

## **Contracted Food Services**

**5.3** Contracted food services shall be provided to the same standards as those required of organizations of CF Food Services. Instructions, procedures and special considerations relating to contracted food services are contained in:

- A-85-269-001/FP-006, *Food Services Contracts Manual*; and
- the *Generic Statement of Work-Food Services* (available on the DLBM/Food S Web site).

**5.4** These references shall be used as source documents in Statements of Work for contracted food services.

### **105. Food Services Contract in DND Facilities (food and services)**

10. With a food services contract in DND facilities (food and service), the contractor is required to provide all food, non-food consumables and labour to meet the requirements of the contract using DND facilities and equipment. This form of a food services contract is also known as a government owned contractor operated (GOCO) type of contract. Over the years, contracts of this type have been used successfully in support of both short-term and multi-year contracts. They work best when DND's service support responsibility is kept to a bare minimum and the onus for food services support is placed on the contractor.

### **106. Food Services Contract in Non-DND Facility (food and services)**

11. The food services contract in a non-DND facility (food and services) is similar to the type of contract described in sub para 10 above with the exception that it is executed in the contractor's facilities using the contractor's equipment. This form of contract is most useful when DND/CF is operating away from CF bases, wings and training areas. They have frequently been used to satisfy the food services support requirements of groups housed and trained in non-DND facilities. The meal-day costs associated with these contracts are generally higher than a GOCO contract because the onus is on the contractor to provide the equipment, facilities and associated utilities and services in the provision of food services.

## Appendix 1 to Annex A

### Standard Meal Item Availability Table -

#### MINIMUM OPERATIONAL PERFORMANCE FEEDING STANDARD-DOMESTIC

*Mobile Kitchen Trailers (MKT), Armouries , small naval vessels (deployed and alongside) including Maritime Coastal Defence Vessels (MCDV), submarines, Orea class, Naval Reserve Divisions (NRD), and other operational units serving less than 50 maintaining a continuous food servicesoperation.*

**Minimum Operational Performance Feeding Standard-Domestic and Deployed****Annex A - Standard Meal Entitlement Pattern****Table A-1: Regular Meal Pattern Breakfast**

Juice  
Fruit  
Breakfast entree  
Breakfast meat or alternative  
Cheese or yogurt  
Breakfast starch  
Breakfast vegetable  
Bread product  
Two beverages  
Condiments/Preserves

**Lunch**

Soup  
Main Entree  
    Choice of freshly prepared protein dish, pasta (optional), or sandwich  
  
Starch  
Cooked vegetable  
Salad Bar  
Fruit  
Dessert  
Bread product  
Three beverages  
Condiments

**Supper**

Soup  
Main Entree dish  
    Choice of freshly prepared protein dish or pasta (optional)  
  
Starch  
Cooked vegetable  
Salad Bar  
Fruit  
Dessert  
Bread product  
Three beverages  
Condiments

## Annex B-1 - Standard Meal Item Availability Table

## MINIMUM OPERATIONAL PERFORMANCE FEEDING STANDARD-DOMESTIC

MOBILE KITCHEN TRAILERS. ARMOURIES. SMALL NAVAL VESSELS. NAVAL RESERVE DIVISIONS AND OTHER OPERATIONAL UNITS SERVING LESS THAN 50

Mobile Kitchen Trailers (MKT), Armouries small naval vessels (deployed and alongside) including Maritime Coastal Defence Vessels (MCDV), submarines, Orca class, Naval Reserve Divisions (NRD), and other operational units serving less than 50 maintaining a continuing food services operation.

-Deviation due to availability/storage limitations (e.g. deployed ships), operational requirements of units (e.g. base exercise), or holiday/theme meals is permitted

-Where a range is permitted, the lower limit is for small units such as Orca class and the upper limit is for units with greater capability (personnel, equipment, storage space, food availability, etc), with flexibility to adjust for weather, season and cost.

-AU ranges shall be tailored to meet specific unit requirements within this standard/or contracted food services operations.

BREAKFAST			
Category	Meal Item Availability Standard	Definition/ Specification	Healthier Choices
Fruit	3 - 4 varieties IAW season	At least 2 varieties must be fresh. May include a maximum of 1 canned and 1 dried variety.	Fresh, frozen without added sugar or canned in unsweetened fruit juice.
Entree	Eggs any style  Cereals: 1 hot variety 4 - 5 ready to eat 1 breakfast entree	In accordance with the <a href="#">Egg Regulations</a> under the Canadian Agricultural Products Standards Act and <a href="#">Canadian Food And Drug Regulations</a> or equivalent.  A minimum of 4 varieties must have a minimum of 3 grams of fibre and a maximum of 12 grams of sugar (may exceed 12 grams of sugar if high fibre cereal containing dried fruit). e.g. pancakes, French toast, waffles.	Cooked with little or no fat.  Hot cereal prepared without sugar rather than instant with sugar.
Meats	1 hot breakfast meat	e.g. bacon, ham, sausage, back bacon. Meat from <a href="#">federally inspected source and CFIA approved</a> or equivalent.	Lean meat (less than 5 grams fat/serving).
	1 cold meat or 1 meat spread	e.g. ham, creton. Meat from <a href="#">federally inspected source and CFIA approved</a> or equivalent.	Lean meat (less than 5 grams fat/serving).
Cheese/Yogurt	1 - 2 varieties of cheese	Cheese products produced in a dairy establishment registered by CFIA or equivalent.	Made from milk less than 2% M.F.
	2 - 4 varieties of yogurt	To include a minimum of 2 with M.F. 2% or less.	Less than 2% M.F.
Starch	1 - 2 breakfast starch Items	e.g. baked beans, potatoes.	Prepared with little or no fat.
Vegetable	1 breakfast vegetable (optional)	e.g. sliced tomatoes, stewed tomatoes.	

<b>Bread Products</b>	<b>1 freshly baked product</b> <b>2 - 3 varieties of sliced bread</b>  <b>1 variety of specialty bread</b>	<b>e.g.</b> muffins, sweet buns.  Minimum of 50% must be 100% whole wheat or multi-grain with a minimum of 2.5 grams of fibre per slice.  <b>e.g.</b> bagels, English muffins.	Low fat, high fibre whole grain products.
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## Annex B-1 - Standard Meal Item Availability Table -

MOBILE KITCHEN TRAILERS, ARMOURIES, SMALL NAVAL VESSELS, NAVAL RESERVE DIVISIONS AND OTHER OPERATIONAL UNITS SERVING LESS THAN 50 (CONTINUED)

<b>BREAKFAST( continued)</b>			
Category	Meal Item Availability Standard	Definition/ Specification	Healthier Choices
Beverage <sup>1</sup>	<b>3 bot beverages</b>  Fruit juice: <b>1 - 2 varieties</b> Vegetable juice: <b>1 variety</b>  Dairy ( <b>2 - 3 varieties</b> )  <b>Non-dairy beverages, 1 variety, if required</b>	Tea (regular, decaffeinated, herbal), Coffee (regular, decaffeinated, flavoured) and Hot Chocolate.  Pasteurized 100% juice with no sugar added, IAW <a href="#">Canada's Food and Drug Regulations</a> and the <a href="#">Canadian Food Inspection Agency</a> (CFIA). 1 fruit juice may have sugar added, such as cranberry cocktail.  A minimum of 1 must be skim milk or 1% M.F. Pasteurized cow's milk with vitamins D and A added IAW <a href="#">Canada's Food and Drug Regulations</a> .  Lactose free containing calcium, vitamin D and vitamin A in comparable quantities to cow's milk <b>e.g.</b> soy/rice milk.	Decaffeinated/Caffeine-free   Less than 2% M.F.  Less than 2% fat.
Condiments	<b>2 types of spreads</b> <b>2 - 3 varieties jam/jellies</b> plus: -honey -syrup -butter and/or margarine -ketchup -mustard -mayonnaise -hot sauce -meat sauce	e.g. peanut butter, chocolate nut spread, cheese spread.	Reduced sugar and fat varieties.

<sup>1</sup> Where potable water is available, bottled water shall not be provided. Canned soda pop, sports drinks, energy drinks, thirst quenchers, flavoured/sparkling/fortified bottled water products are not authorized.

## Annex B-1 - Standard Meal Item Availability Table -

MOBILE KITCHEN TRAILERS, ARMOURIES, SMALL NAVAL VESSELS, NAVAL RESERVE DIVISIONS AND OTHER OPERATIONAL UNITS SERVING LESS THAN 50 (CONTINUED)

LUNCH AND SUPPER			
Category	Meal Item Availability Standard	Definition/ Specification <sup>1</sup>	Healthier Choices
Soup	1 soup		Broth or 2% milk based.
Main Entree <sup>2</sup> At least one choice is to be a healthier choice <sup>3</sup> prepared with little or no fat. One meatless protein dish to be included <sup>3</sup> . Vary on a rotating basis.	1 freshly prepared hot protein dish with appropriate accompaniments.  1 pasta dish (optional) and/or  1 - 2 sandwich choices and/or  1 a la carte item. See <a href="#">Healthier Choice Entree Recipes</a> on the Strat J4 Food Svcs website for options.	Provide fish option at least once per week. Meat must be from <a href="#">federally inspected source and CFIA approved</a> or equivalent  Whole wheat or multi-grain pasta to be offered as 25% of pasta menu items. 1 variety of sauce.  Lean meats such as ham or turkey with less than 5 grams of fat per serving and containing less than 1,000 mg of sodium per serving. Cheese made from less than 2% M.F. Salmon or tuna packed in water. Whole grain bread products.  Recommend <a href="#">Healthier Choice Entree Recipes</a> on the Strat J4 Food Svcs website.  Vary on a rotating basis.	Lean meat, fish, seafood and vegetarian choices prepared with cheese made from milk less than 2% M.F. Little or no added fat or salt. Whole grains.  Whole grain pasta, 2% M.F. or less sauce, tomato sauce.
Starch	1 starch item	e.g. potato, rice, couscous.	Brown/wild rice, Potatoes with skin. Prepared with little/no fat.
Vegetables	1 cooked vegetable	Offer at least one dark green and one orange vegetable daily.	Fresh or frozen Vegetables, prepared with little or no added fat, sugar or salt.
Salads		Selection of salads as per the Salad Bar menu.	

<sup>1</sup> Standardized recipes are to be followed. *Food/or 50, Professional Chef*, CF Recipes (CFP 225) and CF Healthier Choice Recipes are approved sources.

<sup>2</sup> When serving less than 30, an a la carte menu may be used; however, one healthier choice entree must be available.

<sup>3</sup> Criteria : 400 calories, less than 15 g fat (5 g saturated & 10 g unsaturated), less than 600 mg sodium per serving.

Annex B-1 - Standard Meal Item Availability Table -  
MINIMUM OPERATIONAL PERFORMANCE FEEDING STANDARD-DOMESTIC

MOBILE KITCHEN TRAILERS, ARMOURIES, SMALL NAVAL VESSELS, NAVAL RESERVE DIVISIONS  
AND OTHER OPERATIONAL UNITS SERVING LESS THAN 50 (CONTINUED)

LUNCH AND SUPPER (continued)			
Category	Meal Item Availability Standard	Definition/ Specification	Healthier Choices
Fruit	3 - 4 varieties IAW season	At least 2 varieties must be fresh.  May include a maximum of 2 canned and 1 dried varieties.	Fresh, frozen without added sugar or canned in unsweetened fruit juice.
Dessert	I prepared dessert and/or  I baked dessert and/or  Ice cream/frozen yogurt and  Yogurt (2 - 4 flavours)	e.g. puddings, gelatin, cobblers, crisps.  e.g. cakes, cookies, pies, squares.  To include a minimum of two with M.F. 2% or less.	2% or less M.F and whole grains.  Low fat and whole grain.  2% or less M.F.  2% or less M.F.
Bread Product	2 - 3 varieties of sliced bread  I type of specialty bread products	Minimum of 50% must be 100% whole wheat or multi-grain with a minimum of 2.5 grams of fibre per slice.  e.g. bagels, pita bread.	Whole grain products.  Whole grain products.
Beverage	3 hot beverages  Dairy (2 - 3 varieties)  Fruit juice (1 - 2 varieties) Veg juice (1 variety)  Optional: fruit flavoured drinks (1 - 2 flavours)  Non-dairy beverages 1 variety, If required	Tea (regular, decaffeinated, herbal), Coffee (regular, decaffeinated, flavoured) Hot Chocolate.  A minimum of 1 must be skim milk or 1% M.F. Pasteurized cow's milk with vitamins D and A added IAW Canada's Food and Drug Regulations.  Pasteurized 100% pure juice with no sugar added IAW Canada's Food and Drug Regulations and the Canadian Food Inspection Agency (CFIA). Vary selection. One fruit variety may have sugar added, such as cranberry cocktail.  If provided, to include a maximum of 2 flavours. Made of natural fruit flavour extract and/or artificial fruit flavours. Shall contain 24 - 48 mg of vitamin C per 100 ml of ready to serve portion IAW Canada's Food and Drug Regulations.  Lactose free contains calcium, vitamin D and vitamin A in comparable quantities to cow's milk e.g. soy/rice milk.	Decaffeinated/ Caffeine-free.  Less than 2% M.F.      Low calorie, low sugar.  Less than 2% fat

Annex B-1 - Standard Meal Item Availability Table -  
MINIMUM OPERATIONAL PERFORMANCE FEEDING STANDARD-DOMESTIC

MOBILE KITCHEN TRAILERS, ARMOURIES, SMALL NAVAL VESSELS, NAVAL RESERVE  
DIVISIONS AND OTHER OPERATIONAL UNITS SERVING LESS THAN 50 (CONTINUED)

<b>SALAD BAR - Each brunch, lunch, and supper shall offer:</b>			
Category	Meal Item Availability Standard	Definition/ Specification	Healthier Choices
Leaf	1 leaf salad without dressing/ <b>ingredients containing fat</b>  <b>Optional: 1 other salad that may contain dressing/ ingredients containing fat</b>	e.g. Tossed salad, Spinach salad.  e.g. Caesar salad, Spinach salad.	Prepared with little or no fat/high fat ingredients.
Raw Vegetables	<b>3 - 5 varieties</b>	e.g. radishes, green onions, celery sticks, carrot sticks, turnip sticks, sliced cucumber, tomato wedges, mushrooms, sliced zucchini, green/red pepper, broccoli, cauliflower.	All.
Starch, Bean, or Marinated Salad	1 variety per meal	e.g. coleslaw, pasta salad, three-bean salad, marinated vegetable salad.	Prepared with little or no fat.
Protein Choice	1 type of <b>protein</b> choice	e.g. sliced meat or fish product Meat from <u>federally inspected source and CFIA approved</u> only.	Fish and lean meat/poultry less than 5 grams of fat per serving.
Meatless Protein Choice	<b>1 meatless protein choice</b>  <b>2 types of cheese</b>	e.g. chick peas, other legumes, egg, hummus, bean dip.  Cheese products produced in a dairy establishment registered by CFIA or equivalent.	Prepared with little or no fat.  Less than 2% M.F.
Pickles/Olives	<b>2 - 3 varieties of pickles/olives</b>	e.g. olives, beets, onions, dill pickles, gherkin pickles.	
Condiments	<ul style="list-style-type: none"> <li>▶ mustard, ketchup, mayonnaise (reg and low fat), vinegar, oil</li> <li>▶ 2 varieties of meat sauce</li> <li>▶ <u>salad dressings:</u> <ul style="list-style-type: none"> <li>• 3 varieties of regular</li> <li>• 3 varieties of low fat</li> </ul> </li> <li>▶ 2 varieties of crackers</li> <li>▶ salt, pepper, and other assorted spices</li> <li>▶ butter and/or margarine</li> </ul>	e.g. BBQ Sauce, hot sauce.      e.g. melba toast, bread sticks, biscuits.	