	1. Egg and cheese breakfast burrito 2. Deli wrap
Sides (3):	1. Focaccia (E#1) 2. Sausage ball (E#1/2) 3. Shrimp peel (E#2)	1. Spoon bread (E#1) 2. Raised muffins (E#1) 3. Over-fried bacon (E#1/2)	1. Glazed baked ham (E#1) 499 2. Hot artichoke dip (E#2) 3. Guacamole (E#2)	1. Bruschetta (E#1) 2. Marinated cheese (E#2) 3. Date nut bread (E#1)	1. Banana whole-wheat muffins (E#1) 2. Layread Mexican dip (E#1/2) 3. Nachos (E#2)
Lunch:					
Soup/Salad: (one each)	1. Corn chowder 2. Tossed Vegetable Salad	1. Chicken stock 2. Carrot raisin salad	1. Chili Con Carne 2. Roasted edamame salad	1. Gazpacho 2. Carrifruit salad*	1. Lentil and black bean soup 2. Coleslaw
Entrees (2):	1. Kebobs (beef) 2. Chicken breast parmesan	1. Sweet and sour tofu 2. Salmon fillet	1. Deviled pork chops 2. Chicken cacciatore	1. Grilled tofu Cantonese over rice 2. Fillet of sole amandine	1. Spanish meatball (beef) 2. Pan-fried chicken
Vegetables (2):	1. Baked eggplant (E#1) 2. Hot Asian spinach (E#2) 861	1. Baked acorn squash (E#1) 2. Seasoned brussels sprouts (E#2)	1. Roasted portabella mushrooms (E#1) 2. Bake onion (E#2)	1. Seasoned peas (E#1) 2. Parsley buttered carrot (E#2)	1. Roasted bell peppers (E#1) 2. Tot cabbage slaw (E#2)
Grain/Bread/ Starch (2):	1. Bake potato (E#1) 2. Noodles Romanoff (E#2)	1. Roasted portabella gyro (E#2) 2. Jalapeno rice (E#1/2)	1. Ginger Rice (E#1) 2. Pack a pita plate (E#2)	1. White rice (E#1) 2. Grilled sandwiches (E#2)	1. Mashed potato (E#1) 2. Herbed fettuccine (E#2)
Desserts (2):	1. Pineapple cashew cake 2. Oatmeal cookie	1. Cranberry raspberry pie 2. Vanilla cream pudding	1. Old-fashioned strawberry shortcake 2. Coconut macaroons	1. Banana nut bread 2. Lemon squares	1. Apple Crisp 2. Drop sugar cookies
Dinner:					
Soup/Salad: (one each)	1. Garden chili 2. Creamy coleslaw	1. Tomato Shrimp and clam soup 2. Sliced cucumber and onion in sour cream	1. French onion soup 2. Marinated Garden salad	1. Broccoli and cheese soup 2. Tomato Basil salad	1. Pepper Por soup 2. Marinated mushrooms
Entrees (2):	1. Sweet-sour pork 2. Deviled crab	1. Roasted rack of lamb 2. Black beans and couscous	1. Sauerbraten 2. Caribbean shrimp	1. Grilled lamb chops 2. Pinto beans with andouille sausage	1. Barbecued spareribs 2. Scalloped oysters
Vegetables (2):	1. Seasoned broccoli (E#1) 2. Seasoned fresh asparagus (E#2)	1. Harvard beet (E#1) 2. Seasoned cauliflower (E#2)	1. Peperonata (E#1) 2. Ratatouille (E#2)	1. Scalloped corn (E#1) 2. Creole eggplant (E#2)	1. Cauliflower and potato curry (E#1) 2. French-fried onion rings (E#2)
Grain/Bread/ Starch (2):	1. Asian fried rice (E#1) 2. Seasoned black-eyed peas (E#2)	1. Roasted red-skinned potatoes (E#1) 2. Spinach lasagna (E#2)	1. Orzo pilaf (E#1) 2. Stuffed Tiny Potatoes (E#2)	1. Au gratin potatoes (E#1) 853 2. Rigatoni and spinach (E#2)	1. Arroz de coco (E#1) 2. Marinated vegetable pita (E#2)
Desserts (2):	1. Cranberry nut bread 2. Russian cream	1. Fruit Cobbler (Peach) 2. Meringue shells	1. Pie made with canned fruit 2. Cheesecake	1. Strawberry chiffon pie 2. Sandie	1. Pumpkin cake roll 2. Floating Island

Assorted Beverages: Coffee/Tea/Milk Available Assorted Toast/Bread/Rolls Available

*High Vitamin C **High Vitamin A

My Sweet Home – Thursday Menu

Breakfast

Fruit/Juice (Select one):

1. **Orange**
2. Passion Fruit Juice*

Cereal/ Grain (select one):

1. Cooked Breakfast Cereals 
(Traditional American Cereals with cream)
2. Cheerios or Corn Flakes 

Entrees (Select one)

1. **Creamed Eggs**
(Smooth whipped egg with milk)
2. Waffles



Bread:

1. Multigrain

Sides (Select one):

1. Raised Muffin
2. **Glazed Baked Ham with Multigrain**
3. Bagel
(Golden Bagel)

Beverages:


1. Black Coffee 
2. **Jasmine Tea** 
3. **Water**
4. Low Fat 2% Milk
5. Lactose Free Milk

Condiments:



1. Honey
2. Maple syrup
3. Nondairy creamer
4. **Unsalted Butter**
5. **Cream cheese**
6. Table sugar

Lunch

Soup/Salad (Select one):

1. **Gazpacho** 
(Spanish chilled minestrone soup)
2. Carrifruit Salad**
(Fresh carrots with fruity pineapple salad)

Entrees (Select one):

1. **Sweet and Sour Tofu**
2. Filet of Sole Amandine  
(Filet of sole with sprinkle golden almonds)

Vegetables (Select one):

1. Seasoned Peas
(Fresh buttered peas)
2. **Parsley Buttered Carrot**

Starch (Select one):

1. Jalapeno Rice
2. **Mashed Potato**
(Smooth creamy mashed potato)



Bread:

1. Whole Grain

Desserts (Select one):

1. **Baked Apple**
2. Lemon Squares
(Lemon Time Squares)

Beverages:

1. Soda
2. Coffee 
3. **Black Tea** 

Condiments:

1. Honey
2. Nondairy creamer
3. **Table sugar**

Dinner

Soup/Salad (Select one):

1. Broccoli and Cheese Soup
(Creamy broccoli with cheese soup)
2. **Tomato Basil Salad**

Entrees (Select one):

1. **Grilled Lamb Chops**
(Juicy golden grill lamb chops with cracked pepper)
2. Pinto Beans with Andouille Sausage

Vegetables (Select one):

1. **Scalloped Corn**
(Shiny Scalloped Pearl Corn)
2. Creole Eggplants
(Tender juicy creole eggplants with sour sauces)

Starch (Select one):

1. **Rigatoni and Spinach**
(Rigatoni with garlic pepper sauce and fresh organic spinach)
2. Thin and Crispy Pizza
(Crunchy golden pizza with shredded cheese)


Bread:

1. Baguette

Desserts (Select one):

1. **Pumpkin Cake Roll**
2. Sandie

Beverages:

1. **Soda**
2. **Ginger Tea** 
3. Red Wine or Beer

Condiments:

1. Honey
2. Table sugar
3. Cheese Powder
4. **Ketchup**
5. **Tabasco Sauce**

Back of the House Menu – Thursday















Breakfast	Portion Size	Food Item
Juice	1 cup (8 fl oz)	Passion Fruit Juice
Fruit	1 orange (4.6 oz)	Orange
Hot Cereal	6 oz	Cooked Breakfast Cereals
Cold Cereal	1 oz	Cheerios
	1oz	Corn Flakes
Entrées	5 oz	Creamed Eggs
	1 Waffle (1.2 oz)	Waffles
Sides	2 oz	Raised Muffin
	4 oz	Glazed Baked Ham
	1 bread (1 oz)	Bagel
Bread/Toast	1 slice	Multigrain
Beverages	1 cup	Black Coffee, Hot
	1 cup	Jasmine Tea, Hot
	1 cup	Water
	1 cup	Low Fat 2% Milk
	1 cup	Lactose free milk
Condiments	1 tbsp	Honey
	1 tbsp	Maple syrup
	1 tbsp	Nondairy creamer
	1 tbsp	Unsalted Butter
	1 tbsp	Cream cheese
	1 tbsp	Table sugar
Lunch	Portion Size	Food Item
Soup	½ cup (4 oz)	Gazpacho
Salad	4 oz	Tender Greens with blueberry
	1 ¾ qt	Salad Dressing-Sweet Sesame Vinaigrette
Entrées	6 oz	Sweet and Sour Tofu
	5 oz	Filet of Sole Amandine
Vegetables	3 oz	Seasoned Peas
	3 oz	Parsley Buttered Carrot
Bread/GrainStar ch	4 oz	Jalapeno Rice
	5 oz	Mashed Potato
Bread/Rolls	1 slice	Whole Grain
Desserts	1 apple (8 oz)	Baked Apple
	2x2¼ inches	Lemon Squares
Beverages	1 can	Soda
	1 cup	American Ice Coffee, Cold
	1 cup	Black Tea, Hot
	1 cup	Water
Condiments	1 tbsp	Honey
	1 tbsp	Nondairy creamer
	1 tbsp	Table sugar
Dinner	Portion Size	Food Item
Soup	1 cup (8 oz)	Broccoli and Cheese Soup
Salad	½ cup	Tomato Basil Salad
	2 tsp	Vinegar Dressing (Involve with salad)
Entrées	1 chop (1 oz)	Grilled Lamb Chops
	8 oz	Pinto Beans with Andouille Sausage

Vegetables	3 oz	Scalloped Corn
	3 oz	Creole Eggplants
Bread/GrainStar ch	8 oz	Rigatoni and Spinach
	1 wedge	Thin and Crispy Pizza
Bread/Rolls	1 slice	Baguette
Desserts	1 slice	Pumpkin Cake Roll
	2 capsules	Sandie
Beverages	1 can	Soda
	1 cup	Ginger Tea, Hot
	1 cup	Red Wine
	1 bottle (12 fl oz)	Beer
Condiments	1 tbsp	Honey
	1 tbsp	Table sugar
	2 tbsp (1 oz)	Ketchup
	1 tbsp	Tabasco Sauce

Spreadsheet

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)
Day 1 (5/25/2022)			3299.09	3258.73	874.80	318.26	100.84	514.95
Breakfast			913.85	651.76	342.67	148.62	40.82	38.98
orange, fresh, medium	4.6 Ounce-w...		130.41	59.28	0	0	0.85	17.78
creamed eggs	5 Ounce-w...		141.75	213.40	135.50	38.76	10.95	7.93
ham, baked, cured, lean	4 Ounce-w...		113.40	157.62	50.52	16.92	24.54	1.19
bread, multigrain, whole grain	1 Slice		26.00	68.90	9.90	2.04	3.47	11.27
Tea, green, Misty Jasmine, brewed	1 Cup		236.80	0	0	0	0	0
water, non-carbonated	1 Cup		236.80	0	0	0	0	0
butter, unsalted	1 Tablespoon		14.20	101.81	101.81	64.52	0.12	0.01
cream cheese	1 Tablespoon		14.50	50.75	44.94	26.38	0.89	0.80
Lunch			1252.25	732.41	154.49	42.71	17.27	137.63
gazpacho	4 Ounce-w...		113.40	41.96	23.98	3.29	0.98	4.35
carrots, cooked, from fresh, prepared with butter	3 Ounce-w...		85.05	46.78	19.60	11.77	0.65	6.74
mashed potatoes, prepared from fresh with milk & added fat	5 Ounce-w...		141.75	143.17	37.00	18.27	2.61	24.72
bread, whole grain	1 Slice		26.00	68.90	9.90	2.04	3.47	11.27
apple, baked, with sugar	8 Ounce-w...		226.80	215.46	3.27	0.55	0.57	56.22
tea, black, brewed	1 Cup		240.00	2.40	0	0.04	0	0.72
water, Dasani	1 Cup		236.56	0	0	0	0	0
sugar, white, granulated	1 Tablespoon		12.60	48.76	0	0	0	12.60

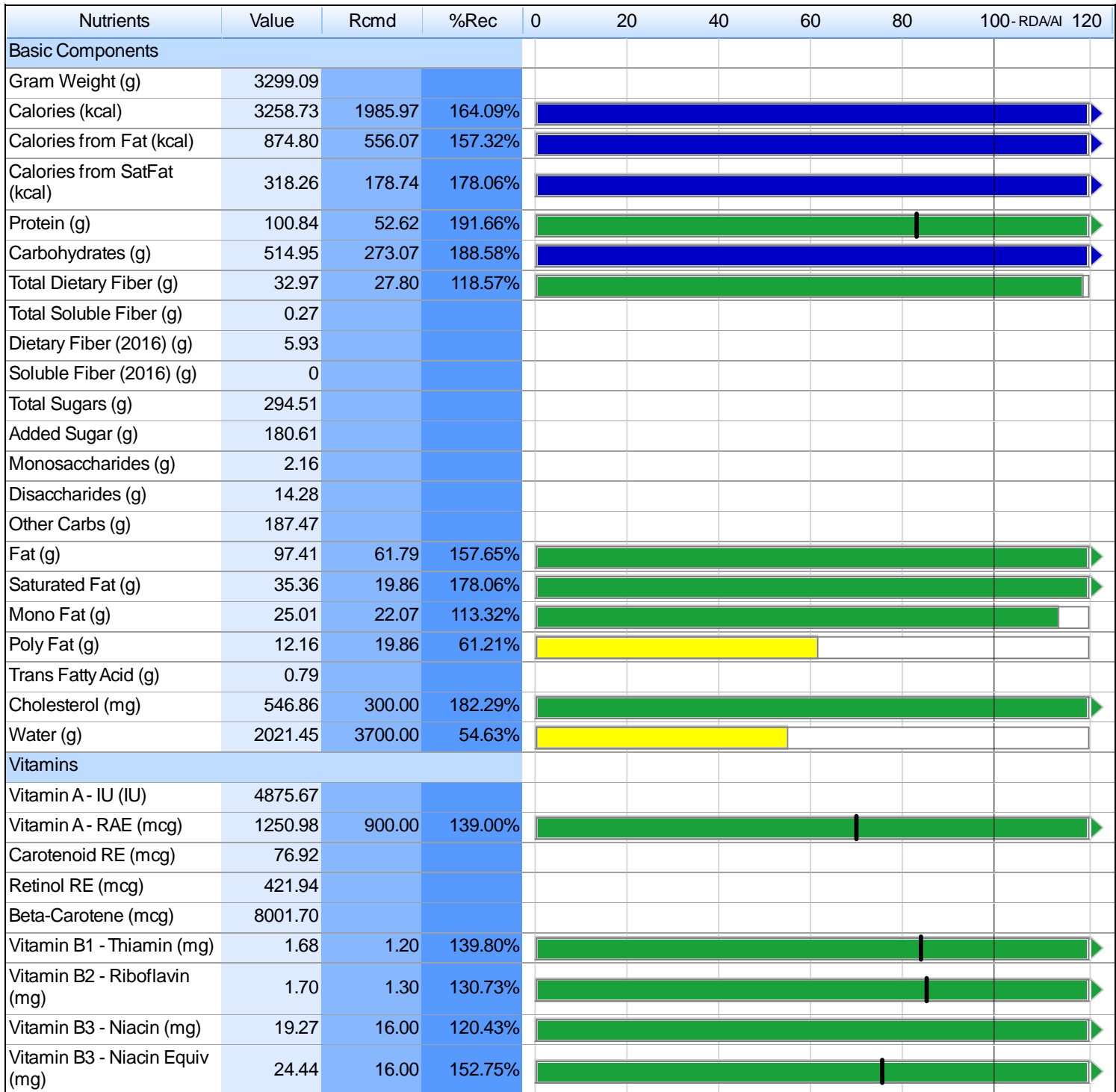
Spreadsheet cont.

Item Name	Quantity	Measure	Wgt (g)	Cals (kcal)	FatCals (kcal)	SatCals (kcal)	Prot (g)	Carb (g)
 stir fry, sweet & sour tofu	6 Ounce-w...		170.10	165.00	60.75	6.75	9.00	21.00
 Dinner			1132.99	1874.55	377.64	126.93	42.75	338.34
 lamb chop, rib, grilled, frenched & denuded, lean, 0" trim	1 Ounce-w...		28.35	66.90	29.34	14.36	9.40	0
 salad, mozzarella tomato & basil, with oil & vinegar dressing	1/2 Cup		80.00	111.20	77.04	29.29	5.74	3.34
 casserole, scalloped corn	3 Ounce-w...		85.05	102.06	38.65	10.46	4.12	13.47
 bake, spinach & ricotta, Lean Gourmet, frozen, with rigatoni pasta	8 Ounce-w...		226.80	289.74	71.94	26.98	11.99	44.96
 cake, roll, pumpkin, with buttercream filling, 22285, food service	1 Slice		65.00	249.32	96.16	32.05	1.78	37.40
 soda	1 Can		372.00	156.24	8.37	0	0	38.54
 cookie, japanese ginger tea	8 Ounce-w...		226.80	857.29	55.11	13.66	9.53	190.51
 ketchup	2 Tablespoon		34.00	40.00	0	0	0	10.00
 hot sauce, Tabasco	1 Tablespoon		15.00	1.80	1.03	0.14	0.19	0.12
% Recommendation				164.09	157.32	178.06	191.66	188.58
Item Name	TotFib (g)	TotSolFib (g)	Fib(16) (g)	SolFib(16) (g)	Sugar (g)	SugAdd (g)	MonSac (g)	Disacc (g)
 Day 1 (5/25/2022)	32.97	0.27	5.93	0	294.51	180.61	2.16	14.28
 Breakfast	8.01	0	5.93	0	19.55	1.19	1.08	1.13
 orange, fresh, medium	5.93	--	5.93	--	11.86	0	--	--

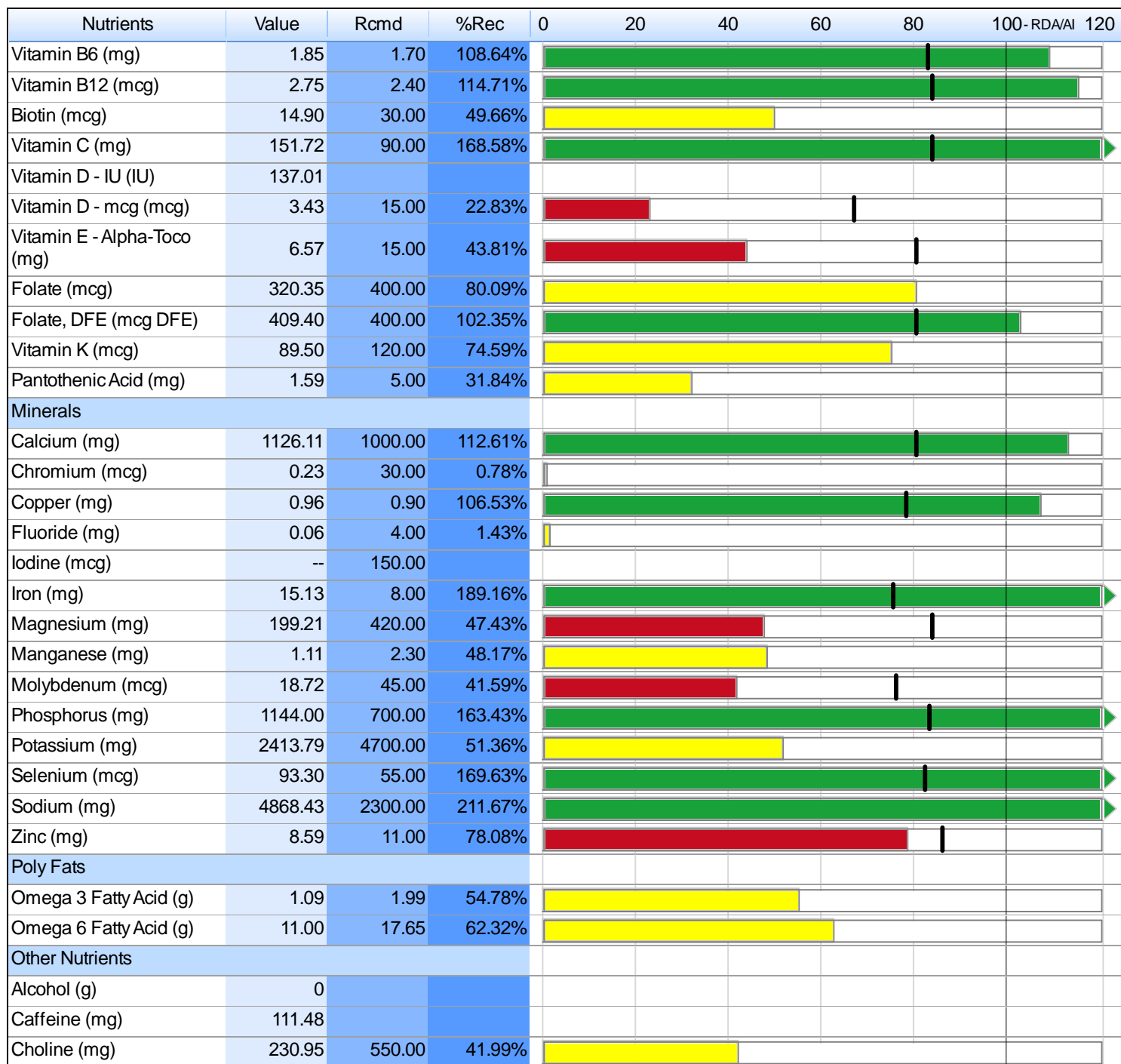
Multi-Column

Nutrients	Value	Rcmd	%Rec	Nutrients	Value	Rcmd	%Rec
Basic Components				Vitamin B6 (mg)	1.85	1.70	108.64%
Gram Weight (g)	3299.09			Vitamin B12 (mcg)	2.75	2.40	114.71%
Calories (kcal)	3258.73	1985.97	164.09%	Biotin (mcg)	14.90	30.00	49.66%
Calories from Fat (kcal)	874.80	556.07	157.32%	Vitamin C (mg)	151.72	90.00	168.58%
Calories from SatFat (kcal)	318.26	178.74	178.06%	Vitamin D - IU (IU)	137.01		
Protein (g)	100.84	52.62	191.66%	Vitamin D - mcg (mcg)	3.43	15.00	22.83%
Carbohydrates (g)	514.95	273.07	188.58%	Vitamin E - Alpha-Toco (mg)	6.57	15.00	43.81%
Total Dietary Fiber (g)	32.97	27.80	118.57%	Folate (mcg)	320.35	400.00	80.09%
Total Soluble Fiber (g)	0.27			Folate, DFE (mcg DFE)	409.40	400.00	102.35%
Dietary Fiber (2016) (g)	5.93			Vitamin K (mcg)	89.50	120.00	74.59%
Soluble Fiber (2016) (g)	0			Pantothenic Acid (mg)	1.59	5.00	31.84%
Total Sugars (g)	294.51			Minerals			
Added Sugar (g)	180.61			Calcium (mg)	1126.11	1000.00	112.61%
Monosaccharides (g)	2.16			Chromium (mcg)	0.23	30.00	0.78%
Disaccharides (g)	14.28			Copper (mg)	0.96	0.90	106.53%
Other Carbs (g)	187.47			Fluoride (mg)	0.06	4.00	1.43%
Fat (g)	97.41	61.79	157.65%	Iodine (mcg)	--	150.00	
Saturated Fat (g)	35.36	19.86	178.06%	Iron (mg)	15.13	8.00	189.16%
Mono Fat (g)	25.01	22.07	113.32%	Magnesium (mg)	199.21	420.00	47.43%
Poly Fat (g)	12.16	19.86	61.21%	Manganese (mg)	1.11	2.30	48.17%
Trans Fatty Acid (g)	0.79			Molybdenum (mcg)	18.72	45.00	41.59%
Cholesterol (mg)	546.86	300.00	182.29%	Phosphorus (mg)	1144.00	700.00	163.43%
Water (g)	2021.45	3700.00	54.63%	Potassium (mg)	2413.79	4700.00	51.36%
Vitamins				Selenium (mcg)	93.30	55.00	169.63%
Vitamin A - IU (IU)	4875.67			Sodium (mg)	4868.43	2300.00	211.67%
Vitamin A - RAE (mcg)	1250.98	900.00	139.00%	Zinc (mg)	8.59	11.00	78.08%
Carotenoid RE (mcg)	76.92			Poly Fats			
Retinol RE (mcg)	421.94			Omega 3 Fatty Acid (g)	1.09	1.99	54.78%
Beta-Carotene (mcg)	8001.70			Omega 6 Fatty Acid (g)	11.00	17.65	62.32%
Vitamin B1 - Thiamin (mg)	1.68	1.20	139.80%	Other Nutrients			
Vitamin B2 - Riboflavin (mg)	1.70	1.30	130.73%	Alcohol (g)	0		
Vitamin B3 - Niacin (mg)	19.27	16.00	120.43%	Caffeine (mg)	111.48		
Vitamin B3 - Niacin Equiv (mg)	24.44	16.00	152.75%	Choline (mg)	230.95	550.00	41.99%

Bar Graph



Bar Graph cont.



Nutrient Analysis

The cycle menu is designated for people living and working in the nursing home, especially seniors. Working in a nursing home requires enough energy to take care of seniors and deal with some emergent incidents in the nursing home. On the other hand, the gustatory sense of seniors would become slower than teenagers and middle-aged adults; meanwhile, there are different considerations based on their health status, lifestyle, and cultural background to create an appropriate menu for seniors. Overall, this cycle menu provides high protein, high calcium, high vitamin (A, B, and C), and diverse food. It is beneficial for nurses to gain adequate energy intake to work in a high-pressure, careful, fast environment. In the meantime, it reduces the risk of osteoporosis (density of bone decrease), sarcopenia, and cachexia, which result in lower muscle strength and weight loss because these conditions often happen in older-age adults. Considering some people may have an allergic food problem, the Thursday non-selective menu does not contain peanuts or seafood. Likewise, it is appropriate to enjoy a set meal and absorb enough energy intake. Furthermore, it is difficult for seniors to have opportunities to travel to different countries due to financial burdens and health status; therefore, even though my cycle menu focuses on American culture, it also combines different national cuisines such as Chinese, French, Mexican, and British. Rice, noodles, and potato are repetitive starch items in this menu because all of them are necessary essential cultural ingredients that meals constantly provide to people.

According to the Bar Graph Diet Adequacy Report, most basic nutrient components (carbohydrate, protein, total fat, saturated fat, and dietary fiber) are overages. Furthermore, not only the vitamin A, C, D, thiamin, riboflavin, niacin, and B-12 but also sodium, calcium, and iron are overages. All these essential components, vitamins, and minerals are greater than 10% of recommendations of RDA and AI, which is greater than 110% of recommendations. On the other hand, vitamin D, folate, potassium, zinc, and water absorption are inadequacies less than 10% of recommendations of RDA and AI, which doesn't reach 90% of recommendations. Most of the nutrient components are overage because the physical activity is sedentary; meanwhile, there is too much protein and carbohydrate on the same day. The portion size of a meal is another consideration to cause high protein and carbohydrate absorption. Therefore, the total calories are high is 3258.73 kcal. It can increase cardiovascular disease or diabetic disease, especially in the older-age group. The other concerns are sodium overages in the Thursday menu because the total sodium absorption is 4868.43 mg. Too much sodium absorption will increase the risk of kidney dysfunction and increase blood pressure when there is also not enough water absorption in older-age adults.

Many essential nutrient components are overages because of high calories and large portions. Hence, decreasing the portion size of protein and carbohydrates and recommend older adults do at least two days/week of activity to strengthen muscles and at least 150min/week moderate intensity like brisk walking. On the other hand, providing more leafy greens such as broccoli can improve folate and potassium inadequacies. Furthermore, combining dairy products such as milk and fortified breakfast cereals can improve vitamin D and zinc inadequacies. More sunlight exposure is another method to absorb vitamin D; it can also enhance vitamin C absorption. Although decreasing the portion size can reduce calorie absorption, it also reduces some already adequate nutrients to be inadequate. Thus, using low-fat milk, less sugar, and less oil (or olive oil instead of peanut oil) may be the better option to improve the overages in this menu.

Reference

1. Academy of Nutrition and Dietetics. Choose Your Foods Lists. 2021.<https://www4.erie.gov/universityexpress/sites/www4.erie.gov.universityexpress/files/2021-09/chooseyourfoodslists.pdf>
2. Molt, Mary K. Food for Fifty. Pearson Education (US), 2017. [VitalSource Bookshelf].