Menu Creation Software

Christopher Mead
Creative Director and Designer

chris mead DESIGN
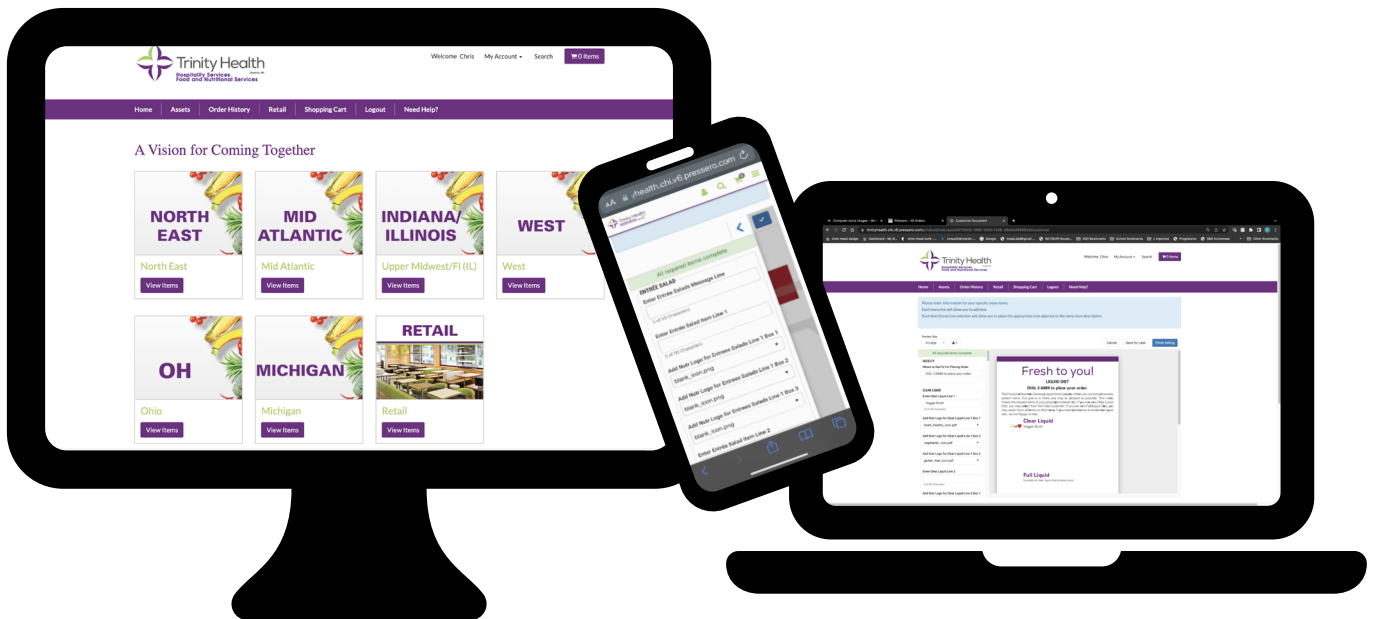
The Challenge

Trinity Health System under the leadership of Joyce Hagen-Flint (Director of Health Food Services) and George Cranmer (Executive VP Food Services) made the food service of the Trinity Ministries independent and phased out all contracted food service. With that decision, a directive was formed to unify the branding and operations for patient room service menus.

The Goal

Spanning over 120 hospitals, coming from a variety of ownership groups, this project needed to:

- Create consistent branding and identity across all the regions and hospitals
- Unify the operations of the menu creations and make them usable for all levels of computer ability

The Solution

Several meeting were held to create a strategy. It was decided the best move forward was to target an on-line solution which would be accessible to a network of dietitians with ease of use at the top of the list for concern. There is no software available that specializes in menu creation, much less hospital specific menu creation, so it was decided to use a Print on Demand system built by Alleyant called Pressero.

My Role

I acted in full capacity on this project, Creative Director, Designer, and Project Manager. I communicated directly with the customer and was the face of the project.

The Approach

Once we had a target solution, it was time to identify the steps

- Identify the pieces that need to be developed to put on the site
- Create a unifying design for said menus
- Develop the menus for use on Pressero
- Map site navigation
- Identify who would be utilizing the system and what resources they would need
- Identify Trinity's requirements for ordering
- Set a Six month time frame from first meeting to launch

The Pieces
Using these main pieces with the possibility for additional down the line

Regular	Dysphagia	Renal	Liquid	Carbohydrate
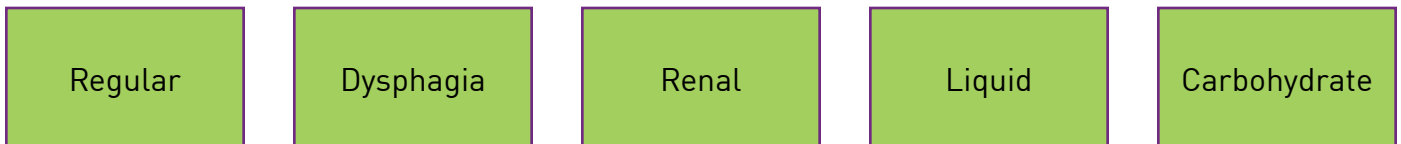
Creating the Design
Several things had to be in play here. We needed to balance the need to unify the branding and look as well as allow for the familiarity of the hospital to be plain to see, as that is how the communities see them.

The design went with a representation of fresh food and the elements that will tie it together, using the Regular menu as a base. Some challenges were adding icon placements so items could be identified as Heart healthy, Gluten

Free, or Vegetarian. The positioning is static, so the balance of text areas was for the average input. Additional Regular menu versions were added later, one accommodating more description, one more listings.

Entrée Salads

Made Fresh for You

- **Michigan Walnut Salad**
  Walnuts, apples, blue cheese, cranberries, onions
- **Asian Chicken Salad Plate**
  Served over a bed of mixed greens
- **Seasonal Fruit Plate**
  Try with cottage cheese, yogurt, or chicken salad

Soups

- Tomato Soup
- Beef Broth
- Chicken Noodle Soup
- Chicken Broth
- Vegetable & Quinoa
- Vegetable Broth

Daily Chef Specials

Freshly made for you!

Sunday
- Lunch: Asian Chicken Salad
- Dinner: Pot Roast

Monday
- Lunch: Garlic Herb BYO Macaroni & Cheese
- Dinner: Sloppy Tom

Tuesday
- Lunch: Brisket Sandwich
- Dinner: Chicken Fajitas

Wednesday
- Lunch: Chef Salad
- Dinner: Goulash

Thursday
- Lunch: Pulled Pork Sandwich
- Dinner: Chicken Pot Pie

Friday
- Lunch: Michigan Walnut Salad
- Dinner: Applewood Smoked Salmon

Saturday
- Lunch: Opened Faced Turkey Sandwich
- Dinner: Lasagna Rollup

That's Healthy

We encourage everyone to eat a well-balanced diet with a focus on a variety of food groups that nourish your body and spirit. To enhance your health, we recommend the following steps in selecting your meals:

- Focus on consuming a variety of foods and start with small changes to build healthier eating styles.
- Limit the amount of food consumed to balance calories with activity.
- Select nutrient-rich foods:
  - Consume at least five servings of fruits and vegetables each day, including fresh seasonal produce when possible. Try to fill half your plate with fruits and vegetables.
  - Fill ¼ of your plate with grains and make half of your grains whole grain.
  - Choose low-fat or fat-free dairy products.
  - Select protein-rich foods, including lean meat, poultry, fish and plant-based proteins.
- Restrict foods and beverages that are high in saturated fat, sodium and added sugars, as well as those that are highly processed, contain trans fat, or high fructose corn syrup.

Your doctor may have ordered a special diet for you. Our team will help you make menu choices based on your doctor's order.
- Heart-healthy items are designated with a ♥. Entrées, sandwiches and salads with a ♥ are limited to:
  - <500-700 mg of sodium
  - <600-750 calories in a serving
  - <10% of saturated fat per daily allowance of calories
- Many foods without added sugar, fat and those that are gluten free are available upon request.
- Carbohydrate information for patients on a carbohydrate-controlled diet is listed on a separate menu insert for your reference.

Please note Nutrition Services is not an "allergy-free" zone. Foods that contain eggs, milk, wheat, soybeans, peanuts, tree nuts and shellfish are present in our facilities. It is important that you communicate any food allergies to our team upon your admission.

Stewardship & Responsibility

We are committed to creating a healing environment. This includes making healthy choices available and easily identifiable. Our team also works to ensure and support that fresh ingredients from local, regional and in-state food suppliers are utilized, as able.

A Member of Trinity Health

Regular

S4###-REG

Fresh to you!

Food and Nutrition Services Menu
Please refer to this menu to assist you in making your meal selections.

Dial 8-3663 (FOOD) to place your order

SAINT JOSEPH
HEALTH SYSTEM

About Our Menu

The Food and Nutrition Services department proudly offers you our complimentary patient menu. Our goal is to make your stay as pleasant as possible.

Once you have made your selection, please call a Hospitality Service Colleague at 8-3663

Signature Entrées

- **Applewood Smoked Salmon**
  Served with white rice and broccoli spears

- **Homemade Meatloaf**
  Served with mashed potatoes, beef gravy, and green beans

Entrées

Served from 10:30 a.m. to 7:00 p.m.

- **Baked Garlic Herb Macaroni & Cheese**
  Topped with seasoned breadcrumbs
- **Baked Cod**
  Served with white rice and broccoli spears
- **Herbed Chicken**
  Served with mashed potatoes and carrots
- **Pulled Pork Sandwich**
  Served with mashed sweet potatoes and green beans
- **Penne Pasta Bowl**
  Served with Bolognese or marinara sauce

Custom for You

- **BYO Deli Sandwich**
  Choose: Egg, Chicken, or Tuna Salad; Ham; Turkey; Lettuce; Tomato; Onion; Choice of Cheese
- **Beef Burger, Grilled Chicken, or Black Bean Burger**
  Choose: Lettuce, Tomato, Onion, Pickles, Cheddar, American, or Swiss Cheese
- **Chicken & Cheese Quesadilla**
  Served with salsa and sour cream
- **Cheese or Pepperoni Pizza**

♥ **Heart-healthy**   🌿 **Vegetarian**   ⊘ **Gluten-free**

Salads and Sides

- Carrot & Celery Sticks
- White Rice
- Tossed Salad
- Mashed Potatoes
- Cottage Cheese
- Baked Potato Chips
- Kernel Corn
- Garlic Macaroni & Cheese
- Carrots
- Mashed Cauliflower
- Green Beans
- Mashed Sweet Potatoes
- Broccoli Spears
- Seasonal Fruit Cup

Sweet Treats

- Seasonal Whole Fruit
- Vanilla Pudding
- Peaches, Pears or Pineapple
- Lemon Pudding
- Applesauce
- Chocolate Ice Cream
- Orange or Berry Gelatin
- Vanilla Ice Cream
- Lemon or Cherry Italian Ice
- Sugar Cookie
- Orange Sherbet
- Chocolate Chip Cookie
- Raspberry Sherbet
- Angel Food Cake with Berries
- Chocolate Pudding
- Chocolate Brownie

Beverages

- Coffee; Regular or Decaf
- Lemonade; Regular or Diet
- Hot Tea; Regular or Decaf
- Juices; Apple, Orange
- Iced Tea; Regular or Decaf
- Juices; Grape, Cranberry
- Hot Chocolate
- Skim, 2%, or Whole Milk
- Low Sugar Hot Chocolate
- Soy Milk, Lactose-Free Milk

Breakfast Entrées

Available All Day - Gluten-Free Options Available

- **Breakfast Sandwich**
  Egg, Sausage, and Cheese on an English Muffin
- **Build Your Own Omelet**
  Ham; Bacon; Turkey Sausage; Choice of Cheese Peppers; Onions; Spinach; Mushrooms; Tomatoe
- **House-made Pancake**
  One pancake served with syrup
- **Sliced French Toast**
  One slice of French Toast served with syrup

Breakfast Sides

- Strip of Bacon
- Turkey Sausage Link
- Scrambled Eggs
- Heart Healthy Scrambled Eggs
- Hard Boiled Egg
- Fried Egg
- Cream of Wheat
- Oatmeal
- Assorted Cold Cereals
- Breakfast Potatoes
- English Muffin or Plain Bagel
- Blueberry Muffin
- Apple Cinnamon Muffin
- Assorted Greek Yogurt
- Assorted Light Yogurt
- Granola

SERVICE HOURS

Breakfast	6:30 a.m. to 7:00 p.m.
Lunch	10:30 a.m. to 3:00 p.m.
Dinner	3:00 p.m. to 7:00 p.m.

Requests are taken from 6:30 a.m.–7:00 p.m. Service hours listed are suggested meal times.

Family members may assist you in placing orders from outside the hospital by calling 248-858-3663 .
Guest Meals may be purchased for $7.50 Cash or Credit

If you have questions or need assistance, please call extension 8-3663 (FOOD)

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The accent colors will change by region and consist of:

Trinity Purple	Trinity Purple	Trinity Red	Trinity Red (pms 201)

Dysphagia

Fresh to you!

EASY TO CHEW AND SWALLOW DIET (DYSPHAGIA)
DIAL 2-8888 to place your order.

The Food and Nutrition Services department proudly offers you our complimentary patient menu. Our goal is to make your stay as pleasant as possible. Your physician has ordered a diet that makes food easier to chew and swallow. Foods and drinks are identified to fit in four different levels. If you need assistance to understand your diet, we are happy to help.

- Pureed
- Mechanical Ground / Minced & Moist
- Mechanical Chopped / Soft & Bite Sized
- Easy to Chew

Breakfast

French Toast w/Syrup
Pancakes w/Syrup
Waffle w/Syrup
Scrambled Eggs
Turkey Sausage w/Gravy
Breakfast Ham w/Gravy
Breakfast Potatoes
Cream of Wheat
Oatmeal

Pureed Country Bread
Pureed Omelet w/Bacon
Pureed Bacon

Lunch & Dinner Entrées

Chicken w/Gravy
Roast Beef w/Gravy
Roasted Turkey w/Gravy
Fish w/Lemon Dill Sauce
Penne w/Marinara
Penne w/Meat Sauce

Salads & Sandwiches

Cottage Cheese & Fruit
Egg Salad
Tuna Salad
Chicken Salad
Deli - Turkey or Ham

Veggie Burger
Hamburger or Cheeseburger

Soups

Garden Vegetable
Tomato
Chicken Noodle

Vegetable Broth
Chicken Broth
Beef Broth

#####-DYS

Accompaniments

Green Beans
Carrots
Corn
Peas
Broccoli
Cauliflower
Penne Pasta
White Rice w/Gravy
Mashed Potatoes

Mashed Sweet Potatoes
Macaroni & Cheese
Low-Fat Cottage Cheese
Peaches
Pears
Banana
Applesauce
Mixed Berries

Sweet Treats

Vanilla Ice Cream*
Chocolate Ice Cream*
SF Vanilla Ice Cream*
SF Chocolate Ice Cream*
Orange Sherbet*
Lemon Italian Ice*
Cherry Italian Ice*
Chocolate Pudding
Vanilla Pudding

Cherry Gelatin*
Orange Gelatin*
Strawberry Gelatin*
SF Raspberry Gelatin*
Angel Food Cake w/Fruit

*If your diet requires thickened liquids, these items may be unavailable

Beverages

Water
Milk - 2%
Milk - Skim, Whole, Choc*
Coffee, Reg or Decaf
Hot Tea, Reg or Decaf

Unsweetened Iced Tea*
Lemonade*
Juice-Apple,OJ,Cran,Grape*
Milk - Soy or Lactose-Free
Hot Choc-Reg or Sugar-Free*

Breakfast	7:00am	to 9:30am
Lunch	11:00am	to 1:30pm
Dinner	4:00pm	to 6:30pm

If you have questions or need assistance, please call extension 5-6667

HC HOLY CROSS HOSPITAL

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Renal

Fresh to you!

RENAL DIET
DIAL 5-3663 (FOOD) to place your order.

The Food and Nutrition Services department proudly offers you our complimentary patient menu. Our goal is to make your stay as pleasant as possible. This menu meets the requirements of your physician-ordered Renal diet. If you need assistance to understand your diet, we are happy to help.

Breakfast

House-made Pancake (1)
French Toast (1)
Build Your Own Omelet
Egg and Swiss Breakfast Sandwich

Sides

Scrambled Eggs or Heart Healthy Scrambled Eggs
Hard Boiled Egg
Turkey Sausage (1)
Cream of Wheat
Oatmeal
Assorted Cold Cereals
Blueberry or Apple Cinnamon Muffin
English Muffin or Plain Bagel
Assorted Greek or Lite Yogurt
Granola

Lunch & Dinner Entrées

Chicken Breast
Applewood Smoked Salmon
Penne Pasta w/ Butter Sauce and Chicken
Baked Cod
BYO Chicken or Vegetable Quesadilla
Grilled Chicken Breast Sandwich
Beef Hamburger
Pulled Pork Sandwich
Meatloaf

Custom For You

Any deli creation served on white bread accompanied by choice of leaf lettuce, sliced onions, mustard or mayonnaise. Gluten-free bread is available upon request.

1/2 Egg Salad Sandwich
Turkey
Tuna Salad
Chicken Salad

❤ **Heart-healthy**   🌱 **Vegetarian**   ⊗ **Gluten-free**

Soups

Chicken Noodle Soup
Chicken Broth

Beef Broth
Vegetable Broth

Accompaniments

Broccoli
Carrots
Corn
Green Beans

Mashed Cauliflower
Celery and Carrot Sticks
Tossed Salad
White Rice

Sweets

Fruit Cup
Diced Peaches or Pears
Applesauce
Chocolate Chip Cookie
Sugar Cookie

Angel Food Cake Topped with Berries
Lemon or Cherry Italian Ice
Orange or Berry Gelatin
Orange/Raspberry Sherbet
Apple

Beverages

Apple, Cranberry, or Grape Juice
Regular or Diet Gingerale
Lemonade
Sugar Free Lemonade
Regular or Decaf Hot Tea
Regular or Decaf Ice Tea
Skim, 2%, Whole, or Chocolate Milk (4oz only)

❤ **Heart-healthy**   🌱 **Vegetarian**   ⊗ **Gluten-free**

Breakfast	7:00am	to 10:00am
Lunch	11:00am	to 2:00pm
Dinner	4:00 p.m.	to 7:00 p.m.

If you have questions or need assistance, please call extension 5-3663 (FOOD) or 734-655-3663

ST. MARY MERCY LIVONIA
Saint Joseph Mercy Health System

#####-REN

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Liquid

Fresh to you!

LIQUID DIET

DIAL 5-1234 to place your order.

The Food and Nutrition Services department proudly offers you our complimentary patient menu. Our goal is to make your stay as pleasant as possible. This menu meets the requirements of your physician-ordered diet. If you are on a Clear Liquid Diet, you may select from the Clear Liquid list. If you are on a Full Liquid Diet, you may select from all items on this menu. If you need assistance to understand your diet, we are happy to help.

Clear Liquid

- ♥ ⊘ Beef Broth or Chicken Broth
- ♥🍃⊘ Vegetable Broth
- ♥ ⊘ Berry Gelatin or Orange Gelatin
- ♥🍃⊘ Lemon or Cherry Italian Ice
- Apple Juice, Cranberry Juice, or Grape Juice
- Lemonade; Regular or Diet
- Coffee or Hot Tea; Regular or Decaf
- Iced Tea; Regular or Decaf
- Regular Gingerale or Diet Gingerale

Full Liquid

Includes all clear liquid items above plus:

- 🍃 Tomato Soup
- ♥🍃 Cream of Wheat
- ♥🍃⊘ Orange Sherbet or Raspberry Sherbet
- 🍃⊘ Vanilla Ice Cream or Chocolate Ice Cream
- 🍃⊘ Vanilla, Chocolate, or Lemon Pudding
- ♥🍃⊘ Assorted Greek Yogurt or Light Yogurt
- Hot Chocolate; Regular or No Sugar Added
- Skim, 2%, Whole, or Chocolate Milk
- Lactose-Free Milk
- Vanilla or Chocolate Soy Milk

♥ **Heart-healthy**   🍃 **Vegetarian**   ⊘ **Gluten-free**

Breakfast	7:00 a.m. to 10:00 a.m.
Lunch	11:00 a.m. to 2:00 p.m.
Dinner	4:00 p.m. to 7:00 p.m.

If you have questions or need assistance, please call extension 5-1234 or 616-685-1234

ST. MARY MERCY LIVONIA
Saint Joseph Mercy Health System

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#####-LIQ

Carbohydrate

CARBOHYDRATE COUNTING GUIDE

Your physician has ordered a Carbohydrate Controlled Diet for your hospital stay. This guide has the listing of food items your menu provides along with the grams of carbohydrate and number of choices they represent. This tool will assist you in successfully controlling your blood sugar in the hospital and at home. If you need help in understanding the menu or this guide, we are happy to help.

	Grams of Carbohydrate	Carbohydrate Choices
Breakfast		
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Breakfast Sides		
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Dry or Hot Cereal		
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Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
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Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Entrée Salads		
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Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Custom For You		
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Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Entrées		
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Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10

	Grams of Carbohydrate	Carbohydrate Choices
On the Side		
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
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Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
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Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Soups		
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Sweet Treats		
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
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Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Beverages		
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Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10
Carb Guide Bold Text Area 60 Characters Fit Here Carb Guide	Up to 10	Up to 10

| Total Carbohydrates (g)	Number of Carbohydrate Choices
0-5	0.0
6-10	0.5
11-20	1.0
21-25	1.5
26-35	2.0
36-40	2.5
41-50	3.0
51-55	3.5
56-65	4.0
66-70	4.5
71-80	5.0
81-85	5.5
86-95	6.0

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#####-CARB

Developing the Menus for use

Pressero requires certain steps for menus to be utilized as base templates for the site usage. Each text and image area needs to have instruction added in InDesign to make it react properly in Pressero.
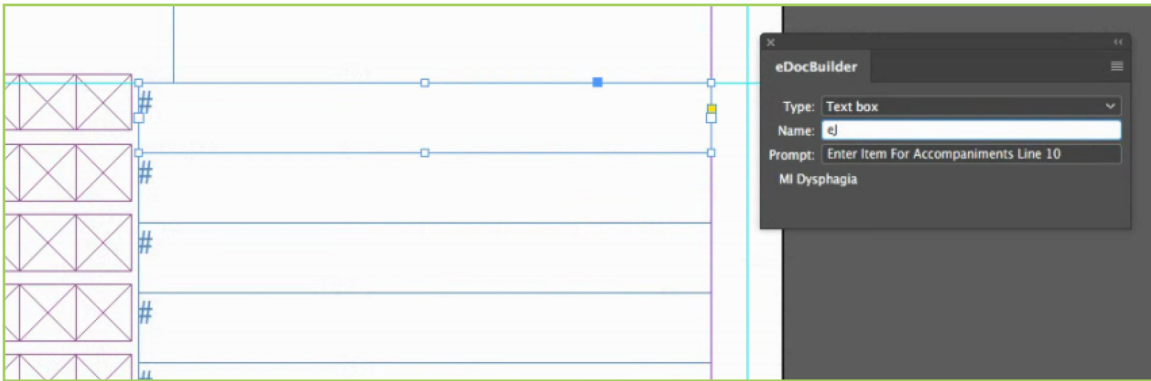
After the menu base is built in InDesign, it gets uploaded to eDoc Builder and goes through "Coding" prep for each line for text and art. Logos and art are also assigned at this stage.
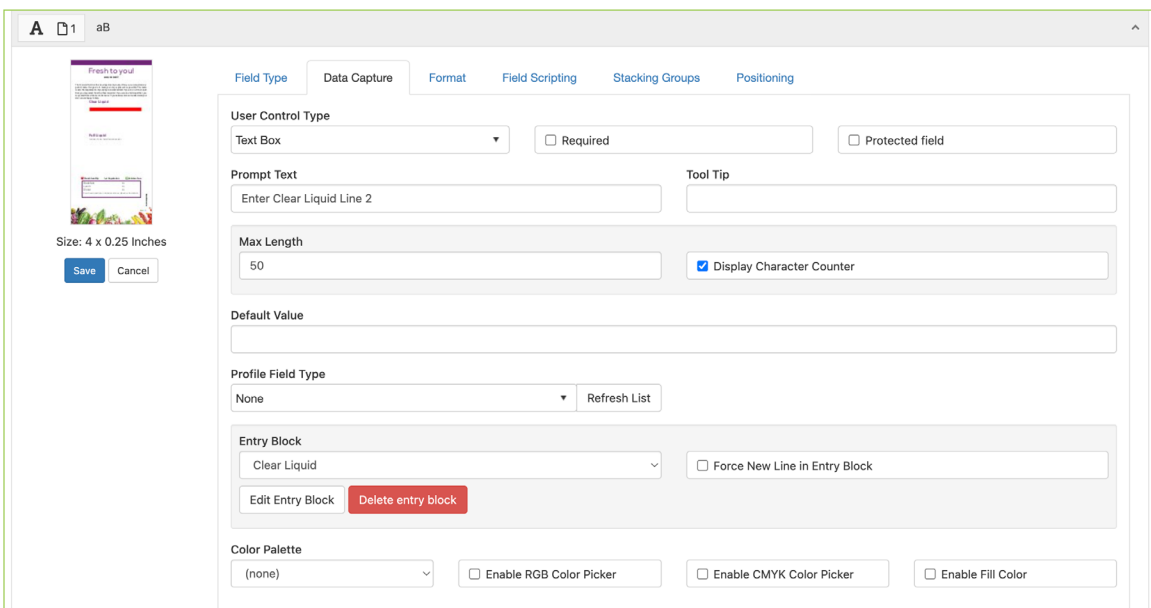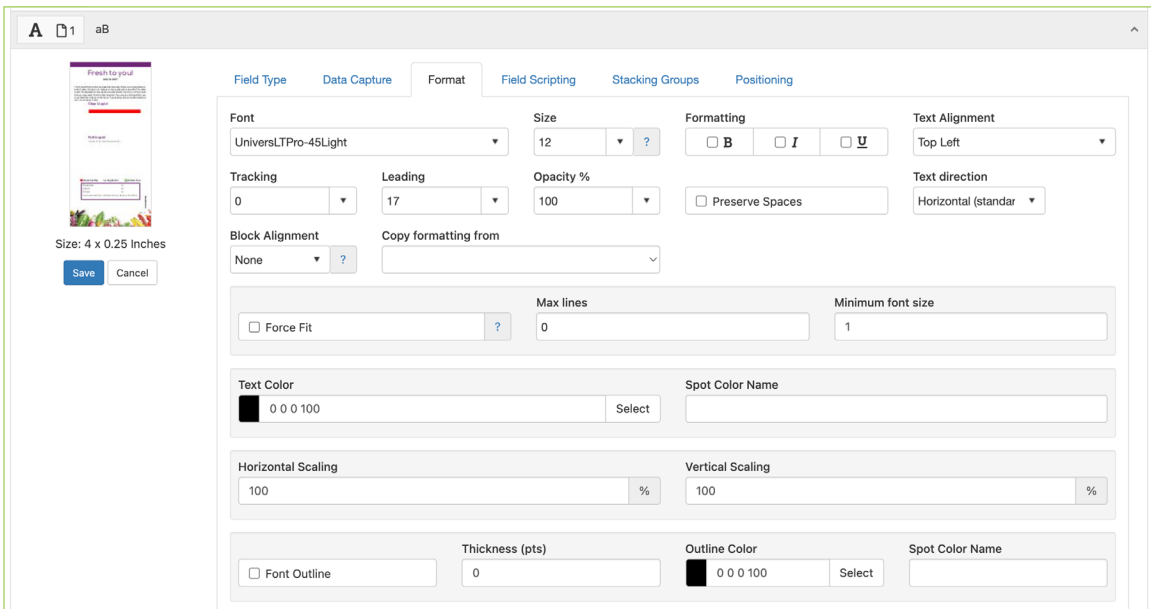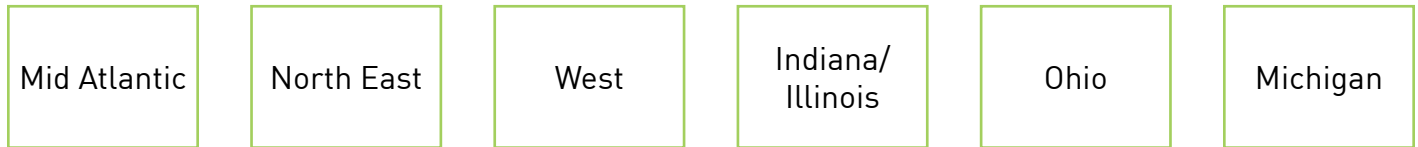
The process is extremely time consuming. The software is designed to utilize up to 100 lines of customizable information we are over 600. To do this we utilized freelance designers and others who had any prowess on a computer and taught them to go through the "Coding" process. Alone, a normal regular menu would take in excess of 50 hours to complete.

Mapping the Site

We decided to separate the maps into regions and were able to utilize that regions color in the design. Each region would have one login for menu creation, so menus could be 'borrowed' and altered for more than one location.

Starting with the Regions:

Mid Atlantic	North East	West	Indiana/Illinois	Ohio	Michigan

Then the menus

Regular	Dysphagia	Renal	Liquid	Carbohydrate
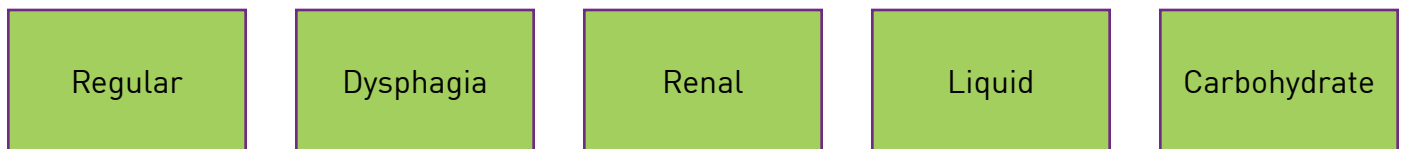
The Homepage ultimately looking like:

```
Trinity Menu Site Homepage

tabs: Home | Assets | Order History | Retail | Shopping Cart | Logout | Need Help?

Mid Atlantic    North East    West          IN/IL         Ohio          Michigan

Regular         Regular       Regular       Regular       Regular       Regular
Dysphagia       Dysphagia     Dysphagia     Dysphagia     Dysphagia     Dysphagia
Renal           Renal         Renal         Renal         Renal         Renal
Liquid          Liquid        Liquid        Liquid        Liquid        Liquid
Carb            Carb          Carb          Carb          Carb          Carb
```

Users and Resources

Users The site will utilize a 'Shared User' system. The files created belong to the user, and are inaccessible to other users. As many locations have similar menus, using a shared approach will allow locations to use completed menus from other locations and save much time.

Approvers Regional managers will be set as Approvers and will have to sign off on each order created.

Resources A Menu User Guide has been created and put on the home page of the site under the Assets tab. It will contain all instructions for using the site, Checklists for Quality Control, and Maps of each menu showing the text placement, character counts, and flow of each menu. A user PowerPoint was created fir Trinity's intranet training as well.

Trinity's Additional Requirements

Approval System After several attempts at a multi-tier approval system, the complexity pushed us to a single tier approval. The system allows for download of proof files that can be circulated internally for proof reading. After the menus have been cleared internally, the order is submitted prompting approval. The Regional Manager then gives the final stamp before the order is released.

Support Emails have been added to the site under the Need Help tab for any needs

Order History So users can easily find and re-order previous menus

The Final Product

We did finish the project and launched the site on time. Even with various setbacks, shifting needs, and a major re-design,it launched with great success. Highlights below.
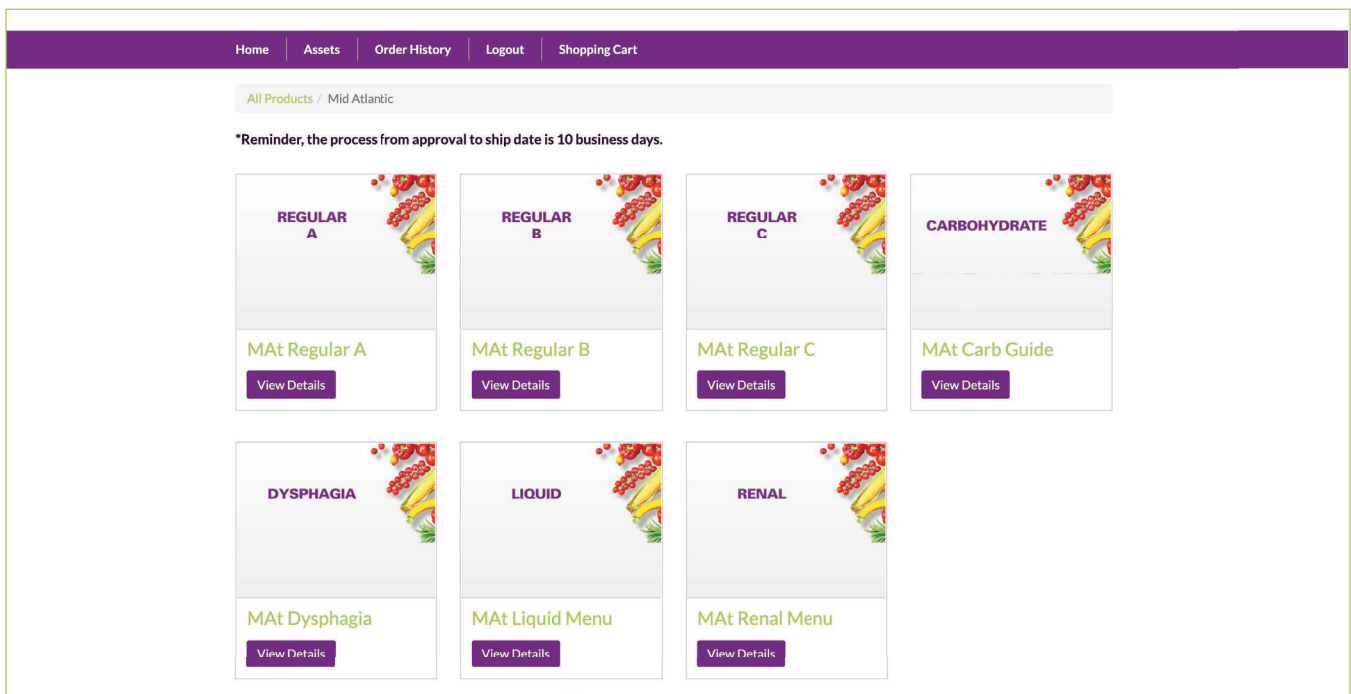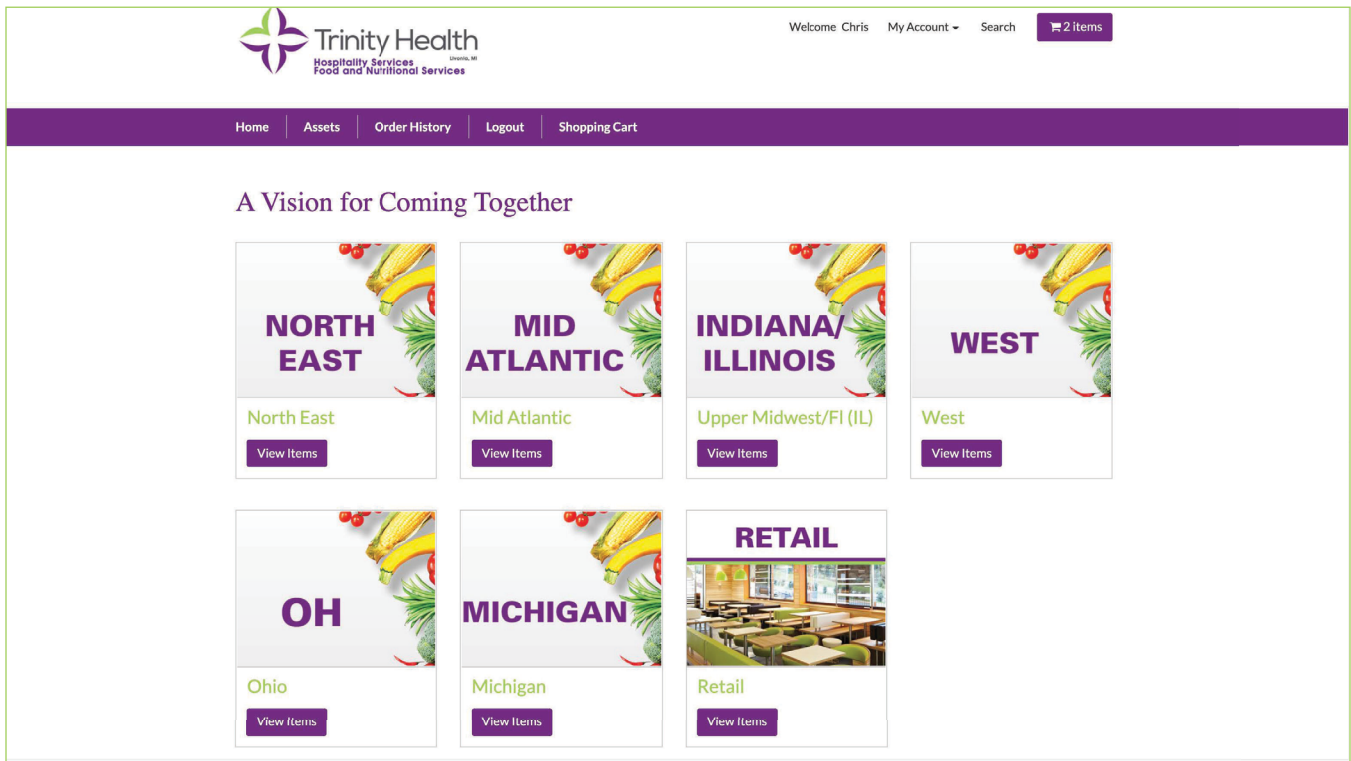
MAt Regular B

REGULAR
B

Unit	Description
Each (1)	

Quantity

10000

Selection

Each (1)   ▼

Ship To

Site Manager, Healthy for You, 123 Healthcare St, Anywhere, MO   ▼

Name Your Job (optional)

Main Menu

Additional Instructions

Customize Order

Welcome Chris   My Account ▾   Search   🛒 2 items

Trinity Health
Livonia, MI
Hospitality Services
Food and Nutritional Services

Please enter information for your specific menu items.
Each menu line will allow you to add text
Each Nutritional icon selection will allow you to place the appropriate icon adjacent to the menu item description.

Page   Preview Size
1 ▾   X-Large ▾   📥▾   Cancel   Save for Later   Update Preview

All required items complete

Box 1

heart_healthy_icon.pdf   ▼

Add Nutr Logo for Entrees Salads Line 1
Box 2

vegetarian_icon.pdf   ▼

Add Nutr Logo for Entrees Salads Line 1
Box 3

gluten_free_icon.pdf   ▼

Enter Entrée Salad Item Line 2

Chopped Romaine and Iceburg

27 of 50 Characters

Enter Entrée Salad Item Line 3

0 of 50 Characters

Add Nutr Logo for Entree Salads Line 2
Box 1

blank_icon.png   ▼

Entrée Salads
For the healthiest and freshest meals
❤🧡 Chopped Salad

Soups

Daily Chef Specials

Sunday
Lunch:
Dinner:

Monday
Lunch:
Dinner:

Tuesday
Lunch:
Dinner:

Changes Detected!   Update Preview

That's Healthy

We encourage everyone to eat a well-balanced diet with a focus on a variety of food groups that nourish your body and spirit. To enhance your health, we recommend the following steps in selecting your meals:

- Focus on consuming a variety of foods and start with small changes to build healthier eating styles.
- Limit the amount of food consumed to balance calories with activity.
- Select nutrient-rich foods:
  - Consume at least five servings of fruits and vegetables each day, including fresh seasonal produce when possible. Try to fill half your plate with fruits and vegetables.
  - Fill ¼ of your plate with grains and make half of your grains whole grain.
  - Choose low-fat or fat-free dairy products.
  - Select protein-rich foods, including lean meat, poultry, fish and plant-based proteins.
- Restrict foods and beverages that are high in saturated fat, sodium and added sugars, as well as those that are highly processed, contain trans fat, or high fructose corn syrup.

Your doctor may have ordered a special diet for you. Our team will help you make menu choices based on your doctor's order.
- Heart-healthy items are designated with a ❤. Entrées, sandwiches and salads with a ❤ are limited to:
  - <500-700 mg of sodium
  - <600-750 calories in a serving
  - <10% of saturated fat per daily allowance of calories
- Many foods without added sugar, fat and those that are gluten free

Cancel   Update Preview

Enter information for all required fields

Where to Dial To For Placing Order *

DIAL 2-8888 to place your order.

BREAKFAST

Enter Item For Breakfast Line 1

Eggs and Avacado

16 of 27 Characters

Add Icon for Breakfast Line 1 Box 1

blank.pdf ⌄

Add Icon for Breakfast Line 1 Box 2

blank.pdf ⌄

Add Icon for Breakfast Line 1 Box 3

blank.pdf ⌄

Add Icon for Breakfast Line 1 Box 4

blank.pdf ⌄

Enter Item For Breakfast Line 2

0 of 27 Characters

Add Icon for Breakfast Line 2 Box 1

blank.pdf ⌄

Add Icon for Breakfast Line 2 Box 2

blank.pdf ⌄

Changes Detected!   Update Preview

Fresh to you!

EASY TO CHEW AND SWALLOW DIET (DYSPHAGIA)

DIAL 2-8888 to place your order.

The Food and Nutrition Services department proudly offers you our complimentary patient menu. Our goal is to make your stay as pleasant as possible. Your physician has ordered a diet that makes food easier to chew and swallow. Foods and drinks are identified to fit in four different levels. If you need assistance to understand your diet, we are happy to help.

● Pureed
● Mechanical Ground / Minced & Moist
● Mechanical Chopped / Soft & Bite Sized
● Easy to Chew

Breakfast

Lunch & Dinner Entrées

Welcome Chris   My Account ⌄   Search   🛒 2 items

Trinity Health
Livonia, MI
Hospitality Services
Food and Nutritional Services

Home | Assets | Order History | Logout | Shopping Cart

Shipping

Ship To   Ship to multiple locations

Site Manager, Healthy for You, 123 Healthcare St, Anywhere, MO ⌄   🔍   +

Site Manager

Heaad Dietician   123 Healthcare St
Healthy for You   Anywhere, MO US 63125

555-555-5555
food@hfu.com

Continue

Shipping Method

Standard Ground ⌄

What I Learned

I learned several things from this project that have made later projects run much more smoothly.:

- Naming the text boxes in InDesign. I found out that items get exported in alphabetical order, which does NOT fit the final working version. It leaves the items in an order that is impossible for filling out forms. Rather than moving the items individually and keeping track of the 600 plus items and their orders, I renamed all of them using an Alpha-Numeric naming. That brought most things in correctly, and literally saved weeks of work.
- Getting designs through the approval of the Marketing Department can be a challenge. I have found that keeping explanations succinct about limitations of software and placement of logos or the final print process will go a long way. Being flexible helps.
- Notifications. This was something that escaped our attention until orders started rolling in. Be sure to do plenty of testing in advance.
- Managing time with internal deadlines and a crew of hired help can be a challenge. Be realistic about the time it takes to do the coding tasks and give it more time than it should take. It almost never goes better than expected. Get consistent updates.
- This was my first experience with C-Suite from a large corporation. I learned they are more receptive to questions than I was led to believe (by the sales team). When you are executing their vision, do not be afraid to make sure you are clear on instructions and reach out if you are not. Working through issues like that can often save a lot of time and keep you from straying on a bad path.
- Do not doubt your own ability to creatively think through established processes. I was able to take a system designed for a fraction of what I was asking it to do, and use it in ways the support team had never thought of. They kept a close eye on what we accomplished and have added levels to support it.