

MEAL AND FOOD SERVICE



Food and nutrition services are an integral part of your healthcare experience at Bayview Center.

The Food Services and Clinical Nutrition teams aim to provide you with nutritious, balanced and tasty meals.



THE MENU

Your menu is a 3-week cycle seasonal menu. Summer selections are offered starting in May. Fall/winter selections are offered as of Thanksgiving. The center's menu can be found on our website. The meal of the day is posted on the communication board of each care unit.

The main meal is served at lunch, and a lighter meal with soup is served at supper. For example:

Breakfast: Hot or cold cereal, toast, eggs or cheese or yogurt, juice, milk, fruit and coffee/tea.

Lunch: A protein choice with a starch, a vegetable and a dessert. For example: Coq au vin, herbed mashed potato, roast cauliflower, chocolate pudding and beverages of your choice.

Supper: A soup, a protein choice with a starch, a vegetable and dessert. For example: winter potage, cheesy ham and potato casserole, broccoli and cinnamon apples and beverages of your choice.

- Sandwiches and special plates of the week are available to meet your food preferences.
- Fresh salads or lunch soups are available daily upon request.
- Therapeutic snacks are available after lunch and supper. The Dietitian will assess your snack needs.

SELECTION OF YOUR MEALS

All meals will be sent to your care unit by the kitchen. Shortly after your admission, a Dietitian will meet with you to personalize your diet according to your preferences and needs. If a Dietitian is not present, please communicate your wishes to a Nurse and a Dietitian will see you on their next workday. A Dietitian will also review your menu selections when the seasonal menu changes or as needed.

LOCATION OF MEALS

Most residents eat breakfast in bed and have lunch and supper in the dining room of the care unit. Alternative arrangements can be made.



MEAL ASSISTANCE

If you require assistance to setup or eat your meals, a caregiver will assist you.

MEAL DELIVERY

Times vary slightly from floor to floor, but generally meals are served on the care units starting at the following times:

Breakfast 7:30 – 8:00 Lunch 11:30 – 12:00 Dinner 16:30 – 17:00

SPECIAL DIETS

Your diet may need to be modified for medical reasons. A Dietitian will work with you to assess your needs. At Bayview we offer:

- ✧ **Texture-modified diets:** Regular-soft, ground (minced) and blended (pureed) textures if needed.
- ✧ **Thickened liquids:** Honey thick and pudding thick liquids if needed.
- ✧ **Therapeutic diets:** Diabetic, low residue, low salt, low lactose, etc.
- ✧ **Nutritional supplements:** Your needs will be assessed by a Dietitian.

WHERE TO BUY EXTRA FOOD?

1. The cafeteria on the first floor

Serves hot or cold meals:

Breakfast: 8:30 – 9:30

Lunch: 12:00 – 13:30

Supper: 17:15 – 18:15

Serves coffee/ tea and snacks:

9:30 – 11:00

13:30 – 16:00

2. Vending machine in the cafeteria: snacks and beverages

CAN VISITORS BRING FOOD FROM OUTSIDE OR HOME?

Family members or visitors may bring you food from outside the center. We recommend advising a Nurse or Dietitian to ensure the foods are safe for you to eat considering your dietary needs. Family members or visitors should **never offer foods to other residents** for safety reasons. See the Resident’s Handbook for details.

COMMUNICATION

- ✧ If you are not satisfied with your meal plan at any time, please contact the Dietitians at ext. 258 and one will visit you at the earliest convenience.
- ✧ If you are having difficulties related to eating, chewing, swallowing or digestion please alert **the Team Leader** on duty immediately. They will communicate with a Dietitian to evaluate.

