

WESTMOUNT HEALTH FACILITY

A SKILLED NURSING HOME operated by Warren County

42 GURNEY LANE - QUEENSBURY, NY 12804
Phone: (518)761-6540 Fax: (518) 761-6590

Barbara B. Taggart
Administrator

HEALTH SERVICE COMMITTEE AGENDA

FRIDAY SEPTEMBER 23, 2011
BOS CONFERENCE ROOM
9:30AM

1. Committee meeting called to order by chairman.
2. Motion to approve minutes of prior committee meeting.

Action Agenda

1. Gretchen Petteys' Six Month Dietary Report
2. Out of Code Transfer

Monthly Business

1. Staffing Report.

Vacant Positions

1 - LPN - 3-11
0 - CNA - 7-3
6 - CNA - 3-11
1 - CNA - 11-7

Medical Leave

1 LPN
2 CNA
1 Dietary

Continued monthly coverage for sick, holiday/vacation, and personal time requests by employees.

2. Overtime Report.

DISCUSSION

WARREN COUNTY TWO YEAR BUDGET COMPARISON

REVENUE AND EXPENDITURES FOR 2011 AS OF 9/20/2011 9:50:50 AM

EXPENSES	YTD ACTUAL	YTD ACTUAL	YTD 11v10	% CHANGE	ANNUALIZED	2011 AMENDED	2010 AMENDED
	THRU September 2011	THRU September 2010			2011 EXPENSE	BUDGET	BUDGET
Salaries - Regular	\$1,975,208.72	\$2,112,398.01	(\$137,189.29)	-6.95%	\$2,853,070.48	\$3,194,566.92	\$3,102,312.52
Salaries - Overtime	\$212,313.32	\$169,558.87	\$42,754.45	20.14%	\$306,673.85	\$231,119.12	\$209,342.62
Salaries - Part Time	\$362,696.30	\$305,199.80	\$57,496.50	15.85%	\$523,893.04	\$446,857.42	\$492,516.32
Salaries - Sick Leave	\$0.00	\$0.00	\$0.00	0.00%	\$0.00	\$4,400.00	\$10,976.00
	\$2,550,218.34	\$2,587,156.68	(\$36,938.34)	-1.45%	\$3,683,637.38	\$3,876,943.46	\$3,815,147.46

RESOLUTION REQUEST FORM NO. 10
Request for Transfer of Funds

TO: JOAN SADY, CLERK, WARREN COUNTY BOARD OF SUPERVISORS

FROM: WESTMOUNT HEALTH FACILITY
Name of Department

SIGNED: Barbara Taggart Ibar **DATE:** September 23, 2011

<u>FROM CODE</u>	<u>TITLE</u>	<u>TO CODE</u>	<u>TITLE</u>	<u>AMOUNT</u>
EF.60200.5803 260	Westmount, Nursing-Nurses' Station, Other Equipment	EF.60200.5802 210	Westmount, Nursing-Nurses' Station, Furniture Equipment	\$1,710.00

Please state reason for transfers requested: Purchase of 2 additional air mattresses.



Nutrition Therapy... “Beyond the Plate”...



**Westmount Health Facility
September 2011**

Nutrition Therapy... "Beyond the Plate"

Six Month Summary

Upon my arrival to Westmount Health Facility, I knew that the Food Service Department needed to be brought up to current standards in many areas. Through a systematic approach I set up a plan that was conducive to residents, staff and the facility. Through the first six months of my employment at Westmount we have grown in many ways. Nutrition Therapy goes beyond the plate and is a work in progress. With my list of priorities, away we go down the path of greatness.

Here is a brief synopsis of what has been done or what is going on in the Food Service Department:

1. System Over haul:

- Upgrade and modification of Westmount Meal Plan
- Upgrade of dishes and silverware
- Streamline Dinner Meal to serve the house in 20 minutes or less

2. Menu Make over:

- Processed foods to fresh foods
- Pre packaged meats to whole meats
- Offering "meals" at supper besides soup and sandwiches
- Using tailored made recipes for menu items to be made from scratch
- Vending Machine; a well fed employee is a happy employee

3. Budget 2012

- Planning accordingly for current employee benefit time
- Adding per diem employees versus using overtime
- Equipment needs

4. Works in progress:

- Shaped and "molded" puree foods
- Operation Hydration
- Staff training and Serv Safe Certification
- Make all meals "served from dining room"
- Tracking and Trending

5. Comparison against other facilities:

- Staffing patterns
- Cost per resident meal

1. System Over haul:

- **Upgrade and modification of Westmount Meal Plan:**

To serve our residents meals, we use tray tickets. The tray tickets that were being used were very vague and showed no difference in the resident's diets from, textures, allergies and liquid consistency. These things are very important to our resident's safety. Due to the acuity of our resident's diet it was necessary to take action to make sure all staff in the facility was aware of what a resident can or can not have. This brought on the first of two revisions of the Westmount Meal Software. All transfer of data is done by Senior Programmer and Dietary Supervisor.

With current meal software, the tickets are color coated to meals. Allergies and dislikes' are highlighted in red. There are now three tickets on one piece of paper compared to the two before. The facility uses special perforated paper to eliminate someone having to cut them, saving on labor.

The second revision of the Westmount Meal Software is currently being written by Warren County, Jeremy Scrimo of IT, and is expected to be in use by the end of October 2011. This system will print tickets in the same format as we are using now, but in addition it will allow for meals served to be tallied, cycle menus to be imported and have specific items written on each resident ticket according to diet. Along with importing the menu, this will allow for production sheets to be generated for the Cooks so that they will know exactly what they will need to prepare for the day. This will cut down on food waste.

By going through this three part phase and not purchasing a meal software system, we have saved the county roughly \$5000.

Note: See attached meal tickets for a visual comparison

- **Upgrade of dishes and silverware**

Through recent studies it has been shown that using boldly colored dinnerware not only stimulates appetite but it also enhances Alzheimer's and Dementia resident's sensitivity with visual contrast and depth perception. With the facility's upgrade in dishes we chose "red" colored china. This china pattern by Tuxton also carries a two year chip resistant warranty on dishes, showing that this is was not only a resident friendly upgrade but cost effective for the facility.

Along with the china upgrade we also changed our heating system for our dishes. We now use insulated bases and domes which holds temperatures for forty minutes. This allows us to keep our hot foods hot and our cold foods cold.

Our last upgrade was our silverware. The facility opted for medium weight silverware compared to the light weight we had been using before. The pattern is simple and classic and will last through the decades.

Note: See attached sheets of china and Dinex patterns.

WESTMOUNT

Wednesday, September 21, 2011

Lounge/7-1

Diet: PUREE

Texture: Puree

Liquids: Thin

BREAKFAST

Sugar x4

Straw x3

PUREE Danish X2

8oz 2% Milk

4oz OJ

8oz Coffee

WESTMOUNT

Wednesday, September 21, 2011

Lounge/2-3

Diet: PUREE

Texture: Puree

Liquids: Thin

DINNER

Straw

2oz PUREE Main Meal

PUREED MEAT

2oz PUREE Starch

4oz PUREE Vegetable

1ea PUREE Dessert

8oz 2% Milk

6oz Cranberry Juice

4oz Healthy Shake x2

Small Portions

WESTMOUNT

Wednesday, September 21, 2011

Lounge/2-3

Diet: PUREE

Texture: Puree

Liquids: Thin

SUPPER

Straw

2oz PUREE Main Meal

PUREED MEAT

2oz PUREE Starch

4oz PUREE Vegetable

1ea PUREE Dessert

8oz 2% Milk

6oz Cranberry Juice

4oz Healthy Shake x2

Small Portions

NEW

WESTMOUNT

Wednesday, September 21, 2011

Dining/-

Diet:

Texture: Regular

Liquids: Thin

BREAKFAST

Splenda x2

Butter

SF Jelly

1/2ea Toasted English Muffin

1ea Cold Cereal of Choice

1ea Banana

8oz Skim milk

6oz OJ

8oz Coffee

WESTMOUNT

Wednesday, September 21, 2011

Dining/4-3

DINNER

Splenda x2

2oz REGULAR Main Meal

SMALL PORTIONS

2oz Starch

SMALL PORTIONS

2oz Vegetable

SMALL PORTIONS

1ea Dessert

8oz Skim Milk

4oz Cranberry Juice

8oz Coffee

NEW

WESTMOUNT

Wednesday, September 21, 2011

Dining/4-3

Diet:

Texture: Regular

Liquids: Thin

SUPPER

Splenda x2

2oz REGULAR Main Meal

SMALL PORTIONS

2oz Starch

SMALL PORTIONS

2oz Vegetable

SMALL PORTIONS

1ea Dessert

8oz Skim Milk

4oz Cranberry Juice

8oz Coffee

BREAKFAST

NAME:

ROOM #:

LOC:

Feeds Self

TABLE:

DIET: REGULAR

NO: eggs and toast

2 SUGAR SUB
as needed DT SYRUP

8oz SKIM MILK

4oz OJ 4 Oz Juice

x COFFEE

TOAST 1/2 english
muffin

x COLD
CEREAL

Banana FRUIT

OLD

BREAKFAST

NAME: '

ROOM #:

LOC: Room

Feeds Self

TABLE: 0

DIET: NAS, SMOOTH PUREED; SMALL
PORTIONS

4 SUGAR
AS NEEDED SYRUP

3 STRAW

8OZ MILK

4OZ OJ 4 Oz Juice

2 SHAKE

X COFFEE

breakfast DAILY
buffet

PUREE DANISH

SPECIAL INSTRUCTIONS: SMALL PORTIONS
FEEDING INSTRUCTIONS:

CNENTRIX™

in CAYENNE

TuxCare™

Red Plate Study

In 2004 a research team led by biopsychologist Alice Cronin-Golomb at Boston University studied the use of boldly colored dinnerware for patients with advanced dementias such as Alzheimer's to overcome diminished sensitivity to visual contrast and depth perception. Study patients were found to increase their food intake by 25% or more with the use of bright red colored tableware.

To increase
appetite:

Plan a contrast
between food
and the plate
you put
it in.

Use
a solid
plate that
contrast with
the table to keep
focus on the food.

• Favor red.
• Concentrix in
Cayenne
color

Bouillon

7 1/2oz (3 3/4")
CQB-0752 Pack: 2doz
List Price: \$117.84/doz

Fruit Dish

4 1/2oz (5 3/8")
CQD-052 Pack: 2doz
List Price: \$ 93.72/doz

Plate 6 1/4"

CQA-062 Pack: 2doz
List Price: \$133.92/doz

Plate 9"

CQA-090 Pack: 2doz
List Price: \$232.32/doz

Grapefruit

9oz (6 3/4")
CQD-066 Pack: 2doz
List Price: \$166.68/doz

Gala Mug 8oz

CQM-085 Pack: 2doz
List Price: \$169.44/doz

Round Cup 8oz

CQF-0702 Pack: 2doz
List Price: \$187.20/doz

Saucer 6"

CQE-060 Pack: 2doz
List Price: \$115.20/doz



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TURNBURY®

Introduces china-like elegance to food service.



Application

The distinctive sculptured design adds an air of refinement to patient service by fusing the elegant look of china with the superior temperature retention of foam insulation. Six popular color choices coordinate beautifully with a wide selection of other Dinex® traytop products, including high quality Traycovers, Napkins and Patient Menus. The stylish collection for hot or cold beverages/meals, features contemporary "swirl" design with pedestal base and china-like appearance. Not intended for use in microwave or conventional ovens, hot/cold carts.

Material

Polypropylene, double-wall construction with ozone-safe urethane foam insulation. Dome features, one piece construction with molded knob. Not stackable. Latex free construction.

Washing Instructions

Weekly, soaking 6-8 hours. Wash in commercial dishmachine. Do NOT use bleach. Can withstand washing temperatures up to 180°F.

EZ-Sip™ Lid

Keep hot beverages hot and cold drinks cold more effectively with the Dinex® EZ-Sip™ Lid. This disposable drink-through lid, designed to fit the Turnbury® mug, features snug, snap-fit styling for better temperature retention. The drink-through slot will also accommodate a drinking straw.

Item Numbers

8 oz. Mug

- DX300003 - Onyx
- DX300008 - Hunter Green
- DX300015 - Teal
- DX300023* - Gray
- DX300031 - Latte
- DX300050 - Midnight Blue
- DX300056* - Mauve
- DX300061 - Cranberry
- DX300068 - Plum
- DX300084 - Sage

Item Numbers

Lids for 8 oz. Mug

- DX30008775 - EZ Sip™ Lid
- DX30008714 - Translucent Lid

5 oz. Bowl

- DX320003 - Onyx
- DX320008 - Hunter Green
- DX320015 - Teal
- DX320023* - Gray
- DX320031 - Latte
- DX320050 - Midnight Blue
- DX320056* - Mauve
- DX320061 - Cranberry
- DX320068 - Plum
- DX320084 - Sage

Lid for 5 oz. Bowl

- DX30008714 - Translucent Lid

9 oz. Bowl

- DX330003 - Onyx
- DX330008 - Hunter Green
- DX330015 - Teal
- DX330023* - Gray
- DX330031 - Latte
- DX330050 - Midnight Blue
- DX330056* - Mauve
- DX330061 - Cranberry
- DX330068 - Plum
- DX330084 - Sage

Lids for 9 oz. Bowl

- DX33008714 - Translucent Lid
- DX11830174 - Dome Lid

Insulated Dome

- DX340003 - Onyx
- DX340008 - Hunter Green
- DX340015 - Teal
- DX340023* - Gray
- DX340031 - Latte
- DX340050 - Midnight Blue
- DX340056* - Mauve
- DX340061 - Cranberry
- DX340068 - Plum
- DX340084 - Sage

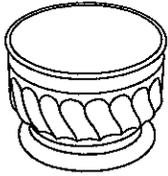
* Indicates discontinued item. Quantities may be limited; call for availability.

See spec sheet #370 for options on Domes, Insul Bases and Underliners.

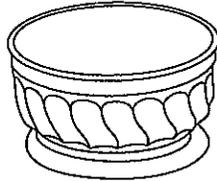
DINEX®

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www.dinex.com

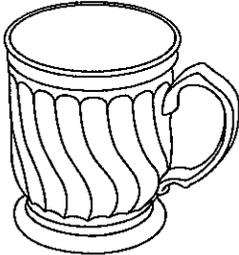
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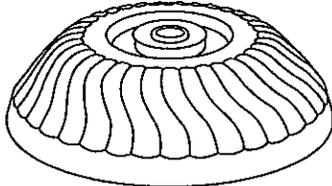
5 oz. Bowl



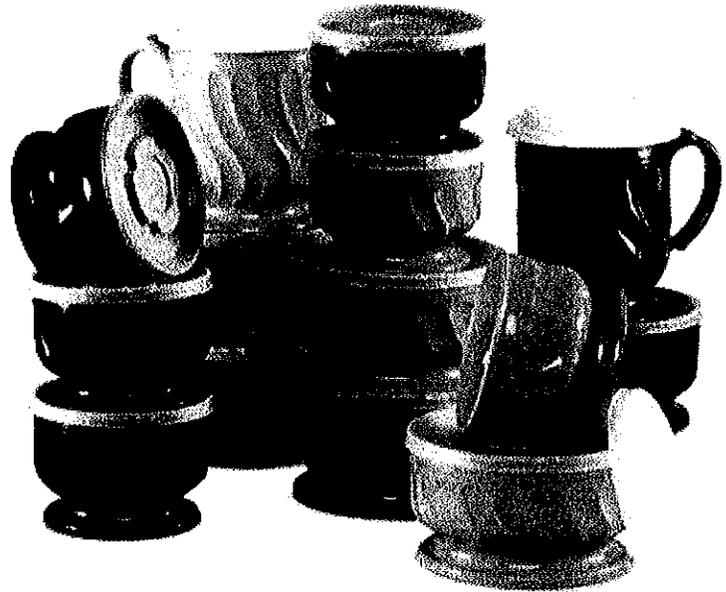
9 oz. Bowl



8 oz. Mug



Dome



Items and Dimensions

ITEM NUMBER	DIAMETER	OVERALL HEIGHT	PACK	SHIP WEIGHT	SHIP CUBE	CAPACITY	FREIGHT CLASS	MATERIAL
DX3000series (Mug)	3.5" (8.9cm)	4" (10.1cm)	48	11.9 lb. (5.4kg)	1.50	8 oz.	77.5	Polypropylene
DX3200series (Bowl)	3.5" (8.9cm)	2.375" (6.0cm)	48	7.8 lb. (3.5kg)	0.90	5 oz.	77.5	Polypropylene
DX3300series (Bowl)	4.375" (11.1cm)	2.375" (6.0cm)	48	11.2 lb. (5.1kg)	1.40	9 oz.	77.5	Polypropylene
DX3400series (Dome)	10" (25.4cm)	2.875" (7.3cm)	12	10.0 lb. (4.5kg)	0.90	-	77.5	Polypropylene
DX30008775 (EZ-Sip™ Lid)	-	.375" (1.0cm)	1,000	7.5 lb. (3.4kg)	2.10	-	250	Polystyrene
DX30008714 (Lid)	-	-	1,500	7.5 lb. (3.4kg)	2.50	-	250	Polystyrene
DX33008714 (Lid)	-	-	1,000	7.1 lb. (3.2kg)	2.10	-	250	Polystyrene
DX11830174 (Dome Lid)	-	-	1,000	8.6 lb. (3.9kg)	1.10	-	150	Polystyrene

Note: Turnbury Tray serving height (measured on a standard patient tray) with:

- Insul Base 4-1/4"
- Wax Base Underliner 4-7/16"
- Dome only 3"
- EZ-Sip Lid 4-1/2"

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301-REV 10/09

- **Streamline Dinner Meal to serve the house in 20 minutes or less**

The Administrator's next concern was to streamline the Dinner meal. Originally the Dinner meal took over an hour to serve eighty residents (11:20am-12:35pm) this not include the time spent assisting the residents eat their meal. Not only did this effect the Dietary Department but Nursing as well. By the time nursing was done with their breaks Dinner took over two hours to complete. Time was not being managed properly.

We now serve Dinner in 20-25 minutes. With the redesign of the Kitchen, we are able to serve all 80 residents in both dining rooms at the same time. Nursing either takes their break before or after Dinner depending on their assignment. By modifying both Nursing and Food Service schedules the facilities main focus between 12pm-1pm is serving and feeding our residents dinner. By doing this change it allows nursing more time to help the residents that need assistance.

- **Vending Machine; a well fed employee is a happy employee**

When we were re-vamping our "menu make over" we could not forget about the people that make it all possible, that are here providing care for our residents. In addition to offering our employees what is on the menu, we also stock a vending machine that is available to all three shifts. After putting out a suggestion list, the Kitchen got lots of great ideas that employees wanted. The vending machine is filled on Tuesday's and Friday's with a variety of items from Greek yogurt, fresh assorted salads, burgers, French fries, assorted sandwiches, wraps assorted cereals and milk.

Note: Sales have increased from \$150 per month to ~\$500

2. Menu Make over:

- **Processed foods to fresh foods**

The phrase “you are what you eat”, couldn’t be more true. “Convenience or processed” foods, are filled with lots of carbohydrates, sodium and fillers. These food choices are okay in limited amounts, but over a period of time, they effect how you feel. Not only does this eating style make one feel sluggish it is not nutritionally sound.

The menu that is now offered at Westmount Health Facility is a vast array of fresh fruits and vegetables and whole meats. All of the meats that are purchased are considered “whole meats” they are not “tender pressed” or “injected” with a sodium solution to preserve flavor. We use a customized recipe using herbs and spices to have lower sodium and provide fresh tasting meal. After all, the generation we are serving is a meat and potatoes generation. One should never skimp on the quality of meat being used.

There are also numerous foods that have extremely high nutritional benefits. These food items are often known as “super foods”. Examples include canola oil, 100% whole wheat bread, yogurt and berries. Our menus are based on incorporating as many of these as possible to our residents.

Note: See attached sheets of additional “super foods”

Other processed foods that have been eliminated are: instant mashed potatoes, casserole dishes, canned soups and gravies. All of these items are now made from scratch.

- **Pre packaged meats to whole meats**

Along with the processed foods that were being served at the Facility, pre packaged meats were also common served items. All these items required no cooking, just heat and serve. These also are filled with fillers and sodium for flavor and texture.

We now buy and serve only “whole” meats. Pork loins are purchased and then fabricated into chops for pork chops. Whole top rounds are purchased, trimmed and cooked for a nice roast beef dinner. We are also serving a variety of fresh fish and seafood, with great health benefits as well.

By purchasing whole meats we needed to invest in a good set of knives, which would allow for safe meat fabrication. This has made a world of difference in the transition of fresh foods and meats.

- **Offering “meals” at supper besides soup and sandwiches**

The original menu being served here for supper was a soup and sandwich every night. This often led to a repeat of meals every week. Soup and sandwich meals are nice every once and a while, but not as a staple.

The current menu offers a variety of casseroles, breakfast items, cold plates and sandwiches at the Supper meal. In addition, at Supper we also offer a Soup du Jour and a Sandwich of the day. By offering this combination of meals at Supper, the Kitchen can please more residents instead of making numerous “alternate meals” every night, which can be labor intensive.

Note: See attached sheets of before and current menu cycles.

Sources of Omega 3 fats

■ ALA sources

- Flax
- Rapeseed (Canola)
- Pumpkin Seeds
- Soybeans (Tofu,etc)
- Walnuts
- Wheat germ



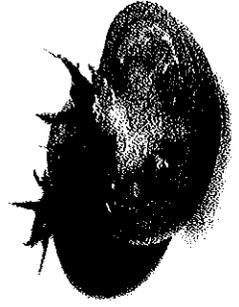
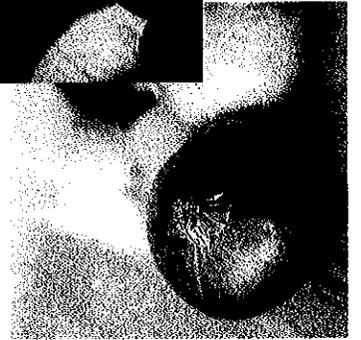
■ EPA and DHA sources

- Seaweed
 - Kelp
 - Laver
 - Lakame
- Microalgae supplements
- Fish oil capsules
- Marine oil extracted from Antarctic krill
- New Zealand green lipped mussels
- Cold water fish including
 - Mackerel, Herring, Salmon
 - Anchovy, Sardines
 - Trout, Halibut
 - Lobster, Shrimp
 - Catfish, Sole, Cod

Menu Changes Continued...

Increase Functional Foods

- Beans
- Blueberries
- Cruciferous vegetables
- Oats
- Oranges
- Pumpkin
- Soy
- Spinach
- Green Tea
- Tomatoes
- Yogurt
- Grape and Cranberry
- Garlic and Onions



Westmount Health Facility

Week I

Spring Summer Menu 2011

Dinner: Rigatoni with Beans & Sausage Garden Salad w/ Dressing Italian Bread	Dinner: Haddock au Gratin Rice Pilaf Broccoli Florets	Dinner: Pork Cutlet w/ Mushroom Gravy Egg Noodles Braised Red Cabbage	Dinner: Shrimp & Scallop Mascarpone over Shells Asparagus Spears	Dinner: BBQ Chicken Breast Macaroni Salad Corn on the Cob	Dinner: Shepherd's Pie with Buttermilk Biscuits and Butter	Dinner: Baked Ham Mashed Sweet Potatoes Buttered Peas
Brownies	Coconut Custard	German Chocolate Cake	Lemon Raspberry Bars	Strawberry Jell-o Cake	Chocolate Chip Cookies	Blueberry Pie
Supper: Turkey & Swiss on Rye Lettuce, Tomato & Pickle Potato & Leek Soup Peaches & Pears	Supper: Philly Cheese Steak Sub w/ Onions Copper Penney Salad Fruited Jell-o	Supper: Three Cheese Quiche French Onion Soup Mandarin Oranges	Supper: Bacon Cheeseburger on a Bun Onion Rings Coffee Milkshakes	Supper: Macaroni & Cheese with Ham Whole Green Beans Fresh Fruit Cup	Supper: Grilled Chicken Sandwich w/ Mayo Coleslaw Blueberries with Yogurt	Supper: Cottage Cheese with Fresh Fruit Bran Muffin Butterscotch Pudding
Soup du Jour: Potato & Leek	Soup du Jour: Chicken & Rice	Soup du Jour: French Onion	Soup du Jour: Mushroom Barley	Soup du Jour: Chili Mac	Soup du Jour: Bean & Bacon	Soup du Jour: Cream of Broccoli

Dinner Alternate Meal Selection

Monday	Oven Fried Chicken	Shrimp Scampi	Buttered Cauliflower
Tuesday	Chicken Marsala	Baked Crumb Haddock	Harvard Beets
Wednesday	Chicken Francais	Lemon Herb Tilapia	Seasoned Green Beans
Thursday	Spinach Stuffed Chicken	Baked Dill Salmon	Roasted Acorn Squash
Friday	Dijon Chicken Breast	Scallops in Garlic Butter	Braised Red Cabbage
Saturday	Herbed Chicken Breast	Stuffed Sole	Sauteed Carrots
Sunday	Lemon Chicken	Maple Glazed Salmon	Sauteed Fresh Spinach

Other items offered daily at Dinner:

Plain Fish of the Day Plain Baked Chicken Baked Ham

Note: Chicken Noodle Soup available daily upon request

Please let the Kitchen know Dinner requests by 10:30am and Supper requests by 3:30pm

Menus subject to change due to availability

Supper Alternate Meal Selection

Monday	Tuna Salad Sandwich
Tuesday	Roast Beef Sandwich
Wednesday	Bologna & Cheese
Thursday	Turkey Sandwich
Friday	Chicken Salad Sandwich
Saturday	Ham Sandwich
Sunday	Egg Salad Sandwich

Other items offered daily at Supper:

Chef Salad w/ Dressing Cottage Cheese w/ Fruit

NEW

Westmount Health Facility

Week II

Spring Summer Menu 2011

Dinner: Meatloaf with Gravy Mashed Potatoes Scalloped Corn	Dinner: Seafood Alfredo over Fettucine Seasoned Spinach Garlic Rolls	Dinner: Corned Beef & Cabbage Red Potatoes Buttered Carrots	Dinner: New England Clam Chowder in a Bread Bow Coleslaw	Dinner: Grilled Pork Chops Rice Salad Gingered Carrots	Dinner: Beef & Tomato Goulash with Sauce Garden Salad Italian Bread	Dinner: Roast Turkey w/ Gravy Mashed Potatoes Butternut Squash
Angel Cake	Chocolate Mousse	Bread Pudding	Strawberry Shortcake	Cherry Peach Crisp	Fruit & Orzo Pudding	Apple Pie
Supper: Monte Cristo Sandwich Sweet Potato Fries Pears & Lime Jell-o	Supper: Grilled Chicken Cesar Salad Dinner Rolls w/ Butter Italian Wedding Soup Sauter Doodles	Supper: Western Eggs Home Fries Tomato Slices Fruit Smoothie	Supper: Sloppy Joe on a Bun Vegetable Medley Chocolate Sundea	Supper: Tuna Mac Salad on Lettuce Dinner Rolls w/ Butter Cream of Tomato Fruit Cup	Supper: Hot Dog on a Bun Baked Beans Watermelon Wedges	Supper: Roast Beef & Provolone Sandwich w/ Mayo Lettuce, Tomato & Pickle Garden Vegetable
Soup du Jour: Cream of Mushroom	Soup du Jour: Italian Wedding Soup	Soup du Jour: Zuppa Toscana	Soup du Jour: Chicken Orzo	Soup du Jour: Cream of Tomato	Soup du Jour: Corn Chowder	Soup du Jour: Garden Vegetable

Dinner Alternate Meal Selection

Monday	Oven Fried Chicken	Shrimp Scampi	Buttered Cauliflower
Tuesday	Chicken Marsala	Baked Crumb Haddock	Harvard Beets
Wednesday	Chicken Francais	Lemon Herb Tilapia	Seasoned Green Beans
Thursday	Spinach Stuffed Chicken	Baked Dill Salmon	Roasted Acorn Squash
Friday	Dijon Chicken Breast	Scallops in Garlic Butter	Braised Red Cabbage
Saturday	Herbed Chicken Breast	Stuffed Sole	Sauteed Carrots
Sunday	Lemon Chicken	Maple Glazed Salmon	Sauteed Fresh Spinach

Other items offered daily at Dinner:

Plain Fish of the Day Plain Baked Chicken Baked Ham

Note: Chicken Noodle Soup available daily upon request

Please let the Kitchen know Dinner requests by 10:30am and Supper requests by 3:30pm

Menus subject to change due to availability

Supper Alternate Meal Selection

Monday	Tuna Salad Sandwich
Tuesday	Roast Beef Sandwich
Wednesday	Bologna & Cheese
Thursday	Turkey Sandwich
Friday	Chicken Salad Sandwich
Saturday	Ham Sandwich
Sunday	Egg Salad Sandwich

Other items offered daily at Supper:

Chef Salad w/ Dressing Cottage Cheese w/ Fruit

NEW

Westmount Health Facility

Week III

Spring Summer Menu 2011

<u>Dinner:</u> Scalloped Potatoes with Ham Broccoli Florets	<u>Dinner:</u> Fried Fish on a Bun French Fries Coleslaw	<u>Dinner:</u> Pot Roast with Gravy Mashed Potatoes Buttered Peas	<u>Dinner:</u> Shrimp Scampi over Rice Roasted Squash	<u>Dinner:</u> BBQ Pulled Pork Red Potato & Egg Salad Marinated Beans	<u>Dinner:</u> Stuffed Cheese Shells with Sauce Broccoli Florets Garlic Rolls	<u>Dinner:</u> Stuffed Chicken Breast Mashed Potatoes w/ Gravy Vegetable Blend
Assorted Cookies	Foisted Mocha Cake	Banana Cream Pie	White Cake w/ Frosting	Carrot Cupcakes	Brownies	Cherry Pie
<u>Supper:</u> Ground Beef and Gravy over Mashed Potatoes Lima Beans	<u>Supper:</u> Ham Salad Boat Carrot Raisin Salad Kale & White Bean Soup	<u>Supper:</u> Blueberry French Toast with Syrup Sausage Links	<u>Supper:</u> Cobb Salad with Ranch Dressing Dinner Rolls with Butter	<u>Supper:</u> Cheese Pizza Tomato & Cucumber Salad	<u>Supper:</u> Seafood Salad on a Croissant Pickled Beet Salad	<u>Supper:</u> Ham & Swiss on Rye Lettuce & Tomato Minestrone Soup
Chocolate Pudding	Berry Parfait	Fresh Fruit	Sherbet Cup	Peanut Butter Cookies	Summer Spiced Peaches	Orange Cream Jell-o
<u>Soup du Jour:</u> Pasta Fagoli	<u>Soup du Jour:</u> Kale & White Bean	<u>Soup du Jour:</u> Vegetable Beef	<u>Soup du Jour:</u> Cream of Cauliflower	<u>Soup du Jour:</u> Chicken Spatzle	<u>Soup du Jour:</u> Spit Pea	<u>Soup du Jour:</u> Minestrone Soup

Dinner Alternate Meal Selection

Monday	Oven Fried Chicken	Shrimp Scampi	Buttered Cauliflower
Tuesday	Chicken Marsala	Baked Crumb Haddock	Harvard Beets
Wednesday	Chicken Francais	Lemon Herb Tilapia	Seasoned Green Beans
Thursday	Spinach Stuffed Chicken	Baked Dill Salmon	Roasted Acorn Squash
Friday	Dijon Chicken Breast	Scallops in Garlic Butter	Braised Red Cabbage
Saturday	Herbed Chicken Breast	Stuffed Sole	Sauteed Carrots
Sunday	Lemon Chicken	Maple Glazed Salmon	Sauteed Fresh Spinach

Other items offered daily at Dinner:

Plain Fish of the Day Plain Baked Chicken Baked Ham

Note: Chicken Noodle Soup available daily upon request

Please let the Kitchen know Dinner requests by 10:30am and Supper requests by 3:30pm

Menus subject to change due to availability

Supper Alternate Meal Selection

Monday	Tuna Salad Sandwich
Tuesday	Roast Beef Sandwich
Wednesday	Bologna & Cheese
Thursday	Turkey Sandwich
Friday	Chicken Salad Sandwich
Saturday	Ham Sandwich
Sunday	Egg Salad Sandwich

Other items offered daily at Supper:

Chef Salad w/ Dressing Cottage Cheese w/ Fruit

NEW

Westmount Health Facility

Week IV

Spring Summer Menu 2011

Dinner: Hot Roast Beef Sandwich with Gravy Sweet Potato Fries	Dinner: Roasted Salmon Red Beans & Rice Seasoned Spinach	Dinner: Meatballs & Sauce over Angel Hair Pasta Side Salad Italian Bread	Dinner: Seafood au Gratin Baked Potato Buttered Green Beans	Dinner: Texas Brisket Fried Potatoes & Onions Zucchini & Tomatoes	Dinner: Oven Fried Chicken Mashed Potatoes Corn Niblets	Dinner: Roast Pork with Gravy au Gratin Potatoes Buttered Peas
Raspberry Mousse	Creamy Fruit Salad	Cheesecake	Orange Kiss Me Cake	Ambrosia	Strawberry Bavarian	Peach Custard Pie
Supper: Kielbasa & Kraut Macaroni Salad	Supper: Chicken ala King over Biscuits	Supper: Sausage Egg & Cheese on a Croissant	Supper: Hot Meatloaf Sandwich with Gravy French Fries	Supper: California Club Wrap with Turkey & Cheddar Black Bean Soup	Supper: Pasta Salad with Cheese Dinner Rolls with Butter Hamburger Soup	Supper: Cream Cheese & Pineapple on Raisin Pickled Beets
Watermelon Wedge	Pears & Lime Jell-o	Spiced Pears	Applesauce	Tropical Smoothie	Ice Cream Cup	Chocolate Pudding
Soup du Jour: Garden Vegetable	Soup du Jour: Italian Sausage Soup	Soup du Jour: Pot Roast Soup	Soup du Jour: Spanish Rice & Bean	Soup du Jour: Black Bean Soup	Soup du Jour: Hamburger Soup	Soup du Jour: Cream of Carrot

Dinner Alternate Meal Selection

Monday	Oven Fried Chicken	Shrimp Scampi	Buttered Cauliflower
Tuesday	Chicken Marsala	Baked Crumb Haddock	Harvard Beets
Wednesday	Chicken Francais	Lemon Herb Tilapia	Seasoned Green Beans
Thursday	Spinach Stuffed Chicken	Baked Dill Salmon	Roasted Acorn Squash
Friday	Dijon Chicken Breast	Scallops in Garlic Butter	Braised Red Cabbage
Saturday	Herbed Chicken Breast	Stuffed Sole	Sauteed Carrots
Sunday	Lemon Chicken	Maple Glazed Salmon	Sauteed Fresh Spinach

Other items offered daily at Dinner:

Plain Fish of the Day Plain Baked Chicken Baked Ham

Note: Chicken Noodle Soup available daily upon request

Please let the Kitchen know Dinner requests by 10:30am and Supper requests by 3:30pm

Menus subject to change due to availability

Supper Alternate Meal Selection

Monday	Tuna Salad Sandwich
Tuesday	Roast Beef Sandwich
Wednesday	Bologna & Cheese
Thursday	Turkey Sandwich
Friday	Chicken Salad Sandwich
Saturday	Ham Sandwich
Sunday	Egg Salad Sandwich

Other items offered daily at Supper:

Chef Salad w/ Dressing Cottage Cheese w/ Fruit

NEW

	LUNCH	SUPPER	<i>Week 1/Spring</i>
Monday	Salisbury Steaks w/Mushroom Gravy Baked Potatoes Mixed Vegetables Juice, Buttered Roll Strawberry Bavarian	Tuna Salad on a Croissant French Onion Soup Juice Cookies	Items offered daily: <u>Sandwiches</u> Egg Salad Turkey Peanut Butter And Jelly <u>Soups</u> Tomato Chicken Noodle Broth Please submit meal request by 10:30am for Lunch and by 3:30pm for Supper. Thank You For week of: June 7th 2010 Menu items subject to change without notice
	Alternate Entrée: pasta/sauce,zucchini	Alternate Entrée: turkey sand.,tomato soup	
Tuesday	Spaghetti & Meatballs Tossed Salad Garlic Bread,Juice Peaches	Chicken Salad Sandwich On Wheat Bread Beef Barley Soup Juice Brownies	
	Alternate ham,mashed,carrots	Alternate Entrée:egg sal.sand,mushroom sp	
Wednesday	Roast Turkey w/ Stuffing, Squash Cranberry Sauce,Juice Fruit Cocktail	Ham and Cheese Sandwich Pasta Salad Juice Butterscotch Pudding	
	Alternate Entrée: fish stix,corn,tatertots	Alternate Entrée: cooks choice	
Thursday	Hot Dog on a Bun Baked Beans Juice Blueberry Crisp	Egg Salad Sandwich Pickled Beets Juice Blushing Pears	
	Alternate Entrée: hamburger,fr.fries	Alternate Entrée: chix noodle,pbj	
Friday	Macaroni & Cheese Stewed Tomatoes Juice Red Jello	Homemade Hamburger Chowder Cottage Cheese Juice,Cornbread Fresh Fruit Cup	
	Alternate Entrée: chix.,mashed pot.,gr.bns	Alternate Entrée turkey sand.,veg.sp	
Saturday	Ham Steak Baked Sweet Potato Fresh Cabbage Juice Mandarin Oranges	Peanut Butter & Jelly Sandwich Chicken Rice Soup Juice Pineapple	
	Alternate Entrée: veal,mashed,carrots	Alternate Entrée: egg salad,veg. sp	
Sunday	Chicken Tenders Whipped Potatoes Asparagus Juice Strawberry Shortcake	Bologna Sandwich Beef Noodle Soup Juice Ice Cream	
	Alternate Entrée: sals.stk,gr.beans	Alternate Entrée: broccoli sp.,tuna sand.	

OLD

	LUNCH	SUPPER	Week 2/Spring
Monday	Goulash Toss Salad Juice Garlic Bread Pears	Turkey & Bacon Sandwich Pea Soup Juice Lemon Pudding	Items Offered Daily: Turkey Egg Salad Peanut Butter And Jelly Soups: Tomato Chicken Noodle Broth Please submit meal requests by 10:30 for lunch and 3:30 for supper Thank you For week of; June 14th 2010 Menu items subject to change without notice
	Alternate Entrée: g=ham,sw.pot,wax beans	Alternate Entrée:cheese sand,bf barley sp	
Tuesday	Chicken & Biscuits Peas& Carrots Juice Apple Pie	Cream Cheese & Olive Sandwich Minestrone Soup Juice Fruit Cocktail	
	Alternate Entrée: omelet,mashed,gr.beans	Alternate Entrée: tuna,celery sp	
Wednesday	Meatloaf w/ Gravy O'Brian Potatoes Mixed Vegetables Juice Mandarin Oranges	BLT Sandwich Cottage Cheese Juice Peanut Butter Cookies	
	Alternate Entrée: veal,mashed,zuchinni	Alternate Entrée: chix noodle sp, tuna sand.	
Thursday	Baked Fish French Fries Baked Squash Juice Peach Cobbler	Egg Salad Sandwich Beef Noodle Soup Juice Vanilla Pudding	
	Alternate Entrée: chix,mashed,beets	Alternate Entrée: mushroom sp,pbj	
Friday	Roast Pork Augratin Potatoes Creamed Onions Fruit Cocktail	Tuna Boat Tomato Soup Juice Cheesecake	
	Alternate Entrée: beef patty,mashed,,peas	Alternate Entrée: ham sand.,chix rice sp	
Saturday	Spaghetti with Italian Sausage Tossed Salad Garlic Bread Pears	Turkey Cold Plate with Potato Salad,Deviled Egg Juice,Muffin Ice Cream	
	Alternate Entrée: chicken,mashed,zuchinni	Alternate Entrée: pbj, veg. soup	
Sunday	Pot Roast w/ Gravy Mashed Potatoes Fresh Carrots Juice Bananas	Ham and Cheese Sandwich Cream of Mushroom Soup Juice Chocolate Cake	
	Alternate Entrée: hamburger,wax beans	Alternate Entrée: egg sal,tom soup	

OLD

	LUNCH	SUPPER	<i>Week 3/Spring</i>
Monday	Fried Chicken Leg Baked Potatoes Brussel Sprouts Juice Mandarin Oranges	Sausage Egg and Cheese On a Biscuit Cream of Mushroom Soup Juice Cookies	Items offered daily: <u>Sandwiches</u> Turkey Egg Salad PB&J <u>Soups</u> Tomato Chicken Noodle Broth Please submit meal request by 10:30am for Lunch and by 3:30pm for Supper. Thank You For week of: June 21st 2010 Menu items subject to change without notice
	Alternate Entrée: sals stk.,mashed,wax bns	Alternate Entrée: tky sand.,mines sp.	
Tuesday	Ham Salad Sandwich Vegetable Soup Juice Pears	SUMMER CELEBRATION PICNIC	
	Alternate Entrée: turkey sdw	Alternate Entrée:	
Wednesday	Macaroni & Cheese Stewed Tomatoes Juice Bread & Butter Strawberry Shortcake	Roast Beef Sandwich Vegetable Soup Juice Apricots	
	Alternate Entrée: chix,peas.,mashed	Alternate Entrée: tuna sdw.,celery soup	
Thursday	Hot Dogs Baked Beans Juice Peaches	Tuna Salad on a Croissant Macaroni Salad Juice Blonde Brownies	
	Alternate Entrée: burger/bun,peas	Alternate Entrée: egg sal.sand.,tom sp	
Friday	Veal Parmesan Angel Hair Pasta Tossed Salad, Garlic Bread Pineapple	Turkey Sandwich Vegetable Soup Juice Angel Cake w/ Melba Sauce	
	Alternate Entrée: fish,French fries,beets	Alternate Entrée: cr ch olive sand,chix rice	
Saturday	Corned Beef Hash Fresh Carrots Juice Peaches	Peanut Butter & Jelly Sandwich Chicken Rice Soup Juice Vanilla Pudding	
	Alternate Entrée: chicken,,mashed,gr.beans	Alternate Entrée: ham sal. sand.,veg..sp	
Sunday	Turkey w/ Gravy Mashed Potatoes Peas Cranberry Sauce,Juice Pumpkin Pie,Topping	Roast Beef Sandwich Tomato Soup Juice Fresh Fruit Cup	
	Alternate Entrée: pasta/sauce,broccoli	Alternate Entrée Tuna boats,tomato sp	

OLD

	LUNCH	SUPPER	Week 4/Spring
Monday	Sloppy Joes Corn w/ Pimientos Juice Fruit Cocktail	Cream Cheese & Olive Sandwich Pea Soup Juice Butterscotch Pudding	Items offered daily: <u>Sandwiches</u> Turkey Egg Salad PB&J <u>Soups</u> Tomato Chicken Noodle Broth Please submit meal request by 10:30am for Lunch and by 3:30pm for Supper. Thank You For week of: June 28th 2010 Menu items subject to change without notice 
	Alternate Entrée: chix on a bun,gr.beans	Alternate Entrée: ham sand.,veg. sp	
Tuesday	Hot Beef Sandwich Wax Beans Juice Peaches	Bologna and Cheese Sandwich Chicken Rice Soup Juice Cookies	
	Alternate Entrée: hot tky sand.,carrots	Alternate Entrée: pbj. sand.,tomato soup	
Wednesday	BBQ Pork Patty on a Bun California Vegetables Juice Mandarin Oranges	Cheese Sandwich with Lettuce and Tomato Pickled Beets Juice Lime Jello	
	Alternate Entrée: burger on a bun,corn	Alternate Entrée: ham sand.mines. sp	
Thursday	Baked Chicken and Gravy Buttered Egg Noodles Spinach Juice Apple Raisin Crisp	Egg Salad Sandwich Cole Slaw Juice Pears	
	Alternate Entrée: sals stk,mashed,wax beans	Alternate Entrée tky sand bf.noodle .sp	
Friday	Ham & Scalloped Potatoes Yellow Squash Juice Cherry Pie	Homemade Beef Stew Carrot Salad Juice,Biscuit Ice Cream	
	Alternate Entrée:beef patty,mashed ,beets	Alternate Entrée: tuna sand.mushroom sp	
Saturday	Liver ,Onions & Bacon Mashed Potatoes Peas Juice Bananas	Tuna Boat Bean and Bacon Soup Juice Jello Cake	
	Alternate Entrée: chicken,carrots,mashed	Alternate Entrée: pbj sand.,chix noodle sp	
Sunday	Baked Ziti Tossed Sald Garlic Bread Juice Watermelon	Cold Plate with Ham Slices Lettuce and Tomatoes Potato Salad,Muffin Chocolate Pudding	
	Alternate Entrée: fish ,fries,beets	Alternate Entrée: turkey sdw.veg sp	

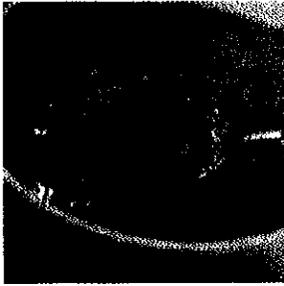
- **Using tailored recipes for menu items to be made from scratch**

Once a facility steps away from the pre packaged and processed foods and buys fresh fruits, vegetables and meats, you need a recipe to make it something special. Our “from scratch” recipes that are tailored to both our resident and food service staff needs. To quantitatively cook from scratch requires a marriage of great attention to detail and properly trained staff. When creating recipes for an intuitional kitchen, equipment, staff and residents are taken into consideration. Just because you have a recipe, doesn’t mean it will work in the kitchen you have. All recipes require some modifications at some point or another.

The benefit of using tailored recipes and fresh ingredients is the health benefits. Sodium and fat contents are usually lower then that of a processed pre cooked item.

Note: See attached sheets of recipes comparing nutritional value and sodium content.

Creamy Tomato And Cream Cheese Soup allrecipes.com



Rated: ★★★★★

Submitted By: MARBALET

Photo By: hanasabu

Servings: 11

"A seasoned and pureed brick of cream cheese adds creaminess to this soup of baked tomatoes in beef broth. Garnish before serving with chopped parsley."

INGREDIENTS:

2 (29 ounce) cans diced tomatoes	1 teaspoon white sugar
2 stalks celery, chopped	8 cups beef stock
2 cloves garlic, minced	1/2 teaspoon dried basil
1 red bell pepper, chopped	1/2 teaspoon dried rosemary
2 tablespoons margarine	1/2 teaspoon dried thyme
1/2 pound mushrooms, chopped	1 (3 ounce) package cream cheese
1 onion, finely diced	salt and pepper to taste
2 tablespoons all-purpose flour	3 tablespoons chopped fresh parsley

DIRECTIONS:

1. Place the tomatoes with juice in a well buttered oven-proof baking dish. Mix in celery, garlic, and red pepper. Cover, and bake at 325 degrees F (165 degrees C) for 25 minutes.
2. In a large stock pot, melt butter or margarine over medium heat. Add the mushrooms and onions, and cook and stir for about 8 minutes.
3. Slowly stir in flour and sugar. Add beef stock, basil, rosemary, and thyme, stirring until soup comes to a boil. Add the contents of the baked tomato pan from the oven, and bring to a boil. Cover, and simmer the soup for about 30 minutes.
4. Meanwhile, in a food processor, blend the cream cheese until smooth. Season with salt and pepper to taste. Slowly stir the cream cheese into the soup. Garnish with chopped parsley.

Nutrition Information	Amount Per Serving	Amount Per Serving
	Total Fat: 5.6g	Total Carbs: 11.8g
	Cholesterol: 8mg	Dietary Fiber: 2.3g
	Sodium: 463mg	Protein: 5.9g
Servings Per Recipe: 11		
Calories: 127		

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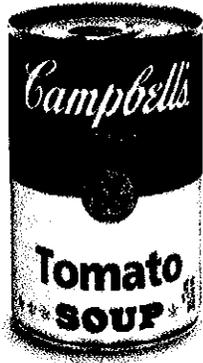
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Great for Cooking

Tomato Soup



Nutrition Facts*

Amount Per Serving (serving size) = 1/2 cup (120 mL) condensed soup

Calories 90	Dietary Fiber 1g
Fat Calories 0	Sugars 12g
Total Fat 0g	Protein 2g
Sat. Fat 0g	Potassium 690mg
Trans Fat 0g	
Polyunsat. Fat 0g	% Daily Values**
Monounsat. Fat 0g	Vitamin A 8%
Cholesterol 0mg	Vitamin C 10%
Sodium 480mg	Calcium 0%
Total Carb. 20g	Iron 4%

* The nutrition information contained in this list of Nutrition Facts is based on our current data. However, because the data may change from time to time, this information may not always be identical to the nutritional label information of products on shelf.

** % Daily Values (DV) are based on a 2,000 calorie diet.

You may also like:



Old Fashioned Tomato Rice Soup



Tomato Bisque



Healthy Request® Tomato Soup



Classic Tomato Soup

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Bean Soup With Kale

allrecipes.com



Rated: ★ ★ ★ ★ ↓

Submitted By: USA WEEKEND columnist Jean Carper
Photo By: cjuoder

Servings: 8

"White beans, cannellini or navy, and chicken broth form the base of this soup made with fresh kale and tomatoes."

INGREDIENTS:

1 tablespoon olive oil or canola oil	2 (15 ounce) cans white beans, such as cannellini or navy, undrained
8 large garlic cloves, crushed or minced	4 plum tomatoes, chopped
1 medium yellow onion, chopped	2 teaspoons dried Italian herb seasoning
4 cups chopped raw kale	Salt and pepper to taste
4 cups low-fat, low-sodium chicken or vegetable broth	1 cup chopped parsley

DIRECTIONS:

1. In a large pot, heat olive oil. Add garlic and onion; saute until soft. Add kale and saute, stirring, until wilted. Add 3 cups of broth, 2 cups of beans, and all of the tomato, herbs, salt and pepper. Simmer 5 minutes. In a blender or food processor, mix the remaining beans and broth until smooth. Stir into soup to thicken. Simmer 15 minutes. Ladle into bowls; sprinkle with chopped parsley.

Nutrition Information	Amount Per Serving	Amount Per Serving
		Total Fat: 2.5g
	Cholesterol: 0mg	Dietary Fiber: 7.3g
Servings Per Recipe: 8	Sodium: 269mg	Protein: 11g
Calories: 182		

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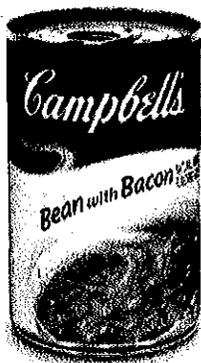
Healthy & Delicious

Taste Sensations

Healthy Kids

Great for Cooking

Bean with Bacon Soup



Nutrition Facts*

Amount Per Serving (serving size) = 1/2 cup (120 mL) condensed soup

Calories 160	Dietary Fiber 8g
Fat Calories 25	Sugars 4g
Total Fat 3g	Protein 8g
Sat. Fat 1.5g	Potassium 480mg
Trans Fat 0g	
Polyunsat. Fat 0.5g	% Daily Values**
Monounsat. Fat 1g	Vitamin A 10%
Cholesterol 5mg	Vitamin C 0%
Sodium 860mg	Calcium 6%
Total Carb. 25g	Iron 10%

* The nutrition information contained in this list of Nutrition Facts is based on our current data. However, because the data may change from time to time, this information may not always be identical to the nutritional label information of products on shelf.

** % Daily Values (DV) are based on a 2,000 calorie diet.

You may also like:



Split Pea with Ham Soup



Healthy Request® Bean with Bacon Soup



New England Clam Chowder



Cream of Potato Soup

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Easy Meatloaf

allrecipes.com



Rated: ★★★★★

Submitted By: Janet Caldwell
Photo By: DAIBREAKPrep Time: 10
Minutes
Cook Time: 1 HourReady In: 1 Hour 10
Minutes
Servings: 8

"No-fail meatloaf calls for ground beef, onions, egg, milk, and bread. It is topped with a mix of brown sugar, mustard, and ketchup before baking."

INGREDIENTS:

1 1/2 pounds ground beef	salt and pepper to taste
1 egg	2 tablespoons brown sugar
1 onion, chopped	2 tablespoons prepared mustard
1 cup milk	1/3 cup ketchup
1 cup dried bread crumbs	

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C).
2. In a large bowl, combine the beef, egg, onion, milk and bread OR cracker crumbs. Season with salt and pepper to taste and place in a lightly greased 5x9 inch loaf pan, OR form into a loaf and place in a lightly greased 9x13 inch baking dish.
3. In a separate small bowl, combine the brown sugar, mustard and ketchup. Mix well and pour over the meatloaf.
4. Bake at 350 degrees F (175 degrees C) for 1 hour.

Nutrition Information

Servings Per Recipe: 8
Calories: 372

Amount Per Serving

Total Fat: 24.7g

Cholesterol: 101mg

Sodium: 335mg

Amount Per Serving

Total Carbs: 18.5g

Dietary Fiber: 1g

Protein: 18.2g

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- Allergen Info: No Allergens present
- Hormel® Corned Beef Hash - 15 oz
 - Nutritional Information

- - Serving Size:**
236g
 - Servings per Container:**
varies

- Amount Per Serving

Calories:
390

- - Total Fat:**
24g
 - Saturated Fat:**
11g
 - Cholesterol:**
80mg
 - Sodium:**
1000mg
 - Total Carbs:**
22g
 - Fiber:**
2g
 - Sugars:**
1g
 - Protein:**
21g

- Ingredients: Ingredients: Beef and Cooked Corned Beef (Cured with Salt, Sugar, Water, Sodium Nitrite), Rehydrated Potatoes, Water, Salt, Sugar, Flavoring, Spice, Sodium Nitrite.

- Allergen Info: No Allergens present



Our Brands



**Westmount Health Facility
2012 Budget Prep**

Cooks Accrued Time Hours per calendar year	Total Hours	Pay Difference	Total Cost
Vacation Hours	472		
Floating Holiday Hours (16 x 3)	48		
Personal Hours (24 x 3)	72		
Total:	592		
Number of Food Service Helper Accrued Time Hours per calendar year			
Vacation Hours	682		
Floating Holiday Hours (16 x 6) + (5 x 2)	106		
Personal Hours (24 x 6) + (5 x 3)	159		
Total:	947		
Number of Cook "out of code" hours per year			
Total hours of Cooks Accrued time	592	\$0.90	\$532.80
Number of Cook "shift differential" hours per year			
AM: 2 hours per day x 7 days a week x 52 Weeks	728	\$0.77	\$560.56
PM: 2 hours per day x 7 days a week x 52 Weeks	728	\$1.54	\$1,121.12
Total:	1456		\$1,681.68
Number of Food Service Helper "shift differential" hours per year			
AM: 2 hours per day x 7 days a week x 52 Weeks	728	\$0.77	\$1,121.12
PM: 2 hours per day x 7 days a week x 52 Weeks	728	\$0.55	\$800.80
	2912		\$1,921.92
Number of Per Diem hours per year			
Scheduled: 32 hours per week x 52 weeks	1664	\$11.03	\$18,353.92
Total hours of Food Service Helper Accrued time	947	\$11.03	\$10,445.41
Total:	2611		\$28,799.33
Training for Food Service Helper			
6 Hired Per Diems x ~28 Training Shifts	224	\$11.03	\$2,470.72

3. Budget 2012

- **Planning accordingly for current employee benefit time**

While preparing for Budget 2012, it was noted how many long term employees there are in the Kitchen. With longevity, there is vacation, floating holidays and personal days to cover. This had never been looked at before while preparing a budget. There are over 1,500 hours that need to be covered in 2012 in the Kitchen. To be effective for 2012, we have made a few changes to better suit our needs. We created a separate expense for Food Service helpers stepping into the role of Cook. We also set up separate expenses to address the shift differential that is offered to both first and second shifts. Per Diem employees were also added (3-5 employees in the department) to help cover full time employees time off.

- **Adding per diem employees versus using overtime**

While preparing the Budget for 2012, it was noted that in previous years, overtime had been used to cover call ins, vacation time, personal time, etc. While overtime is ultimately unavoidable in any department, we hired more per Diems (which cost the County nothing in benefits) to cover call ins, vacations and medical leaves. This allows us to be more cost effective.

Note: See attached sheet for Budget 2012 prep.

- **Equipment needs**

Facility equipment replacement is always needed. In the 2012 budget prep we were able to put the few items needed in the Kitchen, so that they are a planned expense versus unexpected.

The equipment includes:

- A 5 well steam table; the current one is 20+ years old and 3 of the 5 wells are deteriorating.
- A 3 ½ quart Blixer for mechanically offered diets (around 20 residents require mechanically altered diets). The blixer is a cross between a food processor and a blender. Currently they are chopping items by hand for mechanically altered diets.
- A 5 quart mixer; this allows us to make smaller batches of items that are too small for the commercial size mixer located in the kitchen.

4. Works in progress:

- **Shaped and “molded” puree foods**

With the texture of resident’s diets constantly changing, we are finding more and more residents who require pureed meals (~20 in the facility). Typically, pureed meals for resident’s were pureed and then either ladled on a divided plate or scooped on plate. Both are very unappealing.

Products that are now available for mechanically altered diets allow foods to be shaped or molded. This results in pureed food that has a much better eye appeal. Currently on the market there is pureed bread, rice and pasta mixes along with a variety of molds for foods. These are pureed foods to be used with a knife and fork, creating greater eye appeal and feeling that they are not separated from the general population due to diet.

Note: Pureed Ham Sandwich brought for tasting

- **Operation Hydration**

This program in its infancy stages providing residents beverages and snacks at 10am, 2pm and 7pm. Specialized carts with coolers were purchased and are restocked and sent down to the units at the designated times, to encourage residents to increase their fluid intake. Dehydration unfortunately happens very easily in this population. Snacks that are deemed clinically necessary are also passed at this time by Nursing. With the new meal software, we were able to have customized sheets made for nursing to track and tally fluid intake for better recording purposes.

- **Staff training and Serv Safe Certification**

Being compliant with state and health regulations is a must in a nursing home. To better provide our residents, a well trained staff that practices proper food safety. Not all people who work in the kitchen have a culinary back ground, but with supervision, we train our employees to have high standards. We are hoping to send all staff to the Serv Safe Certification. This is a national course and test that is conducted across the country. Certification is good over the next five years. The course is geared specifically for food service workers and the importance of safe food handling.

- **Make all meals “served from dining room”**

Even though we are institutional kitchen, serving from the dining room allows a much more home-like atmosphere. The resident’s senses are heightened by the visualization of the plate being prepared and smells coming from the steam tables. Currently we are serving Breakfast and Dinner from the Dining Rooms. It is the facility’s goal to have all three meals served from the Dining Rooms. This is a work in progress and requires coordination with all departments and shifts in the facility.

- **Tracking and Trending**

With all the changes being made in the Food Service Department, there is bound to be a ripple effect in other areas of the facility. The facility has currently noticed some trends, and we are looking to study these trends. This requires numerous items to be looked at in the facility, from bowel protocol, UTI, wound care and behavior incidents. All of the above mentioned items can be correlated to the quality and food that our residents are served. Over the next year a control group of residents will be formed and tracked to see what effects the change of menu has promoted.

Note: See trend report of bowel protocol.

Westmount Health Facility

Nutrition Therapy...Beyond the Plate

Bowel Protocol Trending

Residents receiving treatment	January 2014	June 2014	Difference	Percent down
Laxative	110	59	51	50%
Suppository	34	17	17	54%
Enema	10	4	6	40%

5. Comparison against other facilities:

- **Staffing Comparison**

When a facility undergoes such significant change, it is always nice to know where you stand with your competitors. Staffing patterns are usually consistent in institutional kitchens. Compared to other nursing homes that are roughly the same size, the number of full time employees is consistent. Other institutional kitchens have a larger number of part time or per diem employees. We are fortunate to not need as many due to the fact that we offer eight hour shifts. Other facilities usually offer six or four shifts to their Per Diem employees.

By comparison with other facilities, one area where Westmount is understaffed may be the clinical area. Most facilities utilize "Diet Techs" on a part time or full time basis, with consultation hours provided by a Dietician. This provides more personal clinically relevant dietary intervention. This is something that I would like to see over the next year.

- **Cost per resident meal**

With all the changes in the menu and the increase in cost for grocery items, it is always good to know where you stand in comparison to your competition. Based on a similar size facility that offers the same quality of food, our costs are below theirs. This is due to the cost effectiveness of the County Bid system and wise purchasing.

Note: Please see attached Facility Comparison

**Westmount Health Facility
2012 Budget Prep**

Comparison between Westmount Health Facility and Facility X:

Westmount Health Facility	
Average Resident Days per Month:	2422
Average Monthly Meals Served:	7406
Cost per meal:	\$1.05
Cost per Resident Day:	\$2.73
Average Monthly Vending Sales:	~\$500
Average Total food for month:	\$23,223.49

Facility X:	
Average Resident Days per Month:	2460
Average Monthly Meals Served:	7380
Cost per meal:	\$1.21
Cost per Resident Day:	\$3.62
Average Monthly Vending Sales:	N/A
Average Total food for month:	\$29,750.00

Note: Consumer Price Index on average over the last 12 months has increased 4.2%

Staffing Average Westmount Health Facility	
Full Time:	9
Part Time:	1
Per Diem:	4
Clinical Hours per Week:	18

Staffing Average Facility X	
Full Time:	7
Part Time:	3
Per Diem:	7
Clinical Hours per Week:	56