



KINDRED HOSPITAL



1940 EL CAJON BLVD, San
Diego CA 92104

Kindred Hospital San Diego



Our Lobby



About Kindred

- *It is LTAC...Kindred Hospital provides aggressive, specialized care to patients who need extended hospital stays*
 - ***Our Mission***
- *Kindred Healthcare's mission is to promote healing, provide hope, preserve dignity and produce value for each patient, resident, family member, customer, employee and shareholder we serve.*



Our Expertise

- Kindred has experience and expertise in a wide variety of care including:
 - pulmonary care (ventilator management and weaning)
 - complex wound care
 - rehabilitation (transitional or subacute care)
 - dialysis
 - IV antibiotic therapy
 - pain management



Steps towards healthier food choices (Cafeteria)

- Menu changes done to include healthy food choices
- One meat entrée only
- >95% of White Meat and Seafood choices
- More vegetarian options
- Nutritional values to create awareness



KINDRED CAFETERIA LUNCH MENU WEEK #1

Monday



Soup: Vegetarian Bean Barley Soup (323 kcal, Pro 13 gm, Fat 7 gm, Carb 30 gm)
Entrees: Roasted Chicken (116 kcal, Pro 15 gm, Fat 5 gm)
Starch: Garlic Mashed Potatoes with Gravy (130 kcal, Pro 2 gm, Fat 5 gm)
Vegetarian: Hummus Pitta Wrap (190 kcal, Pro 12 gm, Fat 9 gm)
Vegetable: Baby Carrots. (30 kcal, Far 1 gm, Carb 7 gm, Pro 1 gm)
 Always Available: Dessert, Salad Bar and Assorted Sandwiches

Tuesday



Soup: Lentil Soup (140 kcal, Pro 12 gm, Fat 6 gm)
Entrees: Chicken Fajitas (199 kcal, Fat 7 gm, Carb 9 gm, Pro 24 gm)
Vegetarian: Spinach Enchilada Verde (132 kcal, Fat 5 gm, Pro 3.5 gm, Cab 17 gm)
Vegetarian: Beans and Rice (220 kcal, Pro 8 gm, Fat 5 gm, Carb 47 gm)
Vegetables: Mexican Corn w Red Pepper (50 kcal, Carb 12 gm, 2 gm Pro, Fat 1 gm)
 Always Available: Dessert, Salad Bar and Assorted Sandwiches

Wednesday



Vegetarian Soup: Cabbage Soup w Avacado (74 kcal, Protein 5 gm, Fa t 4 gm)
Entrees: Chicken Tenders (150 kcal, 5 gm fat, Protein 13 gm)
Vegetarian: Veggie Pizza (200 kcal, Protein 14, Carb 24 gm, Fat 12 gm)
Starch: Mashed Potatoes with Gravy (110 kcal, Protein 4 gm, Fat 2 gm)
Vegetable: Peas and Carrots(38 kcal, Pro 3 gm, Carb 8 gm)
 Always Available: Dessert, Salad Bar and Assorted Sandwiches

Thursday



Soup: Egg Drop Soup (73 kcal, Carb 5 gm, Pro 7.5 gm, Far 4 gm)
Entrees: Orange Chicken (200 kcal, Fat 10 gm , Carb 20 gm, Pro 9 gm)
Vegetarian: Vegetable balls in Chinese Sauce (183 kcal, Fat 11 gm, CHO 20 gm, Protein 2.4 gm)
Starch: Vegetable Fried Rice (200 kcal, Carb 37 gm, Fat 5 gm, Pro 7 gm)
Vegetable: Broccoli with Cherry Tomatoes (98 kcal, Fat 5 gm, Pro 2 gm)
 Always Available: Dessert, Salad Bar and Assorted Sandwiches

FRIDAY



Vegetarian Soup: Roasted Tomato(51 kcal, Fat 5 gm, Protein 8 gm, CHO 19 gm)
Entrees: Baked Fish (102 kcal, 10 gm Pro, Fat 2 gm)
Vegetarian: Vegetable Curry (385 kcal, Protein 13 gm, Carb 30 gm, Fat 14 gm)
Starch: Steamed Rice (95 kcal, Pro 3 gm, CHO 20 gm)
Vegetable: Green Beans with Onions(132 kcal, Pro 5 gm, Fat 7 gm, CHO 12 gm)
 Always Available: Dessert, Salad Bar and Assorted Sandwiches






Our Popular Vegetarian/healthy choices

- Naan bread Pizza
- Vegetable Couscous
- Tandoori Fish
- Hummus Pita Wraps
- Caesar Wraps
- Tofu
- Black bean tacos



Our Popular Vegetarian Soups

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- Bean and Barley
 - Cabbage Soup with Avacado
 - Multigrain and Vegetable Soup
 - Fresh Roasted Tomato Soup
 - Lentils Soup
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Our Achievements

- Employees and visitors are eating healthy choices
- Employees are aware of the calories, protein and fat content of the food choices
- Decreased percentage of Meat purchased.
- Good Sales!!!!!!



Any Questions!!

- Thank You😊😊

