🍽️ Time Management in Meal Service

⏰ Meal Times

- **Breakfast:** 8:00 AM
- **Lunch:** 12:00 PM
- **Dinner:** 5:00 PM

👉 **Memory Care meals should be to the MC by :45** (7:45, 11:45, 4:45) to ensure Assisted Living meals begin on time.
👉 In Memory Care, timing may flex slightly (earlier or later) depending on resident needs and flow of the day.

👩‍🍳 Stay Present in the Kitchen

- No extended socializing during meal prep or service.
- Do not leave the kitchen for long periods.
- Focus = preparation, plating, and timely service.

🤝 Work with Resident Assistants

- Keep **professional communication** at all times.
- Coordinate serving: check that RAs are ready before meals go out.
- Confirm if an **alternative meal** is needed for a resident.

🚀 Tips for Staying on Track

- Set timers or alarms for "10 minutes before service" reminders.
- Finish prep *before* serving starts — avoid last-minute rush.
- Keep serving areas clean and ready between meals.

✅ **Remember:** Timely, professional service = smoother teamwork, happier residents, and less stress for everyone!