

BIDDERS COMPANY NAME

REQUEST FOR PROPOSAL

#001

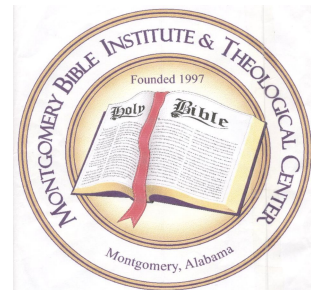
for the
**THE ENHANCED ACTIVITIES FOR SENIORS
ENRICHMENT PROGRAM**

SENIOR NUTRITION MEAL SERVICES

Prepared By:

Montgomery Bible Institute & Theological Center
708 East South Blvd.
Montgomery, AL 36116

Linda D. Muse
Special Programs Coordinator
(334) 819-7711



Request for Proposal #0001

Date 10/28/10

Montgomery Bible Institute & Theological Center on behalf of the Enhanced Activities for Seniors Enrichment (EASE) Program is issuing a sealed Request for Proposal #0001 for the Senior Nutrition Service located at our facility.

Sealed Qualifications: Vendor will deliver one **(1) original and (3) three copies** which contain original signature (s) to the following address:

**Montgomery Bible Institute
EASE Program
708 East South Blvd.
Montgomery, AL 36116**

By 4:00 pm on Thursday December 10, 2010.

This submission shall include the entire Request for Proposal document and any amendments if issued.

Proposals received after the above cited time will be considered a late quote and are not acceptable unless waived by the Special Programs Coordinator.

- Please clearly mark the envelope with **“Sealed RFP #0001”**.
- Please direct all questions regarding this RFP to Linda D. Muse at (334) 819-7711 or email lindam@mbiatc.org.

Thank you for your interest.

RFP #0001 EASE SENIOR NUTRITION MEAL SERVICES

I. PROPOSAL

Definitions:

“Center” is Montgomery Bible Institute (MBI)

“Bidder” an individual or business submitting a bid to Montgomery Bible Institute.

“Contractor” One who contracts to perform work or furnish materials in accordance with a contract.

Purpose of Proposal

MBI will operate a year-round Senior Nutrition Meal Service which provides daily nutritious hot lunchtime meals to adult day care participants in the Enhanced Activities for Seniors Enrichment program and these services may be adjusted to include meals to be delivered by volunteers, to client's homes.

MBI is seeking proposals from qualified caterers to prepare and deliver meals to our 708 East South Blvd location. The caterer will operate on the Center's calendar and will assure daily delivery within a timeframe established by the Center. Approximately 50 meals will be purchased, delivered hot and in bulk; however, you must have to capability to prepare individually packaged hot meals, cold meals, or frozen meals. Menus must be in compliance with the requirements of the Alabama state Office of Services to the Aging and the Area Agency on Aging. Menus may require modification based on customer request.

All costs related to the preparation, delivery and individual serving should be included in the per-meal cost submitted in response to this RFP. Serving utensils and miscellaneous supplies are to be made available for delivery to the center by caterer for additional cost. Additional detail regarding needed supplies is included within this proposal.

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II. PROPOSAL TERMS

- A. The Center reserves the right to reject any and all proposals received as a result of this RFP. If a proposal is selected, it will be the most advantageous regarding price, quality of service, the Contractors qualifications and capabilities to provide the specified service, and other factors that the Center may consider. The Center does not intend to award a contract fully on the basics of any response made to the proposal; the Center reserves the right to consider proposals for modifications at any time before a contract would be awarded, and negotiations would be undertaken with that contractor whose proposal is deemed to best meet the Center's specifications and needs.
- B. The Center reserves the right to reject any or all bids, to waive or not waive informalities or irregularities in bids or bidding procedures, and to accept or further negotiate cost, terms, or conditions of any bid determined by the Center to be in the best interests of the Center even though not the lowest bid.
- C. Proposals must be signed by an official authorized to bind the contractor to its provisions for at least a period of 90 days. Failure of the successful bidder to accept the obligation of the contract may result in the cancellation of any award.
- D. In the event it becomes necessary to revise any part of the RFP, addenda will be provided. Deadlines for submission of RFP's may be adjusted to allow for revisions. The entire proposal document with any amendments should be returned in triplicate. To be considered, three (3) copies, the one (1) original and two (2) copies (one copy unbound and suitable for photocopying) must be at the Center on or before the date specified.
- E. Proposals should be prepared simply and economically providing a straightforward, concise description of the vendor's ability to meet the requirements of the RFP. Proposals shall be written in ink or typewritten. No erasures are permitted. Mistakes may be crossed out and corrected and must be initialed in ink by the person signing the proposal.
- F. The price quotations stated in the bidder's proposal will not be subject to any price increase from the date on which the proposal is opened at the Center's Program Coordinator's Office to the mutually agreed to date of award. For price increases to be considered, the Program Director shall be notified, in writing, by letter as well as a letter from the manufacturer 30 days prior to the increase taking effect.
- G. A standard Center Service Contract will be executed between the Center and the awarded vendor.
- H. In the event, the Center receives two or more bids from responsive, responsible bidders, on or more of whom are Montgomery County vendors and the bids are substantially equal in price, quality and service, the Center shall award the contract to the most responsive, responsible Montgomery County vendor. For purposes of this

section, Montgomery County vendor means a company which has maintained its principal office in Montgomery County for at least six (6) months. Maintaining a Montgomery County P.O. Box is not, in and of itself, sufficient to discretion under this section to determine if a company qualifies as a Montgomery County vendor and if two or more bids are substantially equal.

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III. PROPOSAL SPECIFICATIONS

The proposal shall include all the following information. Failure to include all of the required information could result in the disqualification.

- A. The vendor's qualification, years in business, staff profile and experience with providing the services required by the Center. Include verification that at least one of your personnel has completed some form of Management Training and the date of completion.
- B. The address of the location at which the food would be prepared and the distribution location if different.
- C. The number of food service staff assigned on a permanent full time/part time basis that will be involved in the service of this contract. Identify staff position for primary contact for this contract.
- D. State the years of experience in preparing food and if applicable, state the number of years working with a Senior Nutrition Food Program.
- E. Provide a copy of current food Establishment Inspection Report.
- F. Provide at least three (3) references from current users of similar services. Include the company name, contact name, phone number, and a description of the service provided. (Non-previous participation does not disqualify applicant)
- G. Provide a Sample Five Day Menu.

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IV. STANDARD PROVISIONS FOR CONTRACTS

REPORTING OF CONTRACTOR

- A. Contractor shall compose a letter on company's letterhead to the Montgomery County Department of Public Health.
- B. The Contractor will maintain a record of the number of meals delivered and provided this information monthly to the Center's Director.
- C. The Contractor also agrees to retain records pertaining to this program for a minimum period of six years after the end of the fiscal year to which they pertain and, upon request, to make these accounts and records available to representatives of the Center and the Area Agency on Aging, Accountant for audit or administrative review at a reasonable time an place.
- D. Final invoices shall be submitted to the Program Coordinator's office no later than on week following the end of this contract.

PERSONNEL

- A. The contractor will provide the required services and will not subcontract or assign the services without the Center's written approval.
- B. The Contractor will not hire any Center employee for any of the required services without the Center's written approval.
- C. The parties agree that the Contractor is neither an employee nor an agent of the Center for any purpose.

INDEMNIFICATION AGREEMENT

The Contractor will protect, defend and indemnify the Center, its officers, agents, servants, volunteers and employees from any and all liabilities, claims, liens, fines, demands and costs, including legal fees, of whatsoever kind and nature which may result in injury or death to any persons, including the Contractor's own employees, and for loss or damage to any property, including property owned or in the care, custody or control of the Center in connection with or in any way incident to or arising out of the occupancy, use, service, operations, performance or non-performance of work in connection with this contract resulting in whole or in part from negligent acts or omissions of contractor, any sub-contractor, or any employee, agent or representative of the contractor or any sub-contractor.

INSURANCE REQUIREMENTS

The Contractor will maintain at its own expense during the term of this Contract, the following insurance:

1. Workers' Compensation Insurance with Alabama statutory limits and Employers Liability Insurance with a minimum limits of \$100,000 each accident for any employee.
2. Comprehensive / Commercial General Liability Insurance with a combined single limit of \$1,000,000 each occurrence for bodily injury and property damage. The Center shall be added as "additional insured" on general liability policy with respect to the services provided under this contract.
3. Automobile Liability Insurance covering all owned, hired and non-owned vehicles.

Contractor shall furnish the Center's program coordinator certification of insurance evidencing such coverage and endorsement at least ten (10) working days prior to commencement of services under this contract. Certificates shall be addressed to the Montgomery Bible Institute, Special Program's Coordinator, 708 East South Blvd., Montgomery, AL 36116, and shall provide 30 day written notice to the Certificate holder of cancellation of coverage.

INTEREST OF CONTRACTOR AND CENTER

The Contractor promises that it has no interest which would conflict with the performance of services required by this contract. The Contractor also promises that, in the performance of this contract, no officer, agent, employee of the Center, or member of its governing bodies, may participate in any decision relating to this contract which affects his/her personal interest or the interest of any corporation, partnership or association in which he/she is directly or indirectly interested or has any personal or pecuniary interest.

OWNERSHIP OF DOCUMENTS AND PUBLICATION

All documents developed as a result of this contract will be freely available to the public. None may be copyrighted by the Contractor. During the performance of the services, the Contractor will be responsible for any loss of or damage to the documents while they are in its possession and must restore the loss or damage at its expense. Any use of the information and results of this contract by the Contractor must reference the project of the Center. Any publication of the information or results must be co-authored by the Center.

ASSIGNS AND SUCCESSORS

This contract is binding on the Center and the Contractor, their successors and assigns. Neither the Center nor the Contractor will assign or transfer its interest in this contract without the written consent of the other.

TERMINATION OF CONTRACT

Termination without cause. Either party may terminate the contract by giving thirty (30) days written notice to the other party.

PAYROLL TAXES

The Contractor is responsible for all applicable state and federal social security benefits and unemployment taxes and agrees to indemnify and protect the Center against such liability.

PRACTICE AND ETHICS

The parties will conform to the code of ethics of their respective national professional associations.

CHANGES IN SCOPE OR SCHEDULE OF SERVICES

Changes mutually agreed upon by the Center and the Contractor, will be incorporated into this contract by written amendments signed by both parties.

CHOICE OF LAW AND FORUM

This contract is to be interpreted by the laws of Alabama. The parties agree that the proper forum for litigation arising out of this contract is in Montgomery County, Alabama.

EXTENT OF CONTRACT

This contract represents the entire agreement between the parties and supersedes all prior representations, negotiations or agreements whether written or oral.

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V. TERMS & CONDITIONS

AWARD:

Center reserves the right to reject any and all proposals received as a result of this RFP. If a proposal is selected it will be the most advantageous regarding price, quality of service, the Contractors' qualifications and capabilities to provide the specified service, and other factors which the Center may consider. The Center does not intend to award a contract fully on the basis of any response made to the proposal; the Center reserves the right to consider proposals for modifications at any time before a contract would be awarded, and negotiations would be undertaken with that contractor whose proposal is deemed to best meet the Center's specifications and needs.

TERM:

The term is for a three (3) year period.

COST OF RFP:

The Center will not be liable for any costs associated with the preparation, transmittal, or presentation of any materials submitted in response to this RFP.

INSPECTION OF FACILITIES:

The Program Coordinator of the Center reserves the right before making an award to have the premise of the bidder inspected, or to take any other action necessary to determine fitness, reliability and ability to perform. The inspection could check the physical location, facilities, equipment, spare parts and/or equipment for ability to comply with conditions of the bid.

INVOICES:

Invoices submitted must include the Center's purchase order number.

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VI. CATERING SPECIFICATIONS AND GUIDELINES

Standard Provisions for Caterers

If a contract is awarded, the selected vendor will be required to adhere to a set of contract provisions specific to the provision of nutrition services. These provisions are general principles, which apply to all contractors of service to the Montgomery County Senior Nutrition Program.

Food Requirements

Food supplied will meet all nutritional requirements of the United States Department of Agriculture. Menus will adhere to the requirements of the Area Agency on Aging 1-B as outlined in General Requirements for Nutrition Programs.

Supplies

The Contractor will supply all necessary eating utensils, napkins, and condiments. Eating utensils must be heavy duty. i.e., strong enough to support a meal without collapsing, and will be delivered prepackaged.

Additional Supplies

The Contractor will deliver all additional supplies as ordered by the Center's Program Director.

Transportation and Delivery

The Contractor will prepare and deliver meals according to the schedule developed by the Program Director and will follow the holiday schedule established by the Center.

Standards of Preparation

Meals will be prepared in a facility that meets applicable state and local fire, health, sanitation, and safety regulations. If requested, Contractor will provide documentation to the Montgomery County Public Health Department, ENV division, compliance with these regulations. Meals be prepared under properly controlled temperatures and preparation will not be completed more than four (4) hours prior to the scheduled serving time. Adequate heating/refrigeration of food will be provided so that the temperature of hot foods will be maintained at approximately 140 degrees and cold foods below 40 degrees F until the scheduled serving time. Prepared meals shall be held at proper temperatures in areas that meet USDA sanitation standards. The contractor will check the temperature of the food at the end of preparation and just prior to delivery. The Contractor will provide a record of temperatures on a monthly basis to the Center.

The Contractor agrees that the food delivered under this contract will be of good quality, appealing, wholesome, and desirable for human consumption. All food will be prepared in accordance with all applicable Federal, State and local Health Regulations, including requirements for food handler's permits and health examinations. The Center will not accept or pay for any food items that are spoiled, damaged or unwholesome. All meat and poultry products utilized in the program will be obtained by the Contractor from meats and/or poultry plants inspected by the U.S.D.A. inspection program. All fresh fruits will be washed.

Sanitary Food Handling

To assure sanitary food handling, the Contractor will remain in compliance with Public Health Act 269 of 1978.

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VII. GENERAL REQUIREMENTS FOR NUTRITION PROGRAMS

Meals may be presented hot, cold, frozen or shelf-stable and must conform to the following meal pattern with menu flexibility supported by the use of computerized Nutrient analysis:

Meal Requirements	Servings per meal	Notations
Bread or Bread Alternate	2 serving's bread, rice, pasta, cereal. A starchy vegetable may replace one bread serving.	Encourage whole grains and starchy vegetables (i.e. corn peas, potatoes, sweet potato, yams).
Vegetable	2 servings: 1 serving = ½ cup or equivalent measure	Fresh, frozen, or canned and prepared without added sodium. Focus on deep colored and dark green leafy vegetables. Cooked dried beans or peas are a good fiber source.
Fruit	1 serving: ½ cup or equivalent measure Required in each meal	Fresh, frozen, canned or dried. Deep colored fruits are good sources of Vitamin C and are encouraged daily.
Milk or Milk Alternate	1 serving: 1 cup or equivalent measure	Encourage low-fat or skim milk, buttermilk, yogurt or cottage cheese.
Meat or Meat Alternate	1 serving: 2-3 oz or equivalent	Encourage lean and low-fat meats and cheese. Dried beans and peas are a good choice. Peanut butter, cottage cheese, tofu, and eggs also qualify.
Fats	1 serving: 1 teaspoon or equivalent measure	Select choices that are good sources of mono-and poly-unsaturated fats. Limit total fat to no more than 30% of total daily calories. Each week's meals shall contain no more than 25 grams average total fat
Dessert	Optional	Choose nutrient dense desserts such as fruits, whole grain quick breads, puddings with limited fats and sugars. Limit high calorie desserts such as pies, cakes, cookies, etc.
Sodium	No more than 1200 per meal average weekly total	Select and prepare foods with less sale or sodium and use salt-free seasonings.
Fiber	3 choices out of a 5 day week high fiber	Choose whole grains, fruits and vegetables

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Menu Planning, Preparation and Portion Requirements

Food prepared for the Senior Nutrition Meal Services must have the following quality indicators”

- a) Color as close to original as can be obtained by good food preparation standards.
- b) Texture as close to original as can be obtained by good food preparation will allow.
- c) Excellent flavor, aroma and appearance.
- d) Menu idea to provide clients a choice.
- e) Menus reflect overall client food preferences.

All meals shall meet 1/3 of the current recommended Dietary Allowance for adults. In addition, the federally prescribed meal pattern shall be followed for each meal.

- **Meat or Meat Alternate Group:**
Two to three ounces of cooked edible portion of meat, fish, fowl, eggs, or cheese should be offered. Meat alternates may be used occasionally to supplement protein for variety and may include cooked dried beans or peas, seeds nuts, or peanut butter, tofu or tempeh. A protein source can contain a combination of meat, fish, fowl, eggs, or cheese. Limit cured and processed meats to no more than once a week in order to limit sodium content of the meals.
- **Eggs entrees may only be prepared with hard cooked or liquid pasteurized eggs.**
 - Fresh liquid eggs may not be used.
 - Medium and soft cooked eggs may not be used.
 - Entrees such as omelets, quiches and soufflés must be prepared only with pasteurized liquid eggs or mixes.
 - Entrees such as omelets, quiches and soufflés purchase prepared and frozen must only contain pasteurized eggs.
- **Vegetable Group:**
Two, ½ cup servings. All varieties of vegetables are acceptable. Fresh, frozen, or canned and prepared without added sodium.
 - Focus on deep colored and dark green leafy vegetables. Cooked dried beans or peas are a good fiber source.
 - 100% vegetable juice may be used occasionally, particularly when needed to meet Vitamin C requirements.
 -

NOTE: Rice, spaghetti, macaroni and noodles are not vegetables. Tater-Tots or hash browns should not be counted as vegetables due to their low vitamin content. See below

- **Fruit Group:**
One, ½ cup serving for each meal. Fresh, frozen, or canned fruit will be packed in juice, light syrup or without sugar. A serving of fruit is generally a medium apple, banana, orange, pear or ½ cup chopped, cooked, canned fruit.

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- **Bread, Cereal, Rice, Pasta (Grains) Group:**
Two servings should be offered. Enriched or whole-grain bread, particularly those high in fiber. Biscuits, muffins, rolls, sandwich buns, cornbread and other hot breads may be used. White bread should not be used except as hamburger or hot dog buns.

Bread alternates may include enriched or whole-grain cereals or cereal products such as spaghetti, macaroni, rice, dumplings, pancakes, and waffles.
- **Fat Exchange Group:** One serving. Select choices that are good sources of mono-and poly-unsaturated fats. Limit total fat to no more than 30% of total daily calories. Each week's meals shall contain no more than 25 grams average total fat.
- **Dessert Group:**
Serving a dessert is optional. Healthier desserts generally include:
 - Fruit, low-fat puddings, whole grains, low-fat products and limited sugar items such as quick breads (i.e. banana or pumpkin bread).
 - Fresh, frozen or canned fruits packed in their own juice are encouraged as a dessert item.
- **Milk Group:**
One-half pint should be offered. Low-fat or skim milk is recommended. 1-cup low-fat, skim, whole, buttermilk, low-fat chocolate, or lactose-free milk fortified with Vitamins A and D should be used. Yogurt, calcium fortified soymilk can be substituted.

Additional Requirements

In addition to the above meal patterns, menus must meet the following specifications:

1. Protein can come from more than one source, though not from the bread and or the milk.
2. A variety of foods must be included in the menu. In a 20-day menu cycle, no entrée prepared with the same recipe shall repeat. Recipes within the meat, vegetable, fruit and dessert groups must be different for the same days of each week.
3. Each week's menus must include, at a minimum, three foods which are rich sources of Vitamin A and a daily source rich in Vitamin C. A combination of foods may be used to meet vitamin requirements. A rich source is defined as one which provides at least 33% of the current Adult Male Recommended Dietary allowance as published by the National Research Council of the National Academy of Science.
4. Each day's menu must include a variety of colors, textures, and flavors.
5. Foods must be under-salted in cooking. The sodium content of each meal must be at 1,200 per meal average.

6. The contractor must be able to provide information on the nutrition content of menus. Nutrient analysis documentation is required to be submitted as part of the cycle menu review and approval process through AAA-1B.
7. The main entrée must be hot. Soup and sandwich meals may be served with approval of the Area Agency on Aging. Between June 1 and September 30, one cold meal per week can be served, as long as it meets the meal pattern and the Area Agency on Aging dietitian approves.
8. Relish trays and raw vegetables may be counted toward the required fruit/vegetable serving once a week. While coleslaw, lettuce, spinach or tomatoes may be used at any time, they do not constitute a relish tray.
9. High fiber foods should be used. Three out of a 5 day week must be high fiber(i.e. 8-10 grams per meal)
10. The daily menu will include no more than three (3) high carbohydrate items (more than 12 gm. CHO per serving), including the dessert.

Other Required Meals

Other types of meals on occasion may be required and are listed below:

- Frozen Meals:

Frozen meals will be delivered to some sites for homebound clients. The meals consist of a frozen, pre-packaged entrée accompanied by milk and bread. Frozen meals must be complete and meet the same menu requirements as the hot meals. A variety of seven meals shall be available. Entrees must be labeled with contents, date packaged and heating instructions.

- Box lunches:

Various events will require use of cold box lunches. Box lunches must meet the same menu standards as hot food and be packed into a box. (See Attachment "A")

- Hot pre-packaged Meals:

For delivery to homebound clients.

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Menu Requirements

Menus will be prepared by the caterer. Menus will be on a monthly cycle. All menus require approval of the Area Agency and must be desirable to the Senior Nutrition client.

Monthly menus shall include at a minimum one meal that reflects religious, social, ethnic or cultural food preferences. Menus shall also include traditional meals that are reflective of major holidays. Caterer will provide to the program menus five weeks prior to the start of the menu cycle. (See Attachment "B").

1. Meal requirements: The noon meal pattern requires that each meal meet one-third of the current RDA for adults. Special menus are planned for special occasions.
2. The caterer will notify the Program's Director at least 24 hours in advance for any substitutions in the existing menu.
3. Ordering Meals – Meals will be ordered by 1:00 pm for delivery to sites on the following day.

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Operations & Procedures

Delivery Services:

1. Transportation of meals – the caterer will be responsible for the delivery of meals to the Center within the time frame indicated. The caterer will provide necessary vehicles.
2. Food will be packed in insulated carriers, to maintain proper food temperatures during transportation.
3. Required temperature of food at time of delivery to site is 140 degrees Fahrenheit or higher for hot foods, 40 degrees Fahrenheit or cooler for cold foods. The Center will deduct the value of food reaching the Center at unacceptable temperatures from the regular billing.
4. Limitation of holding time – The time between the end of food preparation and beginning of serving shall be no more than four (4) hours.
5. Eating Utensils – The caterer will provide bulk food pans and lids. Serving utensils will be provided by the Center.

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Contract Management:

1. Cost breakout – Each bidder will submit a complete breakout of the cost per meal, including raw food, labor, utensils, and transportation, etc.
2. Missing or Unacceptable menu items – the penalty clause for delivery of incomplete meals or food which is spoiled or unwholesome permits the Project to deduct the values of missing or unacceptable menu items from the regular billing.
3. Bidders must assure that representatives of the Center, Montgomery Public Health Department and Council of Aging, have the right to inspect food preparation facilities at any reasonable time.
4. Bidders must assure that at least one member of the management staff will be free to devote necessary time to the execution and maintenance of the contract, including consultation with the Program Director.
5. The caterer will keep full and accurate sales and procurement records related to sales covered by the contract. Assurance of the program's right to review caterer's food purchasing records and production sheets.

Meal Utensil & container Items:

The following items are to be included in the bid price for the meals.

ITEM

5-Compartment Plates
15" x 17" single ply Napkins
Knife, Spoon, Fork (med. weight-wrapped) Plastic ware
Straws / small
12 oz. Styrofoam Bowls – for soups or cereals, if necessary
6" Paper Plates – for dessert, if necessary
5 oz. Styrofoam Bowls – for fruits, etc., if necessary

Caterer will supply condiments requested for the meal as part of the per meal cost.

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BIB SHEET FOR MEALS

Please provide prices for meals, including all food, condiments, plastics and paper products required to serve meals.

Meals	Price Each
Hot Meal – (Delivered in a bulk pan)	\$ _____
Hot Meal – (Individually Package)	\$ _____
Frozen Meals	\$ _____
Cold Box Lunches (Individually Packaged Box Lunches)	\$ _____
Please identify the percentage of the menu items prepared form scratch:	_____ %

Cost breakout – Please submit a complete breakout of the cost per meal, including the raw food, labor, utensils, transportation and other.

Raw Food	\$ _____	
Labor	\$ _____	
Utensils	\$ _____	
Transportation	\$ _____	
Other (Please Specify)	\$ _____	_____

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ADDENDA

Attach requested ADDENDUM, A & B to the balance of this RFP

SIGNATURE PAGE

_____ Signature	_____ Company Name
_____ Print Name	_____ Company Address
_____ Title	_____ City St. Zip
_____ Telephone #	_____ Fax #
_____ Federal Tax ID #	_____ Email / URL Address

The above individual is authorized to sign on behalf of company submitting proposal.

Proposals must be signed by an official authorized to bind the provider to its provisions for at least a period of 90 days.

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ATTACHMENT "A"

SAMPLE - BOX LUNCHES

BOX LUNCHES	
<p>ROAST BEEF/CHEESE Italian White Bread Lettuce/Tomato Beet-Onion Salad</p> <p>Cookie</p>	<p>TURKEY/CHEESE/MAYO Pumpnickel Bread Carrot-Raisin Slaw Applesauce</p> <p>Lemon Pie</p>
<p>HAM/CHEESE/MUSTARD Rye Bread 3-Bean Salad Citrus Fruit Cup</p> <p>Cookie</p>	<p>ROAST BEEF/CHEESE KAISER ROLL Tomato-Cauliflower Salad Fruit Salad Roll-Margarine</p> <p>Chocolate Cake</p>
<p>TURKEY/CHEESE/MAYO KAISER ROLL Tossed Salad Fruit Cocktail</p> <p>Double Raisin Cookie</p>	<p>CHEF'S SALAD/TURKEY HAM, CHEESE Tomatoes/Cucumbers Roll-Margarine</p> <p>Fruit Jell-O</p>
<p>HAM/CHEESE Corn Relish Pickled Beets Pumpnickel Roll</p> <p>Cake</p>	<p>CHICKEN MACARONI SALAD Tomatoes/Cucumber Marinade Pineapple Tidbits</p> <p>Pie</p>
<p>TURKEY/CHEESE Tomato Slices 3-Bean Salad Kaiser-Corn Roll</p> <p>Brownie</p>	<p>TUNA MACARONI SALAD Carrot-Jell-O Salad Tomato Wedges Roll-Margarine</p> <p>Brownie</p>

Milk provided with every meal.

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ATTACHMENT "B"

SAMPLE - MONTHLY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 CHICKEN POT PIE SALAD MASHED POTATOES BROCCOLI CUTS ROLL FRUIT CHOICE PUDDING	3 BAKED HAM SWEET POTATOES TOSSED SALAD CORN BREAD CREAM PIE FRUIT	4 MACARONI AND CHEESE STEWED TOMATOES BROCCOLI SLAW WHEAT BREAD CHOICE CAKE FRUIT	5 SALISBURY STEAK WITH GRAVY GREEN BEANS SCALLOPED POTATES PAN ROLL BROWNIE FRUIT	6 CHICKEN PICCATA SWEET PEAS MASHED POTATOES WHEAT ROLL COOKIE FRUIT
9 CLOSED	10 SLICED TURKEY WITH GRAVY WINTER BLEND VEGGIES WHIPPED POTATOES WHEAT ROLL APPLE CRISP FRUIT	11 MARINATED PORK CHOP MOXED VEGGIES AU GRATIN POTATOES PAN ROLL TAPIOCA PUDDING FRUIT	12 STUFFED STEAK WITH GRAVY PEAS AND CARROTS RANCH POTATOES ROLL CHOICE CAKE FRUIT	13 VEGETABLE LASAGNA CALIFORNIA BLEND TOSSED SALAD GARLIC BREAD STRAWBERRY CREAM PIE FRUIT
16 BAKED MEATLOAF WITH GRAVY MIXED VEGETABLES MASHED POTATOES DINNER ROLL COOKIE FRUIT	17 CHICKEN ALA KING GREEN BEANS COLE SLAW HOMEMADE BISCUIT BREAD PUDDING FRUIT	18 MOSTACCIOLI WITH MEAT SAUCE BROCCOLI CUTS GARDEN SALAD GARLIC BREAD BROWNIE FRUIT	19 POLISH SAUSAGE CARROTS CABBAGE POTATOES MULTI GRAIN BREAD APPLE PIE FRUIT	20 CHEESE BURGER ON BUN WITH KETCHUP AND MUSTARD BAKED BEANS OVEN POTATOES CHOCOLATE CHIP COOKIE FRUIT
23 BEEF STEW WITH VEGGIES TOSSED SALAD BISCUIT CHOICE PUDDING FRUIT	24 BAKED CHICKEN WITH GRAVY BROCCOLI FLORETS MASHED POTATOES ROLL CHERRY CAKE FRUIT	25 MARINATED PORK CHOP GREEN PEAS SCALLOPED POTATOES WHEAT ROLL COOKIE FRUIT	26 TURKEY RICE CASSEROLE WHOLE GREEN BEANS SPINACH SALAD CORN BREAD CREAM PIE FRUIT	27 PEPPER STEAK OVER RICE FAR EAST VEGGIES TOSSED SALAD RYE BREAD PEANUT BUTTER COOKIE FRUIT
30 MEATBALLS WITH GRAVY BROCCOLI CUTS WHIPPED POTATOES PAN ROLL TAPIOCA PUDDING FRUIT	31 HALLOWEEN HOT DOG ON A BUN WITH KETCHUP & MUSTARD BOO BAKED BEANS CREEPY SLAW DEVIL'S FOOD CAKE OR DIET COOKIE FRUIT		Menu Subject to Change Without Notice Margarine and Half Pint of 2% Milk Served with Every Meal	