

# Experience Culinary Excellence

with The Barrington of Carmel



At The Barrington of Carmel, we are proud to deliver an exceptional dining experience for our residents. We create meals that are not only delicious but also reflect a commitment to quality, innovation, and personalized care.

## Here's Why Our Culinary Offerings Stand Out:

### Daily Specials, Seasonal Menus, Exciting Culinary Events and more

- We offer daily specials crafted to delight and surprise our residents.
- Special events like themed dinners, holiday feasts, and community gatherings bring residents together around great food.
- Our famous **Iron Chef Competitions** showcase the creativity and skill of our culinary team, adding a competitive and fun edge to our dining program.
- **Puree with Purpose:** Advanced puree program offering textured diets with the same great flavors, aromas, and appearances as regular menu items .
- **Seasonal Menu Development:** Fresh, seasonal ingredients create traditional and exciting new dishes, with daily features to keep menus fresh and diverse.
- **Super Foods:** Monthly highlighted ingredients packed with nutrition, featured in special events, tastings, and recipes to inspire healthy eating.
- **Teaching Kitchen:** Hands-on culinary demonstrations led by chefs, providing fun and interactive learning experiences about cooking, nutrition, and cuisine.

### American Culinary Federation (ACF) Membership

- Every chef at The Barrington of Carmel is an ACF member, the gold standard for culinary professionals.
- Many chefs hold or are pursuing certifications, showcasing their dedication to skill, creativity, and safety in the kitchen.



## Advanced Training Opportunities

- **Rouxbe Online Culinary Program:** Courses like Culinary Foundations, Plant-Based Cooking, and Seafood Literacy keep our culinary team ahead of trends and techniques.
- **ServSafe Certification:** Our staff is certified in food safety, ensuring every meal meets the highest standards of care and nutrition.

## Fresh Food Pledge

- We use fresh, locally sourced ingredients, USDA-inspected meats, and dairy products from hormone-free cows.
- Menus feature seasonally available fruits and vegetables and accommodate special diets, including vegetarian options.
- Every meal is crafted with attention to flavor, nutrition, and presentation, delivering a dining experience that delights every guest.

## Innovative Food Safety and Sustainability Practices

- **Compliance Mate Systems' Cooler Freezers & Digital HACCP Monitoring:** Our state-of-the-art systems maintain food safety, reduce errors, and minimize our carbon footprint.
- **Sustainability Initiatives:** We're dedicated to reducing waste and fostering environmentally friendly practices in all aspects of our operations.

## Certified Dietary Managers (CDM)

- Our culinary team includes Certified Dietary Managers who work closely with Registered Dietitians to meet the diverse nutritional needs of our residents.





# Meet Our Chefs

## **Meet David Kay: Regional Executive Chef, BHI Systems Executive Chef, and 2025 Culinary Innovations Ambassador**

Chef David Kay, our Culinary Innovations Ambassador, helps discover and implement cutting-edge technology and operational procedures, ensuring we stay at the forefront of culinary excellence. David is currently the Vice President of the American Culinary Federation Greater Indianapolis Chapter, serves as Judge and Mentor for Skillz USA and ProStart, which are high school and post-secondary school culinary programs. David is a Master Judge for the World Food Championships, certification evaluator for the ACF and certified Instructor and Proctor for the National Restaurant Association ServSafe Certification. Prior to working with BHI Chef David was the Executive Chef at Lucas Oil Stadium and the Indianapolis Convention Center, Executive Chef at Purdue University, Owned his own restaurant and spent many years with Marriott and Hilton Hotels including The Indianapolis Marriott Downtown, Conrad Indianapolis, Raleigh Marriott City Center, Macon Marriott City Center, The Waldorf Astoria Resort in Naples Florida and has been an Adjunct Culinary Instructor for Ivy Tech Culinary Program, teaching both Culinary and Pastry courses.

## **Meet The Barrington of Carmel's Executive Chef!**

Chef Charles Spence joined BHI Senior Living as the Senior Executive Chef at the Barrington of Carmel in Carmel, Indiana. Prior to that he had a very extensive and award-winning career in Hotels having helmed some of the most prestigious culinary locations such as the Dener Marriott South in Lone Tree, Colorado, Richmond Marriott in Richmond Virginia, The Grand Lake Lodge in Grand Lake, Colorado, The Indianapolis Marriott Downtown in Indianapolis, Indiana and the Sheraton Grande Nashville in Nashville, Tennessee. Chef Spence has also honed the culinary programs at the Heritage Eagle Bend Golf Club in Aurora, Colorado and the PGA National Golf Club in West Palm Beach, Florida. Chef Spence has mentored J1 Visa international culinary students and helped develop an extensive international internship program. He has been awarded Food & Beverage Manager of the year from White Lodging Services and is an active member in the American Culinary Federation where he is actively pursuing his Certified Executive Chef designation with that organization.



# Enhancing Every Meal, Every Day

At The Barrington of Carmel, dining is more than just a meal—it's an experience. From the farm-fresh ingredients we source to the innovative technology that keeps our food safe, every detail is designed to exceed expectations. With daily specials, seasonal flavors, and exciting events like our Iron Chef Competitions, there's always something new and exciting happening in our dining program.


Our culinary partnership with Morrison Living ensures a commitment to hospitality, quality, and the well-being of every resident.


## Visit The Barrington of Carmel

Discover the unparalleled dining experience waiting for you at The Barrington of Carmel.



 [tboc.org](http://tboc.org)

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