

# How to prepare dinner at Peter's Retreat

Now that you have completed your General and Kitchen Orientations at Peter's Retreat, you are ready to prepare dinner!

**Time Commitment:** 4-7pm, dinner is served at 5:30pm

## Prior to arriving at Peter's Retreat

- Plan a menu with your team that includes a variety of dishes that will be both nutritious and appealing to residents. Be aware that residents come from different backgrounds and have different dietary needs. Diversity is key (i.e.: different kinds of meats, starches and vegetables) in creating a great dinner.
- If there are specific food items you require, please inquire with Lise (the Chef) about purchasing these items at least a week in advance.

## Step-by-Step

1. Sign in at the front office
2. Wash hands thoroughly with soap and warm water in the small sink for 20 seconds.
3. Turn on the fan prior to turning on the oven (switch on the wall to the left of the stove behind the racks).
4. Prepare dinner!
5. Check serving table for cleanliness, if there are crumbs or other messes, clean and sanitize the surface.
6. Lay out white protective ceramic trays on the serving table.
7. Check the internal temperature of each hot entrée, confirm that it is warm enough to serve and record it in the log binder (internal temp guide located on the kitchen fridge).
8. Bring food to serving table, still covered at 5:25pm.
9. Tell residents what the dishes are, and be prepared to answer questions.
10. Serve!
11. After all residents have been served, have a seat with the residents and get to know them through conversation.
12. Record the names of the residents in attendance in the log book.
13. When serving time is finished help to put away food. If there is enough food for leftovers transfer the food to an appropriately-sized container, cover with plastic or foil, label it with the name of the dish and the date it was prepared. Put it in the walk-in refrigerator. "Individual" items (e.g. hotdogs or sandwiches) can be wrapped, dated, and placed in the resident's fridge in the Kitchenette as snacks.
14. Anything that has been reheated must be thrown out.
15. Wash and sanitize (with bleach) all surfaces in the kitchen.

## Tips and Tricks

- Always include multiple kinds of meat option.
- Make sure to check for left-over's. Use what is available to add diversity to your menu.

## Expectations

- Be culturally sensitive.
- Be respectful of staff, residents and visitors.
- Maintain a high level of cleanliness and be cognizant of food safety.

**Cooking dinner is truly a commitment. If your team cancels later than the Wednesday prior to your service day we ask that you still provide a meal. You can do this by purchasing pizza and/or sandwiches for the house and having them delivered. This typically costs \$150.**