

Menu Overview

1. Briefly describe your foodservice facility and its theme/philosophy (be creative!).

My foodservice facility serves archaeologists who work on exploring a newly discovered historical site. The facility is organized by residents for making meals specially for the archaeologist group. The philosophy is to provide nutrient-dense, safe, and high-calorie food to these archaeologists since they are very active and will move around when they study the historical sites, so they need higher calories intake than usual.

2. Who is your target population (demographics: age, location, SES, etc.)?

My target people will include both male and female archaeologists and probably their students. Their ages range approximately from 20ish to 50ish, such as senior archaeologists and new interns. The location might be small towns that are far from cities so that the historical sites are just discovered until now.

3. What special needs does your population group have (age-related, picky, allergies, health, etc.)?

I assume my archaeologists are healthy enough to move around and investigate the sites often during the day. Even though special care regarding negative health issues is not a concern, their active level will be higher than before when they are in the city and move using cars. Thus, in case of them being nutrient and calorie deficient, I would provide nutrient-dense and high calorie meals for them to be energetic before the next meal. Also, snacks are provided with each meal for them to eat during the dining time or save them for later when they are hungry while working. The most common allergens used in food will be marked in the menu and at least one meal from breakfast/lunch/dinner does not include any common allergens.

4. Financial limitations that affect the facility's menu choices (all must have budgets that affect what is served; for example: would you typically serve lobster, etc.)?

Most of the finance goes towards the study of newly discovered sites so their daily meals will not be too fancy but still nutrient dense and common. For example, foods like lobsters or black truffle will not be served, but shrimp that still have similar high-quality nutrients will be incorporated into the meals. And delicate dessert can be provided just like other facilities like college dining hall or hospitals.

5. Explain how these factors/parameters in questions 1-4 affect your menu with examples from your menu. The example can be individual items or a meal.

For high calorie meals, I choose to incorporate more fat to meals since fat has the highest calorie and will keep archaeologists energetic and feel hungry slower while they actively explore and study the sites. For example, on Tuesday, the entree for breakfast includes avocado, tuna for lunch, and cheese and chicken for dinner. All of them contain high fat and a certain amount of protein to complete the high fat diet and to be compatible with their high physical activity. While satisfying the needs of their daily calorie intake, I also pay attention to their intake of micronutrients like vitamin C. Archaeologists can consume a lot of them with other meals from beverages, fruits, cakes, and soup or salad.

6. In my meal plan, I try to avoid the most common allergens and use other nutrient-dense foods to replace. For the only one that has substitution on Monday breakfast, nuts are replaced by sunflower seeds since nuts are a common allergen, but sunflower seeds are not. In case of medical issues, allergens should be stated clearly.

7. Our facility is conventional, which means the meals are prepared and eaten on site and they are served soon after preparation. All the food will be placed in long tray pans with hot water steaming beneath. And food that is consumed slower by people will be covered with glass cover for not attracting insects. People can get a plate to get food from both hot and cold food trays. The kitchen will keep making foods while people in the dining room eat to make sure all food is safe, warm, and fresh to eat.

8. My meal plans meet the major requirements on fat, protein and carbohydrate for them being consumed in an evenly proportioned manner. Also, no alcohol presented applies what the DAG promotes. All food categories, vegetables, meats, grains, are distributed throughout the day evenly. If enough protein is consumed during lunch, dinner will serve a higher portion of vegetables rather than serving more meat. Also, food from each day is different for making sure people get different nutrients every day. I try to follow DGA and make my meal plan balanced.

Monday breakfast:

1. Orange juice (purchased) *
2. Blueberries (purchased)*
3. Dried fruit and nut granola (cereal recipe) page 597, Nuts substitution: sunflower
4. Whole wheat pancakes (Quick bread recipe) page 274
5. Mushroom and cheese omelet (egg and cheese recipe) page 411
6. Peach yogurt (purchased) (E#1)
7. Mashed potatoes casserole E#2
8. Hashed browns (purchased frozen) page 879.

Monday lunch:

1. Tomato barley *(stock soup recipe) page 802
2. Basic mixed green salad (vegetable and pasta salad recipe) page 632
3. Grilled chicken breast (poultry recipe) page 512
4. Roast Pork Loin (pork recipe) page 493
5. Seasoned brussels sprouts E#1 (vegetable recipe) page 832
6. Seasoned cabbage E#2 (vegetable recipe) page 833
7. Cooking Rice E#1 (rice recipe) page 575
8. Macaroni and cheese (pasta recipes) page 543 E#2
9. Brownies (bar cookie recipes) page 355
10. Dried Apricot pies (Pie recipes) page 372

Monday Dinner:

1. New England clam chowder (chowder recipe) page 372
2. Hawaiian tossed salad (vegetable and pasta salad recipe) page 632
3. Black bean burrito (Sandwich recipes) page 714
4. Pot roast of beef (beef recipe) page 460
5. Grilled eggplant peperonata on garlic basil fusilli (vegetable recipe) page 840 E#1/2
6. Creamed spinach (vegetable recipe) page 861 E#1/2
7. Garlic and oil bruschetta (appetizer recipe) page 221
8. Mac and Jack (pasta recipe) page 544

9. Coconut cream puddings (other dessert recipe) page 389

10. Carrot cakes ** (cake recipe) page 316

Tuesday Breakfast:

1. Apple juice (purchased)*

2. melon (purchased) *

3. Red pepper couscous (cereal and grain recipes) page 610

4. Bacon, lettuce, tomato cold sandwiches (sandwich recipe) page 698

5. Cheese quesadillas (sandwich recipes) page 711

6. French fried onion rings E#1 (vegetable recipes) page 844

7. poached eggs E#2 (egg and cheese recipes) page 407

8. Cranberry muffins (Quick bread recipe) page 258

Tuesday Lunch:

1. Beef stock (Stock soup recipe) page 785

2. Apple date salad * (fruit salad recipe) page 657

3. pork sausage (pork recipe) page 502

4. fresh tomato linguine with raw tomato sauce * (pasta recipes) page 564

5. Corn on the cob E#1/2 (purchased)

6. Tofu and broccoli Szechwan E#1/2 (Beans and tofu recipe) page 627

7. Potato bread (yeast bread recipe) page 293

8. Bruschetta (appetizer recipe) page 220

9. Fruit tapioca cream * (other dessert recipes) page 389

10. Baked custard (other dessert recipes) page 392

Tuesday Dinner:

1. Grapefruit orange salad with apples * (fruit salad recipes) page 659

2. gazpacho (chilled soup recipe) page 816

3. Baja fish taco (fish and shellfish recipes) page 430

4. Baja Shrimp taco (fish and shellfish recipes) page 431

5. Classic fresh tomato salsa (topping recipe)** page 752 E#1/2

6. Caesar endive spears (vegetable and pasta salad recipe) page 633 E#1/2

7. pepper and garlic pasta shells (pasta recipes) page 555

8. Cornmeal bread (yeast bread recipes) page 286

9. Butterscotch pecan cookies (drop cookies recipes recipes) page 346

10. chocolate crumb crust (pie recipes) page 366

Wednesday Breakfast:

1. Lemonade (Lemonade recipe) page 245 *

2. Strawberries (purchased) *

3. Barley casserole (cereal and grain recipes) page 598

4. scramble eggs and ham (egg and cheese recipe) page 408

5. Bagel (purchased)

6. Bacon E#1/2

7. ham (purchased) E#1/2

8. canned apricots * (purchased)

Wednesday Lunch:

1. Chicken noodle soup
2. Ambrosia fruit salad (fruit salad recipe) * page 658
3. Baked whole salmon.
4. Chicken and Bacon salad (entrée salad recipes) page 662
5. Seasoned celery * & ** E#1/2
6. Baked acorn E#1
7. white bread (yeast bread recipes) page 284
8. Soft polenta (cereal and grain recipes) page 612
9. Pineapple cream pudding *(other dessert recipes) page 389
10. Cheesecake (other dessert recipes) page 391

Wednesday Dinner:

1. broccoli swiss soup (cream soup recipe) page 808
2. triple bean salad (vegetable and pasta salad recipe) page 635
3. Pot roast of beef (beef recipe) page 460
4. Fajita-spiced trout (fish and shellfish recipes) page 431
5. Marinated asparagus E#1/2 (vegetable and pasta salad recipe) page 643 E#1/2
6. Cauliflower bean salad E#1/2 (vegetable and pasta salad recipe) page 636 E#1/2
7. sweet potatoes souffle E#1/2 (vegetable recipes) page 860
8. Cooking rice E#1/2 (rice recipe) page 575
9. Plum cobbler (other dessert recipes) page 401
10. Strawberry shortcake (quick bread recipes) page 257

Thursday Breakfast:

1. Coconut water (purchased)
2. Apples (purchased) *
3. Grains and Lentils Au gratin (cereal and grain recipes) page 605
4. French toast (quick bread recipe) page 281
5. Chicken-Avocado-Orange salad (entrée salad recipe) page 663
6. Grapefruit E#1 (purchased)
7. Classic fresh tomato salsa (topping recipe) page 752 E#1/2
8. hard boiled eggs (egg and cheese recipes) page 407

Thursday Lunch:

1. Bouillon (stock soup recipe) page 786
2. Boysenberry mold (gelatin salad recipe) page 655
3. Lemon baked fish (fish and shellfish recipes) page 432
4. Tuna pasta salad plate (entrée salad recipes) page 671
5. Seasoned zucchini (vegetable recipe) page 865
6. Mushrooms-stuffed tomatoes (vegetable recipe) page 866
7. Mac and Jack (pasta recipe) page 544
8. Cornmeal bread (yeast bread recipes) page 286
9. Cream puffs (other dessert recipes) page 395
10. Orange slices (purchased) *

Thursday Dinner:

1. baked potato soup (cream soup recipe) page 809

2. roasted edamame salad (vegetable and pasta salad recipe) page 638
3. chicken and pasta salad plate (entrée salad recipes) page 664
4. grilled vegetables and mozzarella pitas (sandwich recipes) page 711
5. mashed potato casserole (vegetable recipe) page 849 E#1/2
6. herb roasted tomatoes * (vegetable recipes) page 867 E#1/2
7. Zucchini corncake E#1/2 (quick bread recipes) page 278
8. Caribbean rice E#1/2 (rice recipe) page 588
9. Orange Chiffon (cake recipes) page 313
10. pumpkin pie (pie recipe)** page 378

Friday Breakfast:

1. Banana Punch (Banana punch recipe) page 246
2. oranges(purchased) *
3. Israeli couscous with olives and roasted tomatoes * (cereal and grain recipes) page 606
4. Egg and cheese breakfast burrito (egg and cheese recipes) page 415
5. Waffles (quick bread recipe) page 276
6. Avocado slices E#1 purchased.
7. Grapes E#1/2 purchased.
8. canned peaches * (purchased)

Friday Lunch:

1. Chicken velvet soup (cream soup recipes) page 807
2. Frozen fruit salad * (fruit salad recipe) page 660
3. Chicken pocket sandwich (sandwich recipe) page 698
4. Caribbean shrimp (fish and shellfish recipes) page 443
5. Seasoned summer squash (vegetable recipe)** page 865
6. Candied carrots and parsnips (vegetable recipe) page 834
7. whole wheat bread (yeast bread recipes) page 284
8. Lemon parsley couscous (cereal and grain recipes) page 608
9. Vanilla cream puddings (other dessert recipes) page 389
10. Apple crisp (other dessert recipes) page 398

Friday Dinner:

1. green pepper slaw (vegetable and pasta salad recipe) page 640
2. vegetable stock (stock soup recipe) page 788
3. barbecued beef sandwich
4. Roast Pork Loin (pork recipe) page 493
5. Broccoli E#1/2
6. ratatouille (vegetable recipes) page 869 E#1/2
7. Bruschetta (appetizer recipe) page 220
8. Bulgar-stuffed sweet dumpling squash (cereal and grain recipes) page 603
9. Fudge cake (cake recipes) page 321
10. Rolled sugar cookies (pressed, molded, and rolled cookie recipes) page 362

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

Last: Fei

First: Xiaotong

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Fruit/juice: (one each)	1. Orange juice* 2. Blueberries*	1. Apple juice * 2. melon *	1. Lemonade 2. Strawberries *	1. Coconut water 2. Apples*	1. Banana Punch 2. oranges*
Hot Cereal/Grain:	1. Dried fruit and nut granola Nuts substitution: sunflower	1. Red pepper couscous	1. Barley casserole	1. Grains and Lentils Au gratin	1. Israeli couscous with olives and roasted tomatoes*
Entrees (2):	1. Whole wheat pancakes 2. Mushroom and cheese omelet	1. Bacon, lettuce, tomato cold sandwiches 2. Cheese quesadillas	1. scramble eggs and ham 2. Bagel	1. French toast 2. Chicken-Avocado-Orange salad	1. Egg and cheese breakfast burrito 2. Waffles
Sides (3):	1. Peach yogurt E#1 2. Mashed potatoes casserole E#2 3. Hashed browns	1. French fried onion rings E#1 2. poached eggs E#2** 3. Cranberry muffins	1. Bacon E#1/2 2. ham E#1/2 3. canned apricots *	1. Grapefruit E#1 2. Classic fresh tomato salsa E#1/2 3. hard boiled eggs **	1. Avocado slices E#1 purchased 2. grapes E#1/2 3. canned peaches*
Lunch:					
Soup/Salad: (one each)	1. Tomato barley* 2. Basic mixed green salad	1. Beef stock 2. Apple date salad *	1. Chicken noodle soup 2. Ambrosia fruit salad	1. Bouillon 2. Boysenberry mold	1. Chicken velvet soup 2. Frozen fruit salad *
Entrees (2):	1. Grilled chicken breast 2. Roast Pork Loin	1. pork sausage 2. fresh tomato linguine with raw tomato sauce *	1. Baked whole salmon 2. Chicken and Bacon salad	1. Lemon baked fish (2. Tuna pasta salad plate	1. Chicken pocket sandwich 2. Caribbean shrimp
Vegetables (2):	1. Seasoned brussels sprouts E#1 2. Seasoned cabbage E#2	1. Corn on the cob E#1/2 2. Tofu and broccoli Szechwan E#1/2	1. Seasoned celery * & ** E#1/2 2. Baked acorn E#1	1. Seasoned zucchini 2. Mushrooms-stuffed tomatoes	1. Seasoned summer squash** 2. Candied carrots and parsnips
Grain/Bread/ Starch (2):	1. Cooking Rice E#1 2. Macaroni and cheese	1. Potato bread 2. Bruschetta	1. white bread 2. Soft polenta	1. Mac and Jack 2. Cornmeal bread	1. whole wheat bread 2. Lemon parsley couscous
Desserts (2):	1. Brownies 2. Dried Apricot pies	1. Fruit tapioca cream* 2. Baked custard	1. Pineapple cream pudding* 2. Cheesecake	1. Cream puffs 2. Orange slices*	1. Vanilla cream puddings 2. Apple crisp
Dinner:					
Soup/Salad: (one each)	1. New England clam chowder 2. Hawaiian tossed salad	1. Grapefruit orange salad with apples* 2. gazpacho	1. broccoli Swiss soup 2. triple bean salad	1. baked potato soup 2. roasted edamame salad	1. green pepper slaw 2. vegetable stock
Entrees (2):	1. Black bean burrito 2. Pot roast of beef	1. Baja fish taco 2. Baja Shrimp taco	1. Pot roast of beef 2. Fajita-spiced trout	1. chicken and pasta salad plate 2. grilled vegetables and mozzarella pitas	1. barbecued beef sandwich 2. Roast Pork Loin
Vegetables (2):	1. Grilled eggplant peperonata on garlic basil fusilli E#1/2 2. Creamed spinach	1. Classic fresh tomato salsa ** 2. Caesar endive spears E#1/2	1. Marinated asparagus E#1/2 2. Cauliflower bean salad E#1/2	1. mashed potato casserole E#1/2 2. herb roasted tomatoes* E#1/2	1. Broccoli E#1/2 2. ratatouille E#1/2
Grain/Bread/ Starch (2):	1. Garlic and oil bruschetta 2. Mac and Jack	1. pepper and garlic pasta shells 2. Cornmeal bread	1. sweet potatoes souffle E#1/2 2. Cooking rice E#1/2	1. Zucchini corncake E#1/2 2. Caribbean rice E#1/2	1. Bruschetta 2. Bulgar-stuffed sweet dumpling squash
Desserts (2):	1. Coconut cream puddings 2. Carrot cakes **	1. Butterscotch pecan cookies 2. chocolate crumb crust	1. Plum cobbler 2. Strawberry shortcake	1.Orange Chiffon 2. pumpkin pie	1. Fudge cake (cake recipes) 321 2. Rolled sugar cookies (pressed, molded, and rolled cookie recipes) 362

Assorted Beverages: Coffee/Tea/Milk Available

Assorted Toast/Bread/Rolls Available

*High Vitamin C **High Vitamin A

AMA

Home: Dietary guidelines for Americans. Home | Dietary Guidelines for Americans. <https://www.dietaryguidelines.gov/>. Accessed May 5, 2023.

Molt M. *Food for Fifty*. NY, NY: Pearson; 2018.