

1940 EL CAJON BLVD, San Diego CA 92104



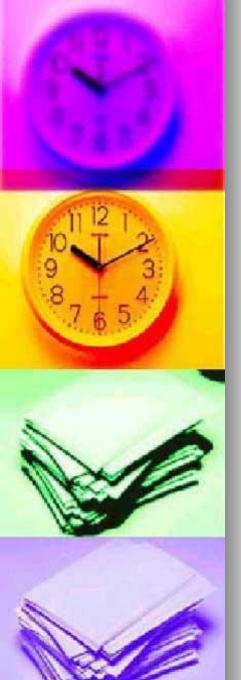






Our Lobby





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



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



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



Thursday

<u>Entrees:</u> Chicken Tenders (150 kcal, 5 gm fat, Protein 13 gm) <u>Vegetarian:</u> Veggie Pizza (200 kcal, Protein 14, Carb 24 gm, Fat 12 gm) <u>Starch:</u> Mashed Potatoes with Gravy (110 kcal, Protein 4 gm, Fat 2 gm) <u>Vegetable:</u> Peas and Carrots(38 kcal, Pro 3 gm, Carb 8 gm) Always Available: Dessert, Salad Bar and Assorted Sandwiches <u>Soup:</u> Egg Drop Soup (73 kcal, Carb 5 gm, Pro 7.5 gm, Far 4 gm)

Vegetarian Soup: Cabbage Soup w Avacado (74 kcal, Protein 5 gm, Fa t 4 gm)

<u>Entrees:</u> Orange Chicken (200 kcal, Fat 10 gm , Carb 20 gm, Pro 9 gm) <u>Vegetarian:</u> Vegetable balls in Chinese Sauce (183 kcal, Fat 11 gm, CHO 20 gm, Protein 2.4 gm)

<u>Starch:</u> Vegetable Fried Rice (200 kcal, Carb 37 gm, Fat 5 gm, Pro 7 gm) <u>Vegetable:</u> 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

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



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☺☺