



Youville House

Assisted Living Residence

News

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Creating the Dining Experience at Youville House-

By Ron Sicotte, Director of Dining Services

As I reflect on this past year, I think of the more than 100,000 meals that were planned, prepared and served by the Youville House chef, cooks, and combined kitchen and dining room staff. That is quite an accomplishment.

An Experienced Team

Our Dining Service is less restaurant style and more “homecooking” style. We have had the same team of cooks for the past eight years, who prepare each meal as if they were serving it to their own family. Many of our waitstaff have been with us since we opened in 1998, and our high school and college students bring



Ron Sicotte, Director of Dining Services

fresh, young faces and lots of energy to the dining experience. Our team knows that every guest brings their own particular tastes and preferences, and that each meal is as much about connecting with other people as it is about the food.

A Varied Menu

Our challenge is to provide a variety of great tasting, nutritious meals to ninety-five health conscious consumers. We address this by providing healthy fresh vegetables and fruit, a variety of dishes featuring fresh fish, and the finest cuts of meat. Our menu favorites

include the comfort food choices that are familiar to our Residents and our signature homemade soups. Residents may choose alternatives to the featured entrees at lunch and dinner. Fresh fruit, tuna, and chicken salad plates are always available, as well as a broiled fish or baked chicken entrée. And there’s always room for homemade Irish bread and biscotti, or one of our twelve ice cream flavors. Frozen yogurt and sugar free desserts are always available as well.

We are ringing in the New Year with a new menu option. Each day our menu will feature an interesting sandwich available on a variety of breads, including the often requested ‘crusty’ breads.

We are also planning food and wine tastings each quarter. We hope that Residents, families and friends

Youville House is a subsidiary of Youville Lifecare and member of Covenant Health Systems. For more information please visit www.youvillehouse.com or call 617-491-1234



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Our first event will be in January.

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**“Food— like a loving touch or a
glimpse of divine power, has the
ability to comfort.”**

Norman Kalpas

Accommodating Special Requirements

It is a pleasure to accommodate the special needs of Residents. I am always available to talk with Residents and family in an effort to meet special dietary needs. Our menu selections are based on Resident feedback. Each month I meet with Residents at our “Food Forum” where we discuss suggestions for menu selections. We rely on a licensed Dietician to review our menus on a regular basis, assuring they meet the needs of Residents on low sodium, sugar-free or other special diets. The Dietician is available for individual consultation upon request.

I look forward to 2009 and another year of providing an outstanding dining experience for our Residents, their families and friends. Please feel free to chat any time in the dining room, call or e mail me at ronsicotte@youvillehouse.org

Bon Appétit!

Interesting Food Facts

Each year at Youville House:

- Residents consume 1,000 gallons of ice cream.
- We serve 12,000 lbs. of bananas.
- 1,300 whole golden pineapples are sliced & served.
- Over 1,000 dozen fresh eggs are used.
- 4,000 lbs. of fresh fish are prepared.
- 800 lbs. of shrimp are served.
- 750 lbs. of white rice are prepared.
- Over 900 gallons of cranberry juice are consumed.
- Residents drink 1,400 gallons of orange juice.
- The kitchen uses 2,500 lbs. of fresh tomatoes.
- 1,700 lbs. of tuna are prepared for tuna salad.
- More than 5,000 lbs. of fresh potatoes are prepared.
- Over 18,000 muffins are baked in our ovens.
- 2000 bottles of wine & 60 cases of beer are consumed.
- Sea Bass is shipped fresh, overnight from Honolulu.
- The dishwasher runs continuously for 9 hours each day, 365 days a year.
- Over 101,000 meals are prepared and served.
- No saturated fats or trans fats are used.
- Very limited items are fried using only 100% canola oil.
- 100% extra virgin olive oil is used for all else.

