

SET THE TABLE FOR *All-Day Variety*



With Leslie Bonci, MPH, RDN, CSSD

Everyone appreciates having more choices on a menu. But a greater meal selection means even more to patients and residents. Studies show that **60% of a senior resident's day revolves around mealtimes**, making each daypart an opportunity to increase contentment while supporting wellness. Dietitian Leslie Bonci wants operators to know they can offer more nutritious options without adding extra work. Push aside “institutional” meals and get inspired with dietitian-approved tips and modern, easy-to-execute builds.



GRILLED SESAME TURKEY KEBAB

Sliced Turkey Tenderloin Medallions and garden vegetables, finished with a balsamic glaze.



GROUND TURKEY STUFFED PEPPERS

Bright and sweet bell peppers stuffed with seasoned Ground Turkey and grains.



JERK TURKEY WITH COCONUT RICE

Fully Cooked Shredded Turkey Thigh Roast with bold spices and fragrant rice.



TURKEY MANGO SALAD

Vibrant fruit and veggies with Roast & Serve Turkey Breast.

THE DIETITIAN'S TABLE TIPS

“Frozen, canned, pre-chopped and pre-cooked ingredients provide all the nutritional benefits with less time.”

27% of residents surveyed want their communities to change their menus more often.



THE DIETITIAN'S TABLE TIPS

“Color on the plate makes food more visually appealing, and smaller plates can feel more engaging.”

THE DIETITIAN'S TABLE TIPS

“The beauty of a speed-scratch ingredient is that chefs can customize with various herbs, spices and sauces.”

59% of senior living residents said the most appealing menu trends include flavorful food.



THE DIETITIAN'S TABLE TIPS

“Variety with familiarity is key. A different marinade or spice blend on protein can keep interest and engagement.”

Sources:
*Senior Living Dining and Senior Nutrition: – 2024 – Seniors Blue Book
**Healthcare Foodservice: Multi-Client Studies Report™ – 2024 – Technomic