



Strengthening Communities, Making a Difference
30 Elizabeth St. Derby, CT 06418-1846*203.736-5420*www.teaminc.org

July 30, 2019

RE: Request for Proposal for Elderly Nutrition Program
Sub Region 2: Ansonia, Derby, Oxford, Seymour and Shelton

Dear Potential Bidder,

Request for Proposal for provision of meals for the TEAM, Inc. Elderly Nutrition Program. Electronic quotation packets can be obtained by contacting me at lhoak@teaminc.org. Sealed proposals for Elderly Nutrition Program will be accepted until 12:00 noon on August 20, 2019 at the office of TEAM, Inc. 30, Elizabeth Street, Derby, Connecticut 06418 at which time they will be publically opened. Bids are to be mailed or hand delivered to the Derby Office of TEAM, Inc, attention to Lorrie Hoak. Electronic transmissions or facsimiles will not be accepted.

The Owner reserves the right to waive any informality in any bids, to reject any or all bids or any part of any bid when it is determined to be in the best interest of the Owner.

With best regards,

A handwritten signature in black ink, appearing to read "Lorrie Hoak".

Lorrie Hoak
Director of Support Services

Communities We Impact:
Ansonia, Beacon Falls, Bethany, Derby, Milford, Naugatuck,
Orange, Oxford, Shelton, Seymour, Waterbury and Woodbridge

TEAM, Inc. Special Program Requirements

MEALS

Home delivered meals must be pre-sorted by route and diet type and must be clearly labeled. Labeling must include the meal type, preparation date, consume by date, and instructions for preparation in large print. The labels must include the words, "Consume immediately or refrigerate and discard in 48 hours". The run of home delivered meals must be ready for pickup by 8:30/8:50 am weekdays, contingent on vendor location. Portions sizes will be specified on the enclosed sample menus.

NUTRITION

The caterer will work with ENP and ENP's dietician to identify good quality, lower sodium food items for use in both the congregate and home delivered meals programs. The use of traditional processed food items will be restricted to no more than twice per week. All milk served will have no more than 1% fat. 100% juice will be served when there is no fruit on the menu. TEAM, Inc. provides a wide variety of physician prescribed therapeutic diets such as Renal, Soft, Chopped, Puree, or specified food allergies and/ or restrictions. Meals must be supervised by a nutrition professional to ensure compliance to meal and diet.

CONGREGATE SITES

Meals for congregate sites must be ready for pickup by 8:30/8:50 am weekdays, contingent on vendor location. Site names will be written on all packaging. TEAM, Inc. may hold special events at selected congregate sites at least quarterly. These events may include upgraded meal or presentation such as site meal preparation, carving stations, use of special service equipment, etc. Please describe your plan for these special events and designated staff responsible for this requirement. Please include the cost of this services in a per meal quote on the enclosed cost sheet.

Note: All programs must be in compliance with the Connecticut Department of Public Health (DPH).

<http://www.fda.gov/Food/GuidanceRegulation/RetailFoodProtection/FoodCode/ucm374275>

o Statement of Bidder's Qualifications

Bidder's Name:
Address:
City, State, Zip:
Telephone:
Contact Person:

All bidders must answer the following questions clearly and comprehensively and submit required documentation.

1. How many years have you been engaged in providing meal services and catering under your present firm or trade name?
2. Are you now operating any MOW's or Elderly Programs?
If so, list the program the number of meals, type of meal service, cost per meal, years of service, contact person and telephone number (Attach separate sheet)

*Current meal production facilities are subject to inspection by Agency on Aging.

3. Have you ever failed to complete a contract?
If so, where, when and why? (Attach a separate sheet)
4. Have you ever defaulted on a contract?
If so, where, when and why? (Attach a separate sheet)
5. Attach a description of your training and experience in the food service field.
6. Attach an overview of the staffing pattern for each production facility used in the course of this contract for a sample week.
7. Briefly describe food production plan in the event of disaster and also kitchen failure (such as fire, etc.)
8. Is your company able to adapt menus as services may dictate? Briefly explain.

The undersigned hereby authorizes and requests any person or corporation contained in the Statement of Bidder's Qualification to furnish any information requested for verification.

Authorized Signature

_____ Signature
_____ Printed Name of Signer
_____ Date

Statement of Bidder's Qualifications

All Bidders are required to submit the following with their bid:

- Copies of most recent State or local health inspection reports. If submitted reports have a score less than 90 or any debited four point items, documentation of resolution of these deficiencies must be provided.
- Copies of food service license for each kitchen to be used for producing meals.
- Completed statement of bidders Qualifications

Names, phone numbers and locations of customers you are serving or have with programs of similar size and scope as described in the RFP.

- Explanation of systems which will be use to fulfill the terms of this RFP in regard to food production, chilled meal production, food and non-food storage system, temperature control, holding time, routes, delivery schedule. Bidders are to explain, in detail, the proposed plan for meal production, identifying the production facility location for each meal type.
- Two sets of sample home delivered and congregate meal disposables and labeled as such.
- Plan for replacing food shortages and unacceptable food items.
- Qualifications of Food Service Management Staff. Labor schedule for on-site and any off-site production facilities, including preparation and production, packaging and delivery.
- Food safety and sanitation policies and procedures.
- Hazard Analysis Critical Control Point(HACCP) procedures and form pertaining to specific menu items.
- A copy of the certificate for each food services employees, who had passed one of the national food protection exams.
- Insurance certificate stating current policy coverage and if available, evidence of umbrella or excess liability policy.
- Copy of last three years audits financial

**NUTRITION, MENU, & PUBLIC
HEALTH REQUIREMENTS**

A. NUTRITIONAL STANDARDS

1. Federal Law governing the Elderly Nutrition Program requires that meals provide each participant with:
 - a. a minimum of 1/3 of the daily dietary reference intake as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences if 1 meal per day is provided;
 - b. a minimum of 2/3 of the allowances if 2 meals per day are provided; and,
 - c. the full allowances if 3 meals per day are provided.
2. Federal Law also requires that meals conform to the *Dietary Guidelines for Americans* for dietary fiber, fat, saturated fat, sodium and sugar, as published by the Secretary of Agriculture and the Secretary of Health and Human Services.
3. The successful applicant shall meet these requirements by preparing meals according to an approved Meal Pattern or by nutritional analysis. If by nutritional analysis, meals shall provide nutrients in the amounts specified in Daily Nutrient Requirements. Nutritional analysis should be conducted for all menus to ensure compliance with requirements, especially sodium, calcium, vitamin D and fiber. Meals served may be reviewed for accuracy to menu and portion sizes.

B. MENU AND RECIPE REQUIREMENTS

1. Menus shall specify the amount of each item to be prepared and served, and shall reference all recipes used in the preparation of mixed dishes.
2. Tested quality recipes, adjusted to yield the numbers of servings needed, shall be used. Each recipe should specify cooking, cooling and storage procedures as well as exact ingredient amounts and preparation instructions. Recipes shall be available to the contracting agency and kept on file for two years following date of use. The nutrient content of all required nutrients in ready-to-serve "convenience foods" or portions shall also be available and kept on file.
3. Menus shall be certified in writing by a Nutritionist or Dietician as providing at least one-third of the current Dietary Reference Intakes (DRI) of the National Academy of Sciences for energy, protein, vitamins and essential minerals, and as conforming to the Dietary Guidelines for Americans. Menus including recipes used in preparation of mixed dishes or a complete nutritional analysis shall be submitted to the Department nutritionist as least one month prior to use for review of nutritional adequacy.
4. Menus for therapeutic and other individually prescribed diets shall be certified in writing by a dietitian.
5. Recipes and certified menus shall be kept on file at the nutrition provider's office a minimum of two years following the year during which they were in use.

C. FOOD QUALITY SPECIFICATIONS

1. Bread, Rice and Pasta shall be served as specified in the menu and contain no more than 150 milligrams (preferably no more than 130 milligrams) sodium per serving. To qualify as whole grain, bread shall contain at least 75% whole wheat or other whole grain. Rice should be fluffy, never hard. Pasta shall be cooked "al dente" and then mixed with a small amount of sauce or oil if held separately. Rice and pasta should not be prepared so far in advance that quality is lost.
2. Fruit (including 100% fruit juices) shall be served at each meal, with fresh fruit subject to seasonal availability and quality. Fresh fruit shall be medium in size, Grade US No 1, and not under-ripe or over-ripe. Canned fruit shall be packed in juice, light syrup or water-packed, USDA Choice grade and of uniform size and in the form stated in the menu (e.g. halves or slices). USDA canned fruit packed in heavy syrup shall be drained and rinsed. Fruit juices shall be 100% juice, unsweetened and contain at least 30 milligrams of vitamin C per serving. Vegetable or fruit sauces, such as tomato sauce, shall not count towards meeting the fruit requirement.
3. Vegetables shall be cooked in a minimum amount of water or steamed to a point of tenderness without becoming mushy. Frozen vegetables shall be USDA Grade A fancy. Fresh vegetables shall be US No 1. Baked or boiled potatoes shall be prepared on the day of serving and not overcooked. Dried potatoes shall not be used except for instant mashed potatoes having sodium content not exceeding 130 milligrams per ½ cup. Green (tossed or garden) salad shall contain at least three different vegetables and shall be made fresh or purchased fresh on the day of service. Slaw shall be medium or fine grated and carrots for slaw or salad shall be grated. No canned vegetables except tomato products shall be used.
4. Meats shall be fork-tender for easy cutting and chewing. USDA commodity meats may be used when they become available. Portion sizes shall be uniform and as specified in the menu approved by the SUA. When purchased on the open market the following criteria shall also be met:
 - a. All beef shall be of USDA Choice grade. Beef roast shall be boneless, top round and sliced thin. Ground beef shall not exceed 20% fat content.
 - b. Pork shall be USDA 1 grade. Pork chops should be loin cut, with the blade bone and chin bone removed. External fat shall not exceed ¼ inch.
 - c. Poultry shall be USDA Grade A. Equal amounts of breast with wings or legs with thighs shall be given. Chicken or turkey items shall be fresh or frozen and never "Pressed."
 - d. Fish entrees shall be even pieces, or care should be taken to ensure a uniform portion for each participant after cooking if the fish items are uneven pieces. Fish fillets shall be I.Q.F. boneless and skinless. Tuna fish shall be white or light meat and shall be water-packed.

- e. Cottage cheese shall be low fat variety.
 - f. Meat alternates and textured vegetable protein shall be used only as specified in the menu and recipes approved by the contracting agency. Textured vegetable protein shall not exceed the ratio of 20% to 80% meat.
5. Milk shall be low fat, reduced fat, or skim as stated in the menu unless prescribed for therapeutic purposes. If soymilk is used it must be calcium fortified. One cup of yogurt and 1.5 ounces hard cheese may substitute for a cup of milk.
 6. Desserts shall be provided as stated in the approved menu.
 7. Gravies and soups shall be made of a low sodium base and contain no more than 130 milligrams sodium per ½ cup.
 8. Salad Dressings shall contain no more than 130 milligrams sodium per serving.

D. SANITATION AND FOOD SAFETY

1. General Requirements

Sanitation requirements for places dispensing foods or beverages are stated in the Public Health Code, Section 19-13-B42 (Section 19-13-B49 for caterers). See www.dir.ct.gov/dph/PHC/phc.asp.

2. Food Handling, Hand Washing and Glove Use

- a. No bare hand contact with Ready-to-Eat foods. However, do not wear gloves to use a serving spoon or other utensil.
- b. Wash hands thoroughly in a designated hand washing sink upon arrival, after using the toilet, before and after wearing or changing gloves, and any time they become contaminated, such as after touching clothes, body parts, door handles, wipe rags, cartons, raw meat or unwashed vegetables.
- c. Disposable glove use is task specific. Gloves should be changed or discarded when changing activity. If engaged in an extended activity requiring gloves, such as making sandwiches, gloves should be changed periodically and hands washed. Single use non-latex gloves should be used. If using a cut resistant hand safety glove, a larger disposable glove should be worn over the top.

3. Procedures for Safe Temperatures

- a. When cooking, take temperatures of each batch of food at the center or thickest part of the food from the coolest section of the oven.
- b. When cooling, use a blast chiller, ice water bath, or cool in small containers.

- c. When preparing or plating chilled food, do so in small quantities, replacing it immediately in the refrigerator or cooler. If possible use a cold room (50 degrees or cooler) or specialized cool serving equipment.

4. Preventing Cross Contamination

- a. Store raw or contaminated foods below cooked or ready-to-eat foods; or, store them in a separate area.
- b. Prepare raw meats, unwashed vegetables, and other contaminated foods in a separate, dedicated area.
- c. Use the approved 3-step, wash-rinse-sanitize procedure for cleaning and sanitizing utensils, cookware, tables, counters and door handles.
- d. Employees preparing raw meats, unwashed vegetables and other contaminated foods should not handle cooked or ready-to-eat foods until they have thoroughly washed their hands and arms and taken other precautions to prevent cross contamination.
- e. Utensils, cutting boards, prep tables and sinks used with contaminated foods should not be used for cooked or ready-to-eat foods until they have been thoroughly washed and sanitized.

5. Time and Temperature Requirements

- a. Storage
 - Cold storage 41⁰F or below
 - Frozen storage 0⁰F or below
 - Dry, canned storage 70⁰F or below
- b. Cooking
 - At least 165⁰F or as specified in the CT Public Health Code
- c. Standard Cooling
 - 140-70⁰F within two hours, and
 - 140-41⁰F within six hours with temperatures recorded each 2 hour minimum
- d. Quick Chilling
 - 140-70⁰F within one hour, and
 - 140-41⁰F within three hours with temperatures recorded each 2 hours minimum
- e. Reheating
 - 165⁰F within 1 hour, preferably within 20 minutes

- f. Holding, from final preparation until normal serving time, including delivery
 - Hot holding 140⁰F to 165⁰F <= 3 hours total with temperatures recorded each 2 hours minimum
 - Cold holding 41⁰F or below <= 3 days total
 - Frozen meals 10⁰F or below <= 2 month
 - Quick chilled meals 35⁰F or below <= 6 days total
- g. Kitchen Hot Holding if picked up: 140⁰F or above, <=1/2 hour
- h. All food items must be labeled and dated. Items provided for home delivered meals should include a discard date.

6. Transport and Delivery Requirements

- a. Holding times and temperatures shall be as above stated.
- b. Delivery personnel shall certify that temperatures are appropriate at loading. They shall wait at café delivery sites until delivered foods have been checked for temperature and acceptability.
- c. Unacceptable items shall be replaced or reimbursed at full value to the contracting agency.
- d. Hot and cold holding units shall be warmed or cooled to the required temperatures prior to loading. Serve all hot food within 2 hours from the time food preparation ends unless a waiver is received from the Agency on Aging EXTENDING IT TO A MAXIMUM OF 3 HOURS. Maintain hot foods at a temperature above 140⁰F and cold foods at OR below 41⁰F from the time preparation ends until the food is served to a participant. If delivery time exceeds 2 hours, temperatures should be checked to ensure hot and cold holding temperatures are maintained. Reheat to 165⁰F hot foods received at 130⁰F TO 140⁰F. Refuse or discard hot foods received at less than 130⁰F and potentially hazardous cold foods received at more than 50⁰F, and have available shelf stable or other suitable substitute foods as replacement.
- e. Contact with client or caregiver must be made upon delivery of meal. Under no circumstances may meals be left in a cooler, with a neighbor, hanging on door knob, etc.

E. STAFFING REQUIREMENTS

1. A qualified food operator (QFO) or designated alternate shall, at all times during meal preparation and delivery, be at the food preparation facility and available to receive calls or complaints and have the authority to make corrections.
2. A Nutritionist or Dietician shall develop all menus including meals for holidays and special events, and recipes used in the preparation of mixed dishes. A dietitian shall develop menus for therapeutic meals.

3. The Food Service Provider shall have qualified staff to provide and conduct workshops for food handlers on safe and proper food handling, sanitation, and portion control.
4. See current SUA Community Services Policy Manual Title III Program Regulations for details.

F. OTHER REQUIREMENTS

1. The packing site or sites must be provided by the caterer. The site must be large enough to allow for efficient packing by home delivered meals personnel and accessibility by the home delivered meals vans.
2. The Food Service Provider shall be reasonably flexible regarding the number of meals for each day, menu modifications to accommodate recipient preferences or availability of seasonal foods, and working with volunteers.
3. Any incident of food borne illness induced by foods prepared by the Food Service Provider, or recalls of foods which may have been used during food preparation, shall be immediately reported to the Elderly Nutrition Provider in addition to the required public health authority.
4. The Food Service Provider shall freeze, seal, label and keep in the kitchen a sample of each meal for 14 days after the day of preparation to expedite epidemiological study in the event of food borne illness.
5. The Provider shall not be paid for unauthorized menu changes, incomplete meals, meals not delivered within the specified delivery time period or meals rejected because they do not comply with the specifications.
6. Only the following may be taken from the meal site and at the discretion of the manager: fruit, baked goods and other foods in individually sealed units that have been protected from contamination and held at 41⁰ or less. All other food shall be offered as a second serving or discarded. Potentially hazardous food offered as a second serving shall be protected from contamination and held at 140⁰ or more if hot and at 41⁰ or less if cold. Home delivered meal items not deliverable due to client not home may not be reused.

G. NUTRITIONAL SERVICES INCENTIVE PROGRAM (NSIP) AND USDA FOOD ASSISTANCE

1. The Nutritional Services Incentive Program (NSIP) is one of the sources of federal funds for the Elderly Nutrition Program. USDA Commodities may be used in lieu of some of the NSIP money. ENPs electing to purchase USDA commodities will also have access to free or bonus commodities when available.
2. In the case of a caterer using USDA commodities, the caterer shall credit the ENP the value of the USDA commodities that are furnished to the caterer for use in the program plus the per case administrative fee. Alternatively, contracted payments to the caterer may be reduced by the value of the commodities ordered plus the administrative fee.
3. If using USDA commodities, sufficient precautions should be taken to transport and store USDA commodities to preserve their quality and prevent theft. The contractor shall receive, handle, store, use and separately inventory them; confer, if applicable, with the contracting agency in ordering them; and, work with the Nutritionist or Dietician in designing menus that incorporate available commodities into meals.
4. ENPs receiving Nutrition Services Incentive Program cash shall spend it only for agricultural commodities and other food grown in the United States of America.
5. When possible, ENPs are encouraged to utilize locally grown produce within guidelines of the USDA and food licensing requirements of their location.

SAMPLE MENU



AUGUST 2019 - MEALS ON WHEELS



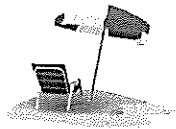
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Summer, Summer, Everywhere, Green trees, Cool water here and there. The hottest season of the year, It flies by fast, then Autumn is near.</p>			1 Beef & Bean Burrito Rice & Beans Fiesta Corn Corn Bread Fresh Fruit Margarine	2 Light Crunch Fish w/ Tartar & Lemon Roasted Potato Green Beans Wheat Bread Peaches Margarine
5 Spaghetti & Meatballs Fresh Zucchini Garlic Bread Fresh Fruit Margarine	6 Chicken Tenders Macaroni & Cheese Peas & Carrots Ketchup Dinner Roll Melon Margarine	7 Apple Juice Philly Cheesesteak Onions & Peppers Steak Fries Grinder Roll Pound Cake	8 Chicken Stir Fry Fried Brown Rice Oriental Blend Veggies Multi Grain Bread Mandarin Oranges Margarine	9 Spinach Quiche Roasted Potato Stewed Tomato Herb Breadstick Baked Apple Slices Margarine
8 BBQ Chicken Qtr Roasted Rosemary Potato Cabbage Biscuit Watermelon Margarine	9 Cheese Omelet Potato Bean Blend Herb Breadstick Fresh Fruit Margarine	10 Fruit Punch Turkey w/ Gravy Smashed Potato California Blend Wheat Bread Chocolate Pudding Margarine	11 Cheeseburger Baked Beans Carrots Ketchup Bun Peaches	12 Veggie Chili Sweet Potato Wedges Broccoli Corn Bread Tropical Fruit Salad Margarine
19 Pork Loin w/ Gravy Brown Rice Broccoli/Carrots Multi Grain Bread Pineapple Margarine	20 TASTE OF ITALY: Cannelloni Beef Pasta w/ White Sauce Cauliflower & Zucchini Baked Tomato Half Italian Bread Brownie Margarine	17 Ham w/ Raisin Sauce Boiled Potato Peas Wheat Dinner Roll Pears Margarine	18 Chicken Florentine Bowtie Noodles Green & Wax Beans Rye Bread Melon Margarine	19 Orange Juice Salmon & Pasta Salad Beet Salad Tossed Salad Breadstick Lemon Cookie Margarine
22 Swiss Steak Brown Rice Fiesta Blend Wheat Bread Tropical fruit margarine	23 Herb Baked Chicken Sweet Potato Pone Bean Blend Wheat Dinner Roll Fresh Fruit Margarine	24 Meatball w/ Sauce Penne Pasta Spinach Wheat Grinder Roll Fresh Fruit	29 LABOR DAY: Grilled Hamburger Au Jus on Roll Cheese, Lettuce, Tomato, & Ketchup Fresh Zucchini & Carrots Potato Salad Blueberry Pie	30 Stuffed Shells w/ Vegetable Cream Sauce Butternut Squash Zucchini Garlic Bread Melon Margarine

We would like to thank all our clients who faithfully send in their donations to our MOW programs. Anyone who needs donation envelopes, they are available through the driver.



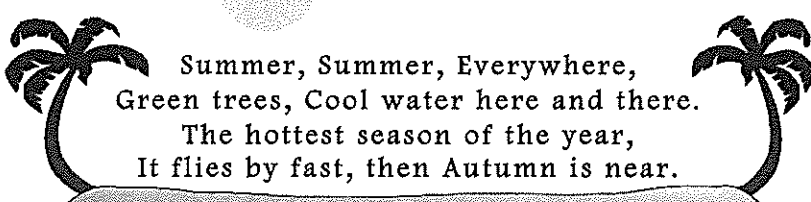
30 ELIZABETH STREET, DERBY, CT 06418 - 736-5420

MENUS SUBJECT TO CHANGE DUE TO AVAILABILITY - All meals include milk.



AUGUST 2019 - SENIOR COMMUNITY CAFÉ



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Summer, Summer, Everywhere, Green trees, Cool water here and there. The hottest season of the year, It flies by fast, then Autumn is near.</p>			1 Beef & Bean Burrito Rice & Beans Fiesta Corn Corn Bread Fresh Fruit Margarine	2 Tuna & Pasta Salad Tossed Salad w/ Cucumber & French Dressing Mini Bagel Cream Cheese Peaches
5 Spaghetti & Meatballs Fresh Zucchini Garlic Bread Fresh Fruit Margarine	6 Chicken Tenders Macaroni & Cheese Peas & Carrots Ketchup Dinner Roll Melon Margarine	7 Apple Juice Philly Cheesesteak w/ Onions & Peppers Steak Fries Grinder Roll Pound Cake	8 Chicken Stir Fry Fried Brown Rice Oriental Blend Veggies Multi Grain Bread Mandarin Oranges Margarine	9 Cream of Zucchini Soup w/ Crackers Spinach Quiche Stewed Tomato Roasted Potato Herb Breadstick Baked Apple Slices Margarine
12 BBQ Chicken Qtr Roasted Rosemary Potato Coleslaw Biscuit Watermelon Margarine	13 Vegetable Gumbo Soup w/ Crackers Egg Salad w/ Lettuce & Cucumber Three Bean Salad Herb Breadstick Fresh Fruit Margarine	14 Grape Juice Hot Open Turkey Sandwich Smashed Potato California Blend Wheat Bread Ice Cream Cup Margarine	15 Cheeseburger Baked Beans Lettuce, Tomato, Pickles Ketchup Bun Peaches	16 Veggie Chili Sweet Potato Wedges Broccoli Corn Bread Tropical Fruit Salad Margarine
19 Pork Loin w/ Gravy Brown Rice Broccoli/Carrots Multi Grain Bread Pineapple Margarine	20 TASTE OF ITALY: Cannelloni Beef Pasta w/ White Sauce Cauliflower & Zucchini Baked Tomato Half Italian Bread Chocolate Mousse w/ Whipped Topping	21 Minestrone Soup w/ Unsalted Crackers Chef Salad w/ Lettuce, Cucumber, Turkey, Ham, Cheese, Hard Cooked Egg French Dressing Wheat Dinner Roll Pears Margarine	22 Chicken Florentine Bowtie Noodles Green & Wax Beans Rye Bread Melon Margarine	23 Grape Juice Salmon & Pasta Salad Tossed Salad Beat Salad Breadstick Lemon Cookie Margarine
26 Black Bean Soup w/ Unsalted Crackers Beef Taco w/ Lettuce, Cheese, Tomato, Salsa & Ranch Dressing Tortilla Chips Tropical Fruit	27 Herb Baked Chicken Sweet Potato Pone Bean Blend Wheat Dinner Roll Fresh Fruit Margarine	28 Meatball w/ Sauce Tossed Salad w/ Cucumber & Italian Dressing Wheat Grinder Roll Fresh Fruit	29 LABOR DAY: Grilled Hamburger Fresh Zucchini & Carrots Potato Salad Cheese, Lettuce, Tomato Ketchup Blue Berry Parfait w/ Vanilla Pudding	30 Stuffed Shells w/ Vegetable Cream Sauce Butternut Squash Spinach Salad w/ Carrots & Raspberry Vinaigrette Garlic Bread Melon Margarine

The entrée may be substituted for a BAKED CHICKEN QUARTER on the following days: August 19



30 ELIZABETH STREET, DERBY, CT 06418 - 736-5420

MENUS SUBJECT TO CHANGE DUE TO AVAILABILITY - All meals include milk.

CT combined Menu- Fall 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 congr.	9/2 Labor day, 10/7, 11/11 Veterans day taco meat brown rice fiesta blend wheat tortilla tropical fruit TEAM- swiss steak, wheat bread	9/3, 10/8, 11/12 Chicken parmesan penne pasta tossed salad with cucumber and Italian dressing herb breadstick fresh fruit	9/4 , 10/9, 11/13 chicken noodle soup crackers Chicken Pot Pie Biscuit Broccoli peaches	9/5, 10/10, 11/14 pork loin/gravy sweet potato peas and carrots pumpernickel dinner roll apple juice chocolate chip cookie	9/6, 10/11, 11/15 butternut squash ravioli with cream sauce white beans spinach Italian bread bake apple slices
Week 2 congr.	9/9, 10/14 columbus day, 11/18 Pulled pork baked beans coleslaw vinaigrette burger roll fresh fruit	9/10, 10/15, 11/19 fish sticks barley pilaf California blend wheat dinner roll grape juice pound cake with strawberry topping	9/11, 10/16,11/20 Salisbury steak/gravy smashed potato mixed vegetables rye bread fresh fruit	9/12, 10/17, 11/21 Chicken Picatta sweet potato broccoli wheat dinner roll pears	9/13, 10/18, 11/22 Vegetarian vegetable soup/crax broccoli quiche broiled tomato sweet potato fries multigrain bread Fruit cocktail
Week 3 Congr	9/16, 10/21, 11/25 Herb baked chicken quarter roasted squash spinach wheat breadstick orange juice chocolate pudding	9/17, 10/22, 11/26 Lentil soup/crax cold cut sandwich ham, turkey, cheese grinder roll lettuce and tomato beet salad mustard/mayo apricots	9/18, 10/23, 11/27 spaghetti and meatballs Caesar salad with croutons and Caesar dressing garlic bread parmesan cheese Fresh fruit	9/19, 10/24, 11/28 Thanksgiving Baked salmon with dill sauce wild and brown rice pilaf Scandinavian blend wheat bread fresh fruit	9/20, 10/25, 11/29 TG Hol vegetarian chili potato wedges green beans corn bread pineapple TEAM stuffed shells with marinara, broccoli, green beans
Week 4 cong.	9/23,10/28 Tomato basil soup/crax fish croquette roasted sweet potato broccoli and cauliflower dinner roll fresh fruit	9/24, 10/29 chicken francese bowtie noodles fresh zucchini Italian bread peaches	9/25, 10/30 sweet and sour pork fried brown rice Asian vegetable blend multi grain bread orange juice lemon cookie	9/26, 10/31 Halloween pot roast/gravy mashed potato green beans marble bread mandarin oranges	9/27, 11/1 cheese baked ziti parmesan cheese seasoned cannellini beans tossed salad with olive and Italian dressing garlic breadstick fresh fruit
Week 5 Cong.	9/30, 11/4 beef stew bowtie noodles green beans wheat bread fruit cocktail	10/1, 11/5 Sausage and meatballs Penne pasta Italian Blend parmesan cheese Garlic breadstick fresh fruit	10/2, 11/6 BBQ chicken sweet potato fries spinach biscuit orange juice Tapioca pudding	10/3, 11/7 butternut squash and apple soup/crax sliced turkey/gravy cranberry sauce baked potato broccoli dinner roll fresh fruit	10/4, 11/8 Spanish omelet orzo pilaf mixed vegetables wheat dinner roll grape juice Crumb cake

MEAL REQUIREMENTS

MEAL PATTERN FOR ELDERLY NUTRITION

Food Components	Breakfast	Lunch or Supper	Two Meals
<i>Milk</i>	<i>at least</i>	<i>at least</i>	<i>at least</i>
Milk, fluid <i>or</i> Yogurt <i>or</i> Hard Cheese <i>or</i> An equivalent combination of above	1 cup (8 oz) 1 cup 1.5 ounces	1 cup 1 cup 1.5 ounces	2 cups 2 cups 3 ounces
<i>Fruits and Vegetables</i>	<i>at least</i>	<i>at least</i>	<i>at least</i>
Vegetable(s) and/or Fruit(s) <i>or</i> 100% vegetable or fruit juice <i>or</i> An equivalent combination of vegetable(s), fruit(s), and juice	½ cup or 4 ounces (1 ounce if dry) ¾ cup	1 cup or 8 ounces (2 ounces if dry) 1 ½ cups	2 cups or 1 pound (4 ounces if dry) 2 ¼ cups
<i>Bread and Other Grains</i>	<i>at least</i>	<i>at least</i>	<i>at least</i>
Bread <i>or</i> Cornbread, biscuits, small rolls, etc. <i>or</i> Bagel, English muffin, hamburger bun <i>or</i> Cold dry cereal <i>or</i> Cooked cereal, rice, corn, pasta, grains <i>or</i> Pancake, waffle, tortilla <i>or</i> An equivalent combination of above	3 slices 3 servings 1 ½ 2 ¼ cups or 3 oz 1 ½ cups 3	2 slices 2 servings 1 1 ½ cups or 2 oz 1 cup 2	4 slices 4 servings 2 3 cups or 4 oz 2 cups 4
<i>Meat, Eggs, Legumes, Nuts</i>	<i>at least</i>	<i>at least</i>	<i>at least</i>
Lean meat including poultry or fish <i>or</i> Hard cheese <i>or</i> Soft cheese <i>or</i> Eggs	1 ounce 1 ounce ¼ cup 1 egg	3 ounces 2 ounces ½ cup 2 eggs	6 ounces 4 ounces 1 cup 4 eggs

<i>or</i> Cooked dry beans, peas or lentils	½ cup	1 cup	1 ½ cup
<i>or</i> Peanut butter, soynut butter or other nut or seed butters	2 Tbsp	4 Tbsp	8 Tbsp
<i>or</i> Peanuts, soynuts, tree nuts or seeds	1 ounce	2 ounces	4 ounces
<i>or</i> An equivalent combination of above			

MEAL PATTERN FOR ELDERLY NUTRITION (Continued)

Food Components	Breakfast	Lunch or Supper	Two Meals
<i>Selected Nutrient Rich Foods</i>			
Vitamin C rich foods*	<i>at least</i> 1 serving	<i>at least</i> 1 serving	<i>at least</i> 2 serving
Vitamin A rich foods (averaged over week)*	0	(1/2 serving)	½ serving
Mineral & fiber rich foods*	2 servings	2 servings	4 servings
<i>Sweets and other Sugar Rich Foods</i>			
Fruit juice, applesauce, fruit w light syrup <i>or</i>	<i>no more than</i> 1 cup	<i>no more than</i> 1 cup	<i>no more than</i> 2 cup
Flavored milk or sweetened yogurt <i>or</i>	1 cup	1 cup	2 cup
Jam, jelly, syrup, honey, table sugar <i>or</i>	2 Tbsp	2 Tbsp	4 Tbsp
Pudding, jello, fruit crisp, cobbler, betty <i>or</i>	¾ cup	¾ cup	1½ cups
Cookies, fruit bars, chocolate bar <i>or</i>	1½ ounces	1½ ounces	3 ounces
Cake (2 oz + icing, 3 oz w/o icing) <i>or</i>	1 piece	1 piece	2 pieces
Pie (1/8 pie) <i>or</i>	1 piece	1 piece	2 pieces
No more than an equivalent quantity of any of the above or other sweets.			
<i>Energy</i>			
Calories	<i>at least</i> 735 kilocalories	<i>at least</i> 735 kilocalories	<i>at least</i> 1470 kilocalories
<i>Fat and Sodium</i>			
Saturated Fat (may be averaged over 1 wk)	<i>no more than</i> 8 grams	<i>no more than</i> 8 grams	<i>no more than</i> 8 grams
Sodium (recommended/required)	767/960 mg	767/960 mg	1533/1725 mg

*Vitamin C rich foods include banana, cantaloupe, grapefruit, melon, orange, orange juice, strawberries, tomatoes, broccoli,

cabbage, cauliflower, chard, collards, greens, peppers, potatoes (not fried or instant), any fruit or vegetable including juice providing at least 20 milligrams of vitamin C.

***Vitamin A** rich foods include apricots, broccoli, cantaloupe, carrot, chard, collards, greens, pumpkin, spinach, sweet potato, winter squash, any fruit or vegetable providing at least 333 Retinol Equivalents of Vitamin A

***Mineral and fiber** rich foods include whole grains (bread, cereal, crackers, muffins, rolls, pizza crust and pita made with 67%+ whole grain); bran; brown rice; corn; oatmeal; beans (any variety); lentils, peanuts and peas; seeds; tree nuts; chard, collards, spinach and other greens; baked potato with skin; winter squash; or, any food providing at least 25 mg magnesium and 3 grams dietary fiber. Two servings of any food providing at least 10 mg magnesium and 1 gram dietary fiber may count as 1 serving. (such as 2 slices of wheat, rye or oatmeal bread).

10 mcg (400 IU) **Vitamin D** are needed in addition to the 5 mcg available from 2 cups of fortified milk. Vitamin D is available from exposure to sunlight or from supplements such as a multiple vitamin or cod liver oil.

Daily Nutrient Requirements

Elderly Nutrition Program

	<u>Amount/day</u>	<u>Unit</u>	<u>Amount/meal</u>	<u>Amount/2 meals</u>
Macronutrients				
Kilocalories	2204	kc	735	1470
Protein (10-35% kc)	56	gm	19	37
Carbohydrate (45-55% kc)	270	gm	90	180
Fat (20-35% kc)	90	gm*	30	60
Macro. Components				
Saturated Fat (or 10% kc)*	24	gm*	8	16
Dietary Fiber (14g/1000 kc)	25	gm**	8.3	16.7
Sugar - Lactose (or 15% kc)*	90	gm*	30	60
Vitamins				
Vitamin A	900	RE	300	600
Vitamin C	90	mg	30	60
Pyridoxine - B6	1.7	mg	0.6	1.1
Folate**	400	mcg**	133	267
Minerals				
Sodium (0.6-1.0 mg/kc)	2300	mg*	767	1533
Potassium	4200	mg	1400	2800
Calcium	1000	mg	333	667
Magnesium	420	mg	140	280
Zinc	11	mg	3.7	7.3
Analysis not Required				
Linoleic Acid	17	gm	5.7	11.3
α-Linolenic Acid	1.6	gm	0.5	1.1
Cholesterol*	300	mg*	100	200
Biotin	30	mcg	10	20
Choline	550	mg	183	367
Carotene	450	RE	150	300
Cobalamin - B12	2.4	mcg	0.8	1.6
Niacin - B3	16	mg	5.3	10.7
Pantothenic Acid	5.0	mg	1.7	3.3
Riboflavin - B2	1.3	mg	0.4	0.9
Thiamin - B1	1.2	mg	0.4	0.8
Vitamin D	15	mcg (600 IU)		Sunlight + Food + Supplements
Vitamin E	15	mg	5	10
Vitamin K	120	mcg	40	80

Copper	900 mcg	300	600
Chromium	30 mcg	10	20
Fluoride	4.0 mg	1.3	2.7
Iodine	150 mcg	50	100
Iron	8 mg	2.7	5.3
Manganese	2.3 mg	0.8	1.5
Molybdenum	45 mcg	15	30
Phosphorus	700 mg	233	467
Selenium	55 mcg	18	37

Fat and fat soluble vitamins may be averaged over 1 week

*Maximum amounts (Sodium content of a meal may be 1000 mg, although not advisable)

**Minimum dietary fiber intake may be 25 g a day (8.3 g per meal), although not advisable.

**Minimum folate intake may be 300 mcg a day (100 mcg per meal), although not advisable.

PURCHASING AND FOOD STORAGE

Procedures and systems including temperatures should assure that food ordered and received from suppliers is safe and of high quality and that the food will stay that way during storage.

Describe food purchasing and food storage procedures; including:

1. Ordering food from suppliers;
2. Procedures for receiving food from suppliers;
3. Location, equipment and system for dry storage;
4. Location, equipment and system for frozen food storage;
5. Location, equipment and system for cold food storage.

MEAL PREPARATION

Plans for preparing, cooking and cooling should demonstrate the ability to keep food safe, including maintaining food temperatures.

Describe in detail meal preparation and include location of kitchen(s) where food is prepared:

1. Special methods;
2. Food preparation;
3. Hygiene;
4. Cooking;
5. Cooling.

PACKING, REHEATING AND HOLDING FOODS

Procedures for packing, reheating and should demonstrate the ability to keep food safe and maintain its nutritional value including temperatures.

Describe the procedures for packing and holding hot and cold foods.

Include:

1. Procedures for packing meals and preparation for holding;
2. Procedures and equipment for reheating meals.
3. Equipment and procedures for holding hot foods in the kitchen and at the sites; and
4. Equipment and procedures for holding cold foods in the kitchen and at the sites.

Note:

The caterer commissary must be local or have a satellite site within 11 miles of TEAM, Inc. The lapse time between final preparation and delivery will be no more than two hours. Cold meal will be presented first followed by hot meals according to the approximate pickup schedule:

TEAM, Inc.

8:30/8:50 a.m. weekdays, contingent on vendor location

11:30 a.m. Round B

Packaging: Hot meals will be packaged in the three compartments, dual-ovenable containers (ie. Oliver System) with a clear film seal. Soups will be sent in durable, coated or Styrofoam cups with lids. Coated cardboard may be used for salad plates. Cold meal components will be securely and individually wrapped in a Styrofoam tray with shrink film or saran wrap.

Meals must be labeled with a "Consume By Date". The words "Consume immediately or refrigerate and discard in 48 hours" must appear on the label. Heating instructions must be made available or included on the label.

Describe the procedure for sorting and distributing meals to proper routes.

FOOD SANITATION & SAFETY

Hot holding time should be limited. Monitoring should include attention to and documentation of critical control points.

1. Describe procedures used to limit total holding time and time potentially hazardous food in the temperature danger zone (40° < 140° F);
2. Describe monitoring procedures for food safety and sanitation;
3. Identify procedures and who is responsible for monitoring standards and assurances including HACCP.

MEAL QUALITY

Food preparation methods should demonstrate the ability to prepare and present a high quality meal. Testing for quality should occur with improvements made as necessary.

Describe procedures for assuring the following:

1. Product flavor;
2. Product appearance;
3. Freshness;
4. Nutritional value;
5. Recipe development;
6. Product testing; and
7. Any special methods used by management to maintain quality such as monitoring, evaluation and corrective actions.

QUALIFICATIONS OF MEAL PREPARATION STAFF

1. Describe the education, credentials, and/or experience of management and key staff which qualify them to administer the nutrition program.
2. Describe:
 - a. Hiring procedures including background checks and criteria used in selection process;
 - b. Responsibilities of food service manager, nutritionist, and qualified food operator;
 - c. What people in authority are proposed to be available to the Elderly Nutrition Provider during normal food preparation, service, and delivery hours?

REPLACEMENT OF UNACCEPTABLE FOOD

Describe how missing congregate and home delivered meals, meal components or unacceptable items will be replaced with items of acceptable quality in time for normal meal service. Include a description of how this information will be communicated to the TEAM staff and host sites.

SERVICE INTERRUPTIONS

Describe how meals will be served or delivered during service interruptions due to weather, equipment failures and other emergencies in the kitchen or cooking facilities.

COMMUNITY CAFÉ MEALS DELIVERY

Note: The caterer will prepare the appropriate number of meals for each site. They will label each portion of the café site meal with the identifying name of the site on all food items for that day. These items will be ready for pick-up by the TEAM drivers no later than 8:50 a.m. Monday- Friday.

ENP:
FISCAL YEAR:
DATE:

TEAM Inc.
FY '20
July 29, 2019

CATERER MEAL COST QUOTATION SHEET

Complete a separate sheet for EACH type of meal. (Community caté meals, home delivered meals, ethnic meals, therapeutic meals, emergency meals, etc.)

ELDERLY NUTRITION PROVIDER TO COMPLETE THIS SECTION	TYPE OF MEAL: AREA TO BE SERVED: NUMBER OF SITES: AVERAGE NUMBER OF MEALS PER DAY: TIMES NUMBER OF SERVING DAYS TOTAL MEALS												
	Home Delivered Meals - Hot Meals and Frozen AASCC Region II Lower Naugatuck Valley (Ansonia, Derby, Oxford, Seymour and Shelton) 4 Routes												
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YEAR 1	YEAR 2	YEAR 3											
35	35	35											
260	260	260											
9,100	9,100	9,100											

CATERER TO COMPLETE THIS SECTION	RAW FOOD COSTS: Including all menu items: entrée, vegetables, fruit, dessert, bread and alternate, fortified spread, 1/2 pint milk, other beverage, condiments PACKAGING COST: Disposables, napkins, warp, miscellaneous LABOR COST: Production, preparation, service, packing, transportation labor TRANSPORTATION COST: Gas, oil, van maintenance, depreciation OTHER COSTS: Rent, telephone, utilities, maintenance, equipment, repairs, garbage collection, extermination ADMINISTRATIVE COST: Administrative salaries, travel, fees, insurance, office supplies, postage, printing, miscellaneous TOTAL COST FOR EACH MEAL																					
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Average numbers of meals, serving days and sites are best estimates. The food service provider shall be reasonably flexible regarding the number of meals for each day. Accepted price quotations will apply to all meals served at any volume on any given day.

ENP:
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 DATE:

TEAM Inc.
 FY '20
 July 29, 2019

CATERER MEAL COST QUOTATION SHEET

Complete a separate sheet for EACH type of meal. (Community café meals, home delivered meals, ethnic meals, therapeutic meals, emergency meals, etc.)

ELDERLY NUTRITION PROVIDER TO COMPLETE THIS SECTION	TYPE OF MEAL: AREA TO BE SERVED: NUMBER OF SITES: AVERAGE NUMBER OF MEALS PER DAY: TIMES NUMBER OF SERVING DAYS TOTAL MEALS												
	Emergency Meals AASCC Region II Lower Naugatuck Valley (Ansonia, Derby, Oxford, Seymour and Shelton)												
	1												
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YEAR 1	YEAR 2	YEAR 3											
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3	3	3											
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ENP:
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DATE:

TEAM, Inc.
FY '20
July 29, 2019

CATERER MEAL COST QUOTATION SHEET

Complete a separate sheet for EACH type of meal. (Community café meals, home delivered meals, ethnic meals, therapeutic meals, emergency meals, etc.)

ELDERLY NUTRITION PROVIDER TO COMPLETE THIS SECTION			
TYPE OF MEAL:	Community Café		
AREA TO BE SERVED:	AASCC Region II Lower Naugatuck Valley (Ansonia, Derby, Oxford, Seymour and Shelton)		
NUMBER OF SITES:	4		
AVERAGE NUMBER OF MEALS PER DAY:	25		
TIMES NUMBER OF SERVING DAYS	248		
TOTAL MEALS	6,200		

	YEAR 1	YEAR 2	YEAR 3
RAW FOOD COSTS: Including all menu items: entrée, vegetables, fruit, dessert, bread and alternate, fortified spread, 1/2 pint milk, other beverage, condiments			
PACKAGING COST: Disposables, napkins, wrap, miscellaneous			
LABOR COST: Production, preparation, service, packing, transportation labor			
TRANSPORTATION COST: Gas, oil, van maintenance, depreciation			
OTHER COSTS: Rent, telephone, utilities, maintenance, equipment, repairs, garbage collection, extermination			
ADMINISTRATIVE COST: Administrative salaries, travel, fees, insurance, office supplies, postage, printing, miscellaneous			
TOTAL COST FOR EACH MEAL			

Average numbers of meals, serving days and sites are best estimates. The food service provider shall be reasonably flexible regarding the number of meals for each day. Accepted price quotations will apply to all meals served at any volume on any given day.

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TEAM Inc.
FY 20
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CATERER MEAL COST QUOTATION SHEET

Complete a separate sheet for EACH type of meal. (Community café meals, home delivered meals, ethnic meals, therapeutic meals, emergency meals, etc.)

ELDERLY NUTRITION PROVIDER TO COMPLETE THIS SECTION	TYPE OF MEAL: _____ AREA TO BE SERVED: _____ NUMBER OF SITES: _____ AVERAGE NUMBER OF MEALS PER DAY: _____ TIMES NUMBER OF SERVING DAYS: _____ TOTAL MEALS: _____												
Therapeutic/Special Meals AASCC Region II Lower Naugatuck Valley (Ansonia, Derby, Oxford, Seymour and Shelton) 4 Routes													
	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 33%;">YEAR 1</th> <th style="width: 33%;">YEAR 2</th> <th style="width: 33%;">YEAR 3</th> </tr> </thead> <tbody> <tr> <td style="text-align: center;">40</td> <td style="text-align: center;">40</td> <td style="text-align: center;">40</td> </tr> <tr> <td style="text-align: center;">260</td> <td style="text-align: center;">260</td> <td style="text-align: center;">260</td> </tr> <tr> <td style="text-align: center;">10,400</td> <td style="text-align: center;">10,400</td> <td style="text-align: center;">10,400</td> </tr> </tbody> </table>	YEAR 1	YEAR 2	YEAR 3	40	40	40	260	260	260	10,400	10,400	10,400
YEAR 1	YEAR 2	YEAR 3											
40	40	40											
260	260	260											
10,400	10,400	10,400											

CATERER TO COMPLETE THIS SECTION			
RAW FOOD COSTS: Including all menu items: entrée, vegetables, fruit, dessert, bread and alternate, fortified spread, 1/2 pint milk, other beverage, condiments	YEAR 1	YEAR 2	YEAR 3
PACKAGING COST: Disposables, napkins, warp, miscellaneous			
LABOR COST: Production, preparation, service, packaging, transportation labor			
TRANSPORTATION COST: Gas, oil, van maintenance, depreciation			
OTHER COSTS: Rent, telephone, utilities, maintenance, equipment, repairs, garbage collection, extermination			
ADMINISTRATIVE COST: Administrative salaries, travel, fees, insurance, office supplies, postage, printing, miscellaneous			
TOTAL COST FOR EACH MEAL			

Average numbers of meals, serving days and sites are best estimates. The food service provider shall be reasonably flexible regarding the number of meals for each day. Accepted price quotations will apply to all meals served at any volume on any given day.

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TEAM Inc.
 FY '20
 July 29, 2019

CATERER MEAL COST QUOTATION SHEET

Complete a separate sheet for EACH type of meal. (Community café meals, home delivered meals, ethnic meals, therapeutic meals, emergency meals, etc.)

ELDERLY NUTRITION PROVIDER TO COMPLETE THIS SECTION	TYPE OF MEAL: AREA TO BE SERVED: NUMBER OF SITES: AVERAGE NUMBER OF MEALS PER DAY: TIMES NUMBER OF SERVING DAYS TOTAL MEALS												
	Home Delivered Meals - Double (Hot Meals & Cold Packs) AASCC Region II Lower Naugatuck Valley (Ansonia, Derby, Oxford, Seymour and Shelton) 4 Routes												
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YEAR 1	YEAR 2	YEAR 3											
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260	260	260											
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CATERER TO COMPLETE THIS SECTION	RAW FOOD COSTS: Including all menu items: entrée, vegetables, fruit, dessert, bread and alternate, fortified spread, 1/2 pint milk, other beverage, condiments PACKAGING COST: Disposables, napkins, warp, miscellaneous LABOR COST: Production, preparation, service, packing, transportation labor TRANSPORTATION COST: Gas, oil, van maintenance, depreciation OTHER COSTS: Rent, telephone, utilities, maintenance, equipment, repairs, garbage collection, extermination ADMINISTRATIVE COST: Administrative salaries, travel, fees, insurance, office supplies, postage, printing, miscellaneous TOTAL COST FOR EACH MEAL																					
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YEAR 1	YEAR 2	YEAR 3																				

Average numbers of meals, serving days and sites are best estimates. The food service provider shall be reasonably flexible regarding the number of meals for each day. Accepted price quotations will apply to all meals served at any volume on any given day.

ENP:
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TEAM Inc.
FY20
July 29, 2019

CATERER MEAL COST QUOTATION SHEET

Complete a separate sheet for EACH type of meal. (Community café meals, home delivered meals, ethnic meals, therapeutic meals, emergency meals, etc.)

ELDERLY NUTRITION PROVIDER TO COMPLETE THIS SECTION	TYPE OF MEAL:	Weekend Meals		
	AREA TO BE SERVED:	AASCC Region II Lower Naugatuck Valley (Ansonia, Derby, Oxford, Seymour and Shelton)		
	NUMBER OF SITES:	1		
	AVERAGE NUMBER OF MEALS PER DAY:	YEAR 1	YEAR 2	YEAR 3
	TOTAL MEALS	15	15	15
	52	52	52	
	780	780	780	

CATERER TO COMPLETE THIS SECTION	RAW FOOD COSTS: Including all menu items: entrée, vegetables, fruit, dessert, bread and alternate, fortified spread, 1/2 pint milk,	YEAR 1	YEAR 2	YEAR 3
	PACKAGING COST: Disposables, napkins, wrap, miscellaneous			
	LABOR COST: Production, preparation, service, packing, transportation labor			
	TRANSPORTATION COST: Gas, oil, van maintenance, depreciation			
	OTHER COSTS: Rent, telephone, utilities, maintenance, equipment, repairs, garbage collection, extermination			
	ADMINISTRATIVE COST: Administrative salaries, travel, fees, insurance, office supplies, postage, printing, miscellaneous			
	TOTAL COST FOR EACH MEAL			

Average numbers of meals, serving days and sites are best estimates. The food service provider shall be reasonably flexible regarding the number of meals for each day. Accepted price quotations will apply to all meals served at any volume on any given day.

CT Combined Menu- Summer 2019

	Monday 6/3, 7/8, 8/12	Tuesday 6/4, 7/9, 8/13	Wednesday 6/5, 7/10, 8/14	Thursday 6/6, 7/11, 8/15	Friday 6/7, 7/12, 8/16	Saturday 6/8, 7/13, 8/17	Sunday 6/9, 7/14, 8/18
Congregate	3 oz BBQ chicken qtr ½ cup Roasted rosemary potato ½ cup Coleslaw Biscuit 1 tsp margarine ½ cup Watermelon 8 oz low fat milk	6 oz Vegetable gumbo soup 1 pkt unsalted crackers egg salad plate ½ cup egg salad 1 cup lettuce, cucumber ½ cup three bean salad Herb breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk	Hot open turkey sandwich 3 oz turkey/gravy 1 slice wheat bread ½ cup Smashed potato ½ cup California blend 1 tsp margarine 4 oz grape juice Ice cream cup 8 oz low fat milk	3 oz Cheeseburger Bun ketchup ½ cup Baked beans ½ cup Lettuce, tomato, pickles ½ cup Peaches 8 oz low fat milk	1 cup veggie chili ½ cup sweet potato wedges ½ cup broccoli corn bread 1 tsp margarine ½ cup Tropical fruit salad 8 oz low fat milk	No meals served	No meals served
MOW Lunch	3 oz BBQ chicken qtr ½ cup Roasted rosemary potato ½ cup cooked cabbage Biscuit 1 tsp margarine ½ cup Watermelon 8 oz low fat milk	Egg salad plate ½ cup egg salad 1 cup lettuce, cucumber ½ cup three bean salad or cheese omelet ½ cup potato ½ cup bean blend Herb breadstick 1 tsp margarine Fresh fruit 8 oz low fat milk	3 oz turkey/gravy ½ cup Smashed potato ½ cup California blend 1 slice wheat bread 1 tsp margarine 4 oz grape juice 4 oz chocolate pudding 8 oz low fat milk	3 oz Cheeseburger Bun ketchup ½ cup Baked beans ½ cup carrots ½ cup Peaches 8 oz low fat milk	1 cup veggie chili ½ cup sweet potato wedges ½ cup broccoli corn bread 1 tsp margarine ½ cup Tropical fruit salad 8 oz low fat milk	1 cup chicken stew ½ cup bowtie noodles ½ cup diced squash 1 slice wheat bread 1 tsp margarine fresh fruit 8 oz Low fat milk	3 oz omelet with diced tomato and pepper ½ cup hash browns ½ cup green beans 1 mini bagel 1 tsp cream cheese ½ cup mandarin oranges 8 oz Low fat milk
MOW Dinner	3 oz sliced roast beef 1 pkt mustard 2 slices rye bread ½ cup coleslaw ½ cup applesauce 8 oz low fat milk	6 oz Vegetable gumbo soup 1 pkt unsalted cracker 2 oz Ham and cheese 2 slice multigrain bread 1 pkt mustard ½ cup fruit cocktail 8 oz low fat milk	½ cup tuna salad 1 wheat sandwich bun ½ cup tomato and cucumber salad Fresh fruit 8 oz low fat milk	2 oz Grilled chicken 2 Wheat bread 1 pkt cranberry sauce ½ cup beet salad 4 oz orange juice 1 pkt fig newtons 8 oz Low fat milk	½ cup salmon salad with chick peas 2 multigrain bread ½ cup red cabbage coleslaw fresh fruit 8 oz Low fat milk	½ cup cottage cheese ½ cup carrot/raisin salad 1 bran muffin 1 tsp margarine ½ cup fresh fruit 8 oz low fat milk	2 oz turkey 2 marble rye bread 1 pkt BBQ sauce ½ cup English Pea salad 4 oz apple juice 1 chocolate chip cookie 8 oz low fat milk

