

FOOD FOR THOUGHT: HOW TO USE ONLINE MENU SELECTION FORM

In your weekly email from the office, go to: <https://penobscotshores.com/resident-dining/>
You can save this address as a bookmark or favorite (optional).

Fill in your name, unit, and email address.

You MUST complete a selection for each day; select 'No meal' if you are not dining that day.

You can have both appetizers and/or desserts by selecting 'Both'.

If you are ordering, but don't want either specified entrée, you can select from the 'Always Available Menu' (on reverse side of the menu).

If you want a double entrée, or both entrees, select one of them and hit submit. Complete a new request using your last name with #2 for your second entrée.

If you are planning to dine in and know that you want to bring the appetizer and/or dessert home to eat later, type this in the Comment box and the kitchen will bring it out boxed up at the end of the meal. Or you may ask your waitress at the meal.

For couples, you must submit a separate dining request for each of you. For non-resident guests, type in your last name, but type 'Guest, or Guest2 etc. in the first name space.

You will get an email once your selections have been successfully submitted. You might want to print this out and save it for later reference.

PLEASE SUBMIT YOUR SELECTIONS BY 2:00 ON FRIDAY. LATE SUBMISSIONS WILL BE LIMITED TO THE ALWAYS AVAILABLE MENU ONLY

If you have any comments on menu items before or after the meal, you may go to <https://penobscotshores.com/resident-suggestions-feedback/> (in your weekly email from the office) or you may contact the kitchen directly*.

If you do not want to use electronic selection, circle each course on your weekly paper menu for the days you want a meal and indicate your preferred dining location. Give the marked-up menu to Donna Roberts at the desk and she will enter the information for you and return the form to your mailbox.

IMPORTANT DO NOTS!

- Do not use the Comment box to ask questions about menu ingredients. Please send these questions to Emerson in a separate email*.
- Do not use the comments section to reserve tables and list the people who will be sitting with you. Put this information in a separate email to Emerson. Please make sure just one person in your group responds for the whole group. If you are not the designated person making the reservation, you do not need to state who you will be sitting with in the comments section.
- Do not use the online menu selection after Sunday. Call Donna who will notify the kitchen or follow up with an email if you have a late request.

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OTHER GOOD INFO

- Let Emerson know of any food allergies or special dietary needs. He will work with you.
- Very little salt is used in the recipes. Add it at the table if you want.
- Seasoning-free steamed veggies, and seasoning-free non-sauced entrees are available. Just let Emerson know.
- *Emerson's email (preferred contact) is: edellamattera@unidine.com or call 207-505-3807.
- If you want to speak personally to kitchen staff, use the buzzer on the wall outside the pantry. Residents are not allowed to enter the kitchen.
- Menus are available on Wednesday afternoons.

FOOD FOR THOUGHT: DIETARY INFORMATION

Protein Servings (uncooked unless noted)

- Burgers 6 oz
- Chicken Breast 6-8 oz
- Chicken Thighs 10-14 oz
- Shrimp 6
- Pasta 1.5-2 oz, dry weight
- Rice $\frac{3}{4}$ C, cooked
- Filet 6 oz
- Haddock 6 oz
- Salmon 7 oz
- Tuna 8 oz
- Cod 8 oz
- Ribeye 10-12 oz
- Pork 6-8 oz

Always Available Menu:

- Chicken Thighs: 10-14 oz chicken (uncooked, w/fat), **
- Burger: 6oz beef (80% fat), 4 oz bun, 2 slices cheese, lettuce, tomato, onion pickle, 4-6 oz veggie
- Caesar Salad: 6 oz chicken or 4.5 oz (6) shrimp, 5 oz lettuce, 2 oz dressing
- Chicken Salad: 6 oz chicken, 1.5 oz mayo, 1 tsp curry powder, light salt and pepper
- Baked Potato: 10-14 oz potato, 2 oz sour cream, **
- Grilled Cheese: 2 slices white bread, 2 slices cheese, **
- Omelette: 3 eggs, 1 Tbl. half & half, optional cheese &/or veggie, **

** Veggie 6-8 oz, unless noted, or 4 oz mashed potato

Food allergy info: Anchovies in Caesar dressing. Sauces may contain 1 or more of these spices - curry, cumin, paprika, cajun spices, turmeric, cayenne, Old Bay, ginger, cloves, chili powder, red pepper flakes