**Step 1: Menu Overview**

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Course

Date

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1. The food service facility is for the people who work in high-tech companies. The companies are characterized by a rapidly growing or changing technology. Since high-tech companies continuous engages the brain of the employees to meet the demand of the highly changing industry, the employees are involved in continuous use of the brain. The employees use a lot of energy in thinking (Ko, 2010). For the brain to function efficiently, companies require their employees to observe their diets. The philosophy of high-tech companies involves a growth in technology to address current human needs.
2. The target population involves the employees at high-tech companies. The employees are between 35-60 years males. The average height for the target pollution is between 4-6 feet, with an average BMI of 21.90 and an average weight of 150 pounds (Mercer et al., 2015). The population is moderately active and hence is faced with numerous health risk issues. Since the employees work in high-tech companies, they regularly do a lot of brainwork daily. When they get home, they rarely engage in other physical activity exercises.
3. The population is at increased health risk since they are moderately active hence rarely involved in physical exercises. The diet should be low in fats and high in calories to initiate more energy production and low-fat production (Mercer et al., 2015). The overall intake of calories for the population is 2978.93kcal which is more than the recommended 2896.61 kcal (Ko, 2010). To avoid the high consumption of calories and limit to the required RDA levels, the diet will be low of meat entries and have high lighter options available for the population. The special needs of the population are age-related hence require moderated fats or calories in their diets.
4. Certain financial limitations are affecting the menu choice in the high-tech facility. The target group has a high dependency ratio; hence it will be difficult to have an expensive menu above their income. To ensure that every person in the target population can manage to purchase the food types, the average cost will be within their earning limits after considering their rough expenditures. Serving pork involves numerous costs involve high staff costs and ingredients; hence it will be served at higher prices with limited supply.
5. The portion of meat in the entries will be reduced since the average calorie level exceeds the RDA value. The intake of protein, which is 117.19g, is more than the recommended value by 158%. The body of every human cannot store proteins but convert the protein to fat before storing. The decision influences the reduction of meat on the menu. The menu brings 320.32g to the high-tech customers, but the level recommended is 398.29g (Mercer et al., 2015). It implies that the intake of carbohydrates among the customers is not enough, and the menu should add more starch such as bread, noodles, rice, and potatoes. The total fat in the menu is 72.2% more than the recommended intake. The intake of water is low due to low water contents in the provided food.
6. The target population intake for calories is higher than the expected levels. The portion of meat on the menu is hence reduced to avoid exposing the population to health issues. The body does not store proteins, hence reducing the amount of meat in food will assist the body in the storage of fats. The overall intake of diet is low on the menu. Hence the menu should have an increased level of dietary fiber in the form of vegetables in both the soup and the side. A vegetarian option is provided to replace the intake of meat for the threatened population. Butter in the diet increases the level of fat by 220.68% of the recommended value. The menu will replace butter with condiments like creamed cheese while serving and providing more dessert than ice cream. The water level is only 21.73% of the RDA, but this should not be a problem since people regularly take water at other times. To increase Vitamin A, B1, B2, B12, C, and D., the menu will introduce more vegetables, legumes, pork, enriched grains, fish, and more fruits, respectively (Ko, 2010). The target population should consider consuming more saltwater fish and beef to obtain enough Vitamin D to improve their skin’s health. More dairy products should be added to the menu to improve the Calcium needs of the target population. The target population requires good sources of zinc such as dairy, pork, poultry, red meats, and seafood in the menu.
7. The planning process involves serving the food to the customers while ensuring that food has stayed within the perimeter of the plate. It often looks messy when food is sprinkled on the rim of the plate, and to avoid this, the food will be served while strictly observing the guidelines (Mercer et al., 2015). Food will not fill the entire plate so that the customers will be able to see the plate around the food for attractiveness, and sometimes it improves the taste for the food. The final planning involves plating the food for the customers through providing a service to the customers.
8. The menu is expected to meet the nutritional needs of the high-tech company’s staff. Generally, the target population is continuously using their brains to think and spend most of their time working compared to exercising critically. The population is moderately active due to a reduction in the involvement in physical activities after work. The overall calories and saturated fat can contribute to increased health problems in the population. Therefore, it is important for the population to minimize the amount of meat entrees on the menu (Ko, 2010). The meat will be replaced with seafood to improve vitamin and mineral intake. More vegetables will be added to the side. It is clear that Vitamin B12 intake is low; hence more dairy products will be added to the menu. Dark green vegetables should be included in the menu since folate consumption in the group is not sufficient.

**References**

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