

FLAVOR FLEX AT CASCADES

DINING WITH DIGNITY



Cascades
OF TUCSON

RETIREMENT • ASSISTED LIVING • MEMORY SUPPORT



Based on the award-winning
Grind Dining™ program,
Flavor Flex allows residents
to enjoy the excellent menu,
service and companionship
served every day in our
dining rooms.



At Cascades, we recognize that mealtime is an important and special part of every day. From building and enhancing relationships through the social aspects of dining to the simple satisfaction of tasty, satisfying and well-presented foods, excellent dining experiences are part of what make Cascades stand apart. To ensure that these pleasures are available for all of our residents, Cascades is proud to provide Flavor Flex – a food preparation method that allows our residents — even those with cognitive and physical limitations that may prevent them from enjoying traditionally prepared meals — to satisfy their palate with decorum and self-reliance.



What is Flavor Flex?

Flavor Flex starts with the exceptional restaurant-style meal choices and fine dining ambiance provided by the Executive Chef and culinary staff. For those residents who request Flavor Flex services, the culinary staff prepares the same ingredients in an alternative presentation, providing an easily accessed and digested mealtime choice that is visually appealing and delightfully delicious.

This adaptive food preparation method allows those who have difficulty manipulating utensils or chewing regularly served foods to enjoy an attractive, tasteful and independent dining experience that is as nutritious, satisfying and elegant as a customary meal of the same ingredients.

Flavor Flex allows residents with cognitive and physical limitations to enjoy delightfully delicious and visually appealing food choices.



Award-Winning Food Preparation for Individualized Dining Needs

Our Flavor Flex food preparation employs the award-winning, chef-developed Grind Dining™ program, ensuring that each dish is an enticing, fulfilling and healthy experience, even for those residents who have difficulty with traditional meal preparations due to cognitive, neuromuscular or chewing disorders. With scrumptious, mouth-watering variations of familiar foods that are easy to manipulate and digest, our Flavor Flex residents can enjoy the excellent menu, service and companionship served every day in our dining rooms in a dignified and rewarding mealtime occasion.

For more information, visit www.grinddining.com.





Schedule a visit or tour –
we'd love to meet you!

520.886.3171 or 877.866.3172

All Photos provided by Grind Dining™

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