

Food for Fuel

Circulation

Because our menu is for a children's hospital (ages 9-13), we decided to use a spoken menu to make sure the children get enough to eat and feel like they have a lot of choice.

Our foodservice staff will be in charge of going around to each child's room before breakfast, lunch and dinner to ask what they would like to eat. Staff will bring a printed menu and let the child look at their choices while the staff member explains the menu. The staff member will then mark down what food the child wants, and call the kitchen with the order. This will make the menu visual and spoken, adaptable as needed. The 6 day cycle menu will have daily varied degree of choice, classifying the menu as semi-selective.

For breakfast, there will be a main entrée and fruit, but they will have the option to choose between five different cold cereals to replace the entrée or come with the entrée. Cereal will always be an option for any meal as it will be easy to keep on hand and prepare quickly during any time. Also for each meal, they will choose one dairy option out of milk, chocolate milk, or yogurt.

Lunch and dinner will include two separate entrée choices, and one choice of a vegetable and fruit. Dessert will be offered during lunch and dinner and the children will have the choice of one dessert per meal out of three options for the day.

An H.S. snack will be provided by a special snack cart that will be wheeled around the hospital in the evening. There will be a choice of up to two snacks from five options. Three of the snacks will be the same every day, with two new snacks every day.

This menu is meant to help children recovering from illness or injury "fuel" their bodies, and our personal circulation technique will more effectively fulfill this goal.