**Section 390.1850 Meal Planning**

a) The diet for all residents shall be as prescribed by the attending physician.

b) Nutritional Requirements for Infants and Children

1) The charts in Tables A and B labeled Nutritional Requirements for Infants and Children have been adapted from current recommendations of the Food and Nutrition Board, National Research Council for children with normal growth and developmental patterns. These recommendations vary for each age group.

2) The Nutritional Requirements are to be used as guidelines only in those cases where the physician does not prescribe a therapeutic diet. However, the diet of a resident with severe physical abnormalities and irregular growth and developmental patterns may require a considerable variance from the current recommended allowances. Such variance shall be permitted upon the written order of the attending physician.

c) Meals for the day shall be planned to provide a variety of foods, variety in texture and good color balance. The following meal patterns shall be used.

1) Three meals a day plan

A) Breakfast: Fruit or juice, cereal, meat (optional, but three to four times per week preferable), bread, butter or margarine, milk, and choice of additional beverage.

B) Main Meal (may be served noon or evening): Soup or juice (optional appetizer), entree (quality protein), potato or potato substitute, vegetable or salad, dessert (preferably fruit unless fruit is served as a salad or will be served at other meal), bread, butter or margarine, and choice of beverage.

C) Lunch or Supper: Soup or juice (optional), entree (quality protein), potato or potato substitute (optional if served at main meal), vegetable or salad, dessert, bread, butter or margarine, milk, and choice of additional beverage.

2) Other meal plans may be used if facilities are able to meet residents' needs using such plans.

(Source: Amended at 23 Ill. Reg. 8021, effective July 15, 1999)