

10A NCAC 14D .0703 MENUS

- (a) Menus shall be prepared according to the USDA Dietary Guidelines for Americans which is incorporated by reference with all subsequent amendments and is available at no cost on the internet website, <http://www.health.gov/dietaryguidelines>.
- (b) Menus shall be maintained in the kitchen and identified as to the current menu day and cycle for any given day for guidance of food service staff.
- (c) Any substitutions made in the menu shall be of equal nutritional value, appropriate for therapeutic diets and documented to indicate the foods actually served to residents.
- (d) Menus shall be planned to take into account the food preferences and customs of the residents.
- (e) All menus including all therapeutic diets shall be planned or reviewed by a licensed dietitian/nutritionist as required by G.S. 90, Article 25. The facility shall maintain verification of the dietitian's approval of the therapeutic diets including an original signature by the dietitian and the licensure number of the dietitian.
- (f) The facility shall have a matching therapeutic diet menu for all physician-ordered therapeutic diets for guidance of food service staff.

*History Note: Authority S.L. 2011-104;
Eff. October 1, 2012.*