

MENU REVIEW

Akooramak Care of Older Persons- QLD



Morrison
LIVING

Compass Group Dietetic Services

Date 25/2/2025

To whom it may concern,

Thank you for the opportunity to review the four-week Morrison Living Autumn 2025 menu for Akooramak Care of Older Persons (QLD).

The menu has been assessed against the Morrisons Nutrition and Menu Planning Standards. The Menu Planning Checklist is based on the following standards and guidelines:

Dietitians Australia (DA) Menu and Mealtime Quality Assessment for Residential Aged Care 2021

Best Practice Food and Nutrition Manual for Aged Care Facilities Edition 2.1 (Bartl and Bunney, 2015).

The attached Morrison Living Autumn 2025 menu is compliant with all the relevant guidelines and standards. It is important to note that the dinner meals throughout the menu are generally lighter options which have been selected for resident preference and are sometimes without a dedicated starch. When this is the case residents will be offered bread or bread rolls to ensure macronutrient requirements can be met for more active residents.

If you have any questions or concerns regarding the menu review or the recommendations made, please don't hesitate to contact me.

Kind regards

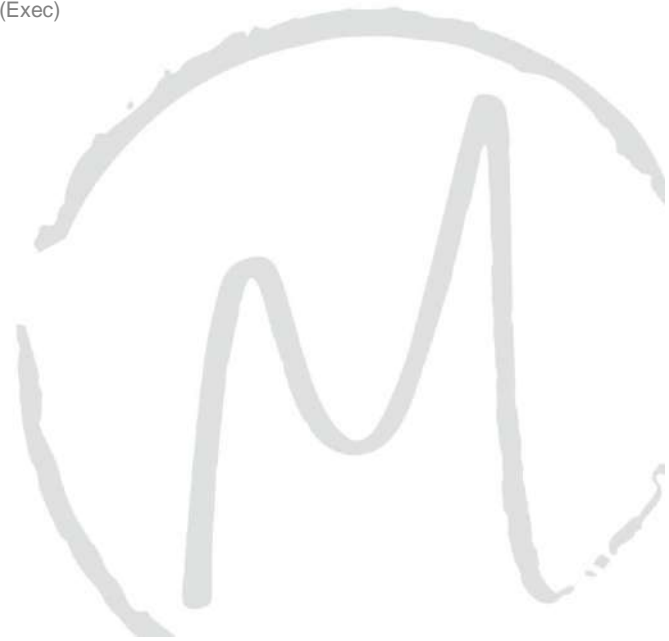


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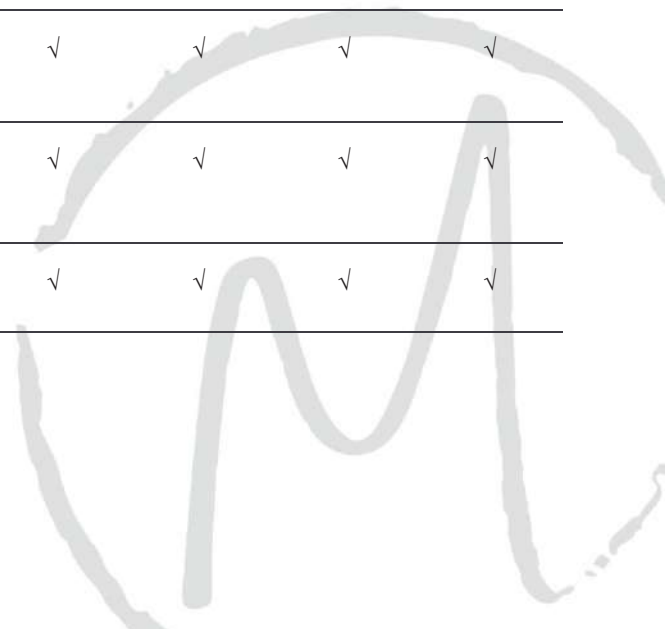
COMPLIANCE WITH MORRISON'S NUTRITION AND MENU PLANNING STANDARDS

Morrison Living Nutrition and Menu Planning standards		MENU COMPLIANCE			
FOOD GROUPS	MENU REVIEW	WEEK 1	WEEK 2	WEEK 3	WEEK 4
	The menu includes at least 2-2.5 serving on average per day of lean meat and/or alternatives (variety of lamb, pork, beef, chicken, seafood, eggs, beans or lentils).	√	√	√	√
	The menu includes at least 5 serves of vegetables on average daily. A variety and mixture of colours are available daily and throughout the menu cycle.	√	√	√	√
	The menu includes at least 2 serves of fruit daily. This includes fresh, canned, stewed and dried fruit.	√	√	√	√
	The menu includes 4 serves on average per day of dairy foods such as milk, custard, yoghurt and cheese.	√	√	√	√
	The menu offers at least 4 serves of the breads and cereals group daily. All main meals should supply a source of breads or starch.	√	√	√	√
	A wide variety of fluids are offered throughout the day to enable 8 x 150ml serves per day e.g. water, tea, coffee, juice, cordial, milk, milkshakes.	√	√	√	√
	Residents on Texture Modified Diets (smooth Puree & Minced Moist) have the opportunity to meet the recommended Australian Guidelines to Healthy Eating (AGHE) serves for the recommended food groups daily.	√	√	√	√
	Highly processed convenience foods are limited e.g. fish fingers, chicken nuggets.	√	√	√	√
	Processed meats are limited to 2-3 serves per week, unless multiple meat based proteins are available.	√	√	√	√
	High fibre breads (wholemeal multigrain or white high fibre) are offered daily.	√	√	√	√
	Calcium fortified non-dairy milk alternative (e.g. Soy) products are readily available.	√	√	√	√
	Drinks and desserts etc, are made with full cream milk as standard.	√	√	√	√



Morrison Living Nutrition and Menu Planning standards		MENU COMPLIANCE			
MENU REVIEW	WEEK 1	WEEK 2	WEEK 3	WEEK 4	
A hot cereal such as rolled oats and at least 3 other varieties of breakfast cereals are available daily.	√	√	√	√	
Hot choices include a protein source such as eggs, bacon, mince, cheese, baked beans.	√	√	√	√	
Hot choices breakfast, processed meat e.g. Bacon, chipolatas are offered maximum 3x week if served daily.	√	√	√	√	
If only a continental breakfast is served, a protein source such as milk, yoghurt, cheese or peanut butter is offered.	√	√	√	√	
Tinned and Fresh fruit options are available, including fruit juices.	√	√	√	√	

BREAKFAST



Morrison Living Nutrition and Menu Planning standards

MENU COMPLIANCE

MAIN AND LIGHT MEALS

MENU REVIEW	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Each hot main meal choice provides a good quality protein source (e.g. meat, chicken, fish, eggs, legumes).	√	√	√	√
Residents have at least 2 hot choices at main meals.	√	√	√	√
At least 1 red meat offered a day	√	√	√	√
1 substantial soup (ie thick and creamy with vegetable soups containing barley and legume) offered per day	√	√	√	√
At least 1 orange and 1 green vegetable offered per day	√	√	√	√
All meals to be served with vegetables or side salads.	√	√	√	√
1 side salad to be served per day as a minimum (to include 4 vegetables). Main salads to include 1 serve of protein such as meat, eggs, legumes or tofu.	√	√	√	√
2 sandwiches offered per day. Sandwiches include a serve of protein such as meat, chicken, fish, eggs or cheese.	√	√	√	√
Variety of Breads, rolls and toasts to be offered with lunch and dinner.	√	√	√	√
Fish/seafood is included on the menu at least 2 times each week.	√	√	√	√



MENU REVIEW

The menu cycle is a minimum of 3 weeks duration	√
High kilojoule sweet and savoury mid- meals are offered daily.	√
A dairy based dessert is served with the main meal & light meal (or as per contractual requirements).	√
The menu has been planned as a unit, with limited repetition between weeks, days & meals.	√
At a minimum, residents are offered 3 main meals and 3 mid meal snacks per day (Supper not shown in menu but offered- Tea, Coffee, Sweet Biscuits and Assorted Sandwiches).	√
The menu offers at least four serves of dairy foods such as milk, custard, yoghurt and cheese	√
The menu is easy to read and understand. Residents are able to understand what the dish is (or an explanation is provided).	√
Standard recipes are documented and available for kitchen staff	√
Appropriate portion sizes are provided to residents to ensure macro nutrient targets are able to be met.	√
Vegetarian meals are available where applicable and include a protein eg eggs, cheese, tofu, nuts or legumes.	√
Suitable alternatives are provided for residents with specific dietary needs e.g. allergens, intolerances, religious requirements	√



IMPORTANT CONSIDERATIONS

BACKGROUND

The menu has been reviewed in line with the Morrisons Nutrition and Menu Planning Standards and has gone through a consultation process with residents which allows for adjustments to be made to suit the resident population. This consultation process ensures both resident preferences and the menu planning standards are considered, which provides the best opportunity to optimise resident nutritional intake. All meals are served in line with the Standard Serve Sizes guideline to ensure macro nutrient targets are met. The Standard Serve Size document has been developed based on the Nutrition Standards for hospitals, residential care facilities, across the different Australian states.

FOOD GROUPS

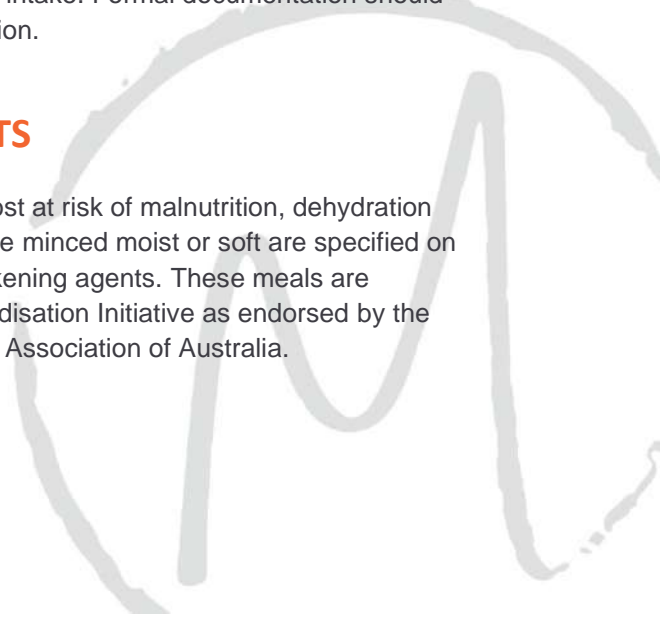
The Australian dietary guidelines are intended for people in the general healthy population and do not apply to people with medical conditions requiring specialised dietary advice. Multiple acute &/or chronic health issues are common with many residents in aged care facilities and individual meal plans may be required to meet these resident's needs. Approximately 40-70% of residents in aged care facilities are malnourished (DAA, 2009). Under nutrition is a more common concern than over nutrition in the aged care resident population. Reducing food components such as fat, salt and sugar- which make food more palatable- is not always appropriate in this group (NHMRC, 2013). The menu is designed to provide residents with the opportunity to consume adequate nutrition, individual choice and appetite will ultimately determine the amount eaten on a daily basis. Residents that are underweight or have increased requirements may require additional energy and protein sources or by having their meals fortified.

FOOD FORTIFICATION

Food fortification, additional snacks, nourishing mid meals and/or high protein milk drinks (Fortified with Advital/ Sustagen/ Boomers (or equivalent)) are available to residents who have been identified at risk of malnutrition, have poor appetite &/or at the lower end of the healthy weight range. Fortifying food increases the nutrient density, providing frequent opportunities throughout the day for residents to consume fortified food options will help to maximise overall intake. Formal documentation should be provided to the kitchen for any residents requiring fortification.

THERAPEUTIC & TEXTURE MODIFIED DIETS

Residents who require specialised or therapeutic diets are most at risk of malnutrition, dehydration and nutrient deficiencies. Texture modified diets such as puree minced moist or soft are specified on the menu. They may be thickened with Shapelt or Gelea thickening agents. These meals are prepared in accordance International Dysphagia Diet Standardisation Initiative as endorsed by the Dietitians Association of Australia and The Speech Pathology Association of Australia.



The menu specifies soft and bite sized and puree meal and dessert options and have been planned so that they are in line with main dessert where possible so that residents on a texture modified diet do not feel excluded or isolated. Items such as puree fruit, custard, and yoghurt are offered for mid meal snacks. Please note that minced moist diets are also available and will mirror the puree option, with less processing to achieve the correct texture.

VEGETARIAN & ADDITIONAL DIETARY REQUESTS

Although not specified on the menu, dietary requirements are taken into consideration and can be catered for on an individual basis. This is due to the minority of residents requiring such diets. This includes but is not limited to residents' religious, ethnic or vegetarian preferences. Vegetarian meals are to include a high-quality source of protein based on eggs, cheese, tofu, nuts or legumes (e.g. Lentils). Recipes are included in site recipe collection.

DAIRY

Dairy foods are very valuable sources of nutrients, including calcium, protein, iodine, vitamin A, vitamin D, riboflavin, vitamin B12 and zinc. Low fat dairy products are not preferred as standard due to reduced body weight and energy intake for adults over 70 years.

Morrisons menus incorporate multiple opportunities throughout the day for residents to consume dairy and dairy containing products.

BREAKFAST – YOGHURT, MILK, CHEESE

3 Mid meals – drinks such as a glass of milk, milo or milkshakes. Cheese & biscuits and other fresh baked items containing cheese are offered at morning tea and afternoon tea.

Dessert –Desserts where appropriate should contain a dairy source such as- custard/yoghurt/milk-based mousse or panna cottas.



REFERENCES

Dietitians Association of Australia, Dietitians Guide, DAA menu audit tool for aged care homes 2018, Anne Schneyder AdvAPD and Julie Dundon AdvAPD, Nutrition Professional Australia.

American Dietetic Association, Position of the American dietetic Association: Nutrition Recommendations and Interventions for Diabetes. JADA, 2007; 30 – (Suppl.1): S48-S65

Australian Dietary Guidelines, Australian Government, National Health & Medical research Council, Department of Health and Ageing, 2013, <http://www.nhmrc.gov.au/guidelines/publications/n55>

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Calvary National Aged Care Menu Guide 2018.

The International Dysphagia Diet Standardisation Initiative 2019 @ <https://iddsi.org/framework>.

Evidence Based Practice Guidelines for the Nutritional Management of Malnutrition in Adult Patients Across the Continuum of Care Nutrition & Dietetics 2009 66 (suppl.3) S11.

Healthy Eating and Diabetes: A guide for aged care facilities, Government of South Australia, SA Health, 2012. http://www.diabetesoutreach.org.au/education/Aged%20Care%20Manual_Jan2012.pdf

Nutrition and quality food standards for health services, Department of Health & Human Services (DHHS) Victoria, 2022.



Week 1

Week 1								
Meal Period	Section Name	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Hot			Baked Beans, Grilled Tomato				Grilled Bacon and Poached Egg
	Continental Breakfast	Continental Breakfast						
	Hot Beverages Texture Modified - PU4	Tea and Coffee Porridge						
Morning Tea	Snack Items	Orange PoppySeed Cake	Vegetite and Cheese Pinwheels	Chocolate Chip Cookies	Raspberry and Greek yoghurt muffins	Cheese and Bacon Scones	Carrot Cake	Hedgehog Slice
	Hot Beverages Texture Modified - PU4	Tea and Coffee Choice of: Yoghurt, Custard, Puree Fruit						
Lunch	Option 1	Beef and Vegetable Curry	Grilled Honey Balsamic Chicken	Baked Fish with Lemon Butter Sauce	Braised Steak and Onion	Homemade Crumbed fish with Lemon and tartare sauce	Slow Cooked Lamb Hot Pot	Roast Pork with Apple Sauce or Gravy
	Option 2	Chicken Pasta Bake	Hoisin Pork Rissoles	Egg and Bacon Pie	Vegetable Patties	Beef and Bacon Jacket Potato	Chicken Meatloaf with Gravy	Spinach and Ricotta Ravioli with Tomato basil Sauce
	Vegetarian	Vegetable and Red Lentil curry	Vegetable Pasta Bake	Mushroom and Asparagus Risotto	Cauliflower and Leek Pie	Vegetable and Lentil Patties with Tomato relish	Vegetable and Bean Ragout	Spinach and Ricotta Ravioli with Tomato basil Sauce
	Side Starches	Steamed Rice	Sweet Potato Mash	Mash Potato with Garlic	Roast Sweet Potatoes	Chips	Mash Potato	Roasted Rosemary Potatoes
	Side Vegetables	Peas	Yellow and Green beans buttered	Steamed Broccoli, Herbed Baby Carrots	Mushy Peas	Garden Salad	Buttered Carrots	Broccoli and Cauliflower, Roast Pumpkin
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich						
	Salads	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese	Cold meat and Cheese plate	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese
	Desserts	Strawberry Mousse	Fruit Crumble with Chantilly Cream	Lemon Delicious, Ice Cream	Vanilla Pannacotta	Apple Pie, Custard	Bread and Butter Pudding, Ice Cream	Ice Cream and Caramel Topping
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	TM Puree Potato - PU4, TM Beef - PU4, TM Chicken - PU4, TM Carrot - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Pork - PU4, TM Sweet Potato - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Carrot - PU4, TM Broccoli - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Beef - PU4, TM Sweet Potato - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Beef - PU4, TM Carrot - PU4, TM Cauliflower - PU4	TM Puree Potato - PU4, TM Lamb - PU4, TM Chicken - PU4, TM Pumpkin - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Pork - PU4, TM Pumpkin - PU4, TM Broccoli - PU4
Afternoon Tea	Snack Items	Sweet Biscuits						
	Hot Beverages Texture Modified - PU4	Tea and Coffee Choice of: Yoghurt, Custard, Puree Fruit						
Dinner	Soups	Pea and Ham Soup	Roast Pumpkin Soup	Minestrone Soup	Roasted Cauliflower Soup	Potato and Leek soup	Creme Of Chicken Soup	Tomato Soup
	Option 1	Lamb Rissoles with Gravy	Beef and Potato Roll with Gravy	Creamy Chicken Alfredo	Tuna Mornay with Crispy Crumble	Party Pies and Sausage rolls	Hungarian Beef and Tomato stew	Chicken Carbonara
	Vegetarian	Chickpea and Vegetable Patties	Vegetable Strudel with Tomato coulis	Veg fried rice	Spinach and Ricotta Filo Parcels	Hungarian Bean and Vegetable Stew	Falafel with Tzatziki	Vegetable Carbonara
	Side Starches	Chat Potatoes Buttered	Sweet Potato Mash		Potato Gems	Mash Potato	Mash Potato Fresh	
	Side Vegetables	Steamed Green Beans, Herbed Baby Carrots	Red Capsicum, Babycorn, Sugar Snap Peas, Carrot and Broccoli	Choysum, Bokchoi, Green beans	Garden Salad	Steamed Green Cabbage and Spinach	Green Beans, Roast Carrot	Balsamic Roast Vegetables
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich						
	Salads	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese	Cold meat and Cheese plate	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese
	Desserts	Ice Cream, Fruit Salad	Jelly with Two Fruits and Cream	Pears and Custard	Tropical Fruit Flummery	Stewed Fruits with Custard	Fresh Fruit Salad with Yoghurt	Peaches and Custard
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Pumpkin - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Beef - PU4, TM Fish - PU4, TM Corn - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Pork - PU4, TM Pumpkin - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Pork - PU4, TM Fish - PU4, TM Carrot - PU4, TM Spinach - PU4	TM Puree Potato - PU4, TM Beef - PU4, TM Chicken - PU4, TM Sweet Potato - PU4, TM Spinach - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Carrot - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Pork - PU4, TM Chicken - PU4, TM Sweet Potato - PU4, TM Cauliflower - PU4
Supper	Snack Items	Sweet Biscuits						
	Hot Beverages	Tea and Coffee						

Week 2

Week 2									
Meal Period	Section Name	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Breakfast	Hot			Beef chipolata, Breakfast Scrambled Eggs				Grilled Bacon and Poached Egg	
	Continental Breakfast	Continental Breakfast							
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	Porridge							
Morning Tea	Snack Items	Coconut Cake	Zucchini Slice	Apricot Danish with Custard	Apple and Cinnamon Muffin	Cheese and Crackers	Lemonade Scones w Jam and Cream	Raspberry Jam and Coconut Slice	
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	Choice of: Yoghurt, Custard, Puree Fruit							
Lunch	Option 1	Cottage Pie	Chicken Schnitzel with Gravy	Coconut and Lime Marinated Fish	Tuscan Beef and Pasta	Homemade Battered Fish - Lemon and Tartare Sauce	Sweet and Sour Pork	Roast Lamb with Mint Jelly or Rosemary Gravy	
	Option 2	Butter Chicken Curry	Pork Stroganoff	Slow Cooked Moroccan Lamb	Pork Stir fry with Hookien Noodles	Slow Braised Beef Casserole	Chicken and Broccoli Bake	Pumpkin, Spinach and Feta Quiche	
	Vegetarian	Vegetable Cottage Pie	Vegetable Stroganoff	Vegetable Strudel with Tomato coulis	Honey Soy Stir fry Vegetables and Tofu	Vegetable Casserole	Mushroom and Broccoli Bake	Pumpkin, Spinach and Feta Quiche	
	Side Starches	Steamed Rice	Potato Wedges, Steamed Rice	Roast Pumpkin		Chips	Steamed Rice, Mash Potato	Roasted Sweet Potato	
	Side Vegetables	Green Beans, Buttered Carrots	Peas, Corn and Capsicum	Warm Butter Beans	Carrot, Potato, Sweet Potato and Pumpkin, Buttered Peas	Garden Salad	Yellow and Green beans buttered	Steamed Broccoli, Oven Roasted Cauliflower	
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich							
	Salads	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese	Cold meat and Cheese plate	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese	
	Desserts	Steamed Ginger Pudding, Custard	Orange Syrup Cake with Custard	Pear and White Chocolate Crumble, Custard	Pavlova with Fruit and Cream	Seedless Watermelon, Ice Cream	Creamy Rice Pudding, Berry Compote	Chocolate Brownie, Ice Cream	
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Beef - PU4, TM Carrot - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Pork - PU4, TM Corn - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Pumpkin - PU4, TM Broccoli - PU4	TM Puree Potato - PU4, TM Beef - PU4, TM Chicken - PU4, TM Sweet Potato - PU4, TM Spinach - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Pork - PU4, TM Pumpkin - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Lamb - PU4, TM Cauliflower - PU4, TM Broccoli - PU4	
	Afternoon Tea	Snack Items	Sweet Biscuits						
		Hot Beverages	Tea and Coffee						
Texture Modified - PU4		Choice of: Yoghurt, Custard, Puree Fruit							
Dinner	Soups	Cream Of Mushroom Soup	French Onion Soup	Bacon Cauliflower soup	Chicken Noodle Soup	Curried Lentil and Sweet Potato Soup	Beef and Barley Soup	French Onion Soup	
	Option 1	Fish Cakes with Lemon Pepper Mayo	Slow Braised Beef Casserole	Chicken Drumstick with Gravy	Ginger Soy Baked Fish	Party Pies and Sausage rolls	Meat Lovers Pizza	Grilled Pork Sausages and Gravy	
	Vegetarian	Baked Four Cheese Gnocchi	Chickpea and Vegetable Stew	Eggplant and Potato Moussaka	Vegetable and Lentil curry	Spinach and Ricotta Rolls	Barbequed Vegetable Pizza	Vegetable Pasta Alfredo	
	Side Starches	Potato Gems	Steamed Rice	Sweet Potato Mash	Steamed Rice	Mash Potato	Garden Salad		
	Side Vegetables	Steamed Carrot, Zucchini, Cauli and Broccoli	Herbed Roast Vegetables	Red Capsicum, Babycorn, Sugar Snap Peas, Carrot and Broccoli	Red Capsicum, Carrot, Yellow and Green Beans	Buttered Carrots		Steamed Carrot, Zucchini, Cauli and Broccoli	
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich							
	Salads	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese	Cold meat and Cheese plate	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese	
	Desserts	Ice Cream, Tinned Fruit salad	Banana with Custard	Jellied Fruit, Custard	Caramel Pears, Custard	Custard, Jelly	Fresh Fruit Salad with Yoghurt	Stewed Apples with Custard	
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Pumpkin - PU4, TM Cauliflower - PU4	TM Puree Potato - PU4, TM Beef - PU4, TM Chicken - PU4, TM Sweet Potato - PU4, TM Spinach - PU4	TM Puree Potato - PU4, TM Lamb - PU4, TM Chicken - PU4, TM Sweet Potato - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Chicken - PU4, TM Carrot - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Pork - PU4, TM Carrot - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Beef - PU4, TM Fish - PU4, TM Corn - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Pork - PU4, TM Carrot - PU4, TM Spinach - PU4	
	Supper	Snack Items	Sweet Biscuits						
		Hot Beverages	Tea and Coffee						

Week 3

Week 3								
Meal Period	Section Name	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Hot			Spaghetti with Tomato and Cheese				Breakfast Scrambled Eggs, Grilled Bacon
	Continental Breakfast	Continental Breakfast						
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	Porridge						
Morning Tea	Snack Items	Strawberry and Vanilla Cake	Cinnamon Scroll	Blueberry Muffin	Banana Bread	Pumpkin Scones	Chocolate Chip Muffin	Apple Tea Cake
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	Choice of: Yoghurt, Custard, Puree Fruit						
Lunch	Option 1	Pickled Pork with White Sauce	Roast Chicken thigh with Gravy	Baked Fish Au Gratin	Mongolian Beef with Fried Shallots	Homemade Crumbed fish with Lemon and tartare sauce	Beef Meatballs with Creamy Mushroom Sauce	Roast Beef with Gravy
	Option 2	Portuguese Style Chicken	French Beef and Mushroom casserole	Savoury Lamb Mince	Chickpea Curry	Pork and Potato Casserole	Chicken Pasta Bake	Vegetable Shepherds pie
	Vegetarian	Spinach and Ricotta Filo Parcels	Pasta with Vegetables and Tomato sauce	Potato Roll with Tomato relish	Vegetable Thai Yellow Curry with Tofu	Bean Patties with Aioli	Macaroni and Cheese Bake	Vegetable Shepherds pie
	Side Starches	Sweet Potato Mash	Roast Pumpkin	Mash Potato with Garlic	Steamed Rice	Chips	Mash Potato	Roast Sweet Potatoes
	Side Vegetables	Buttered Yellow Beans	Brussel Sprouts, Steamed		Broccoli and Cauliflower	Garden Salad		Broccoli and Cauliflower Mornay
	Sides	Braised Cabbage	Steamed cauliflower	Peas, Corn and Capsicum		Cauliflower, Broccoli and Carrot	Carrot, Potato, Sweet Potato and Pumpkin	Roast Carrot
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich						
	Salads	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese	Cold meat and Cheese plate	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese
	Desserts	Caramel Mousse	Custard, Apple Crumble	Peach and Raspberry Cobbler, Ice Cream	Baked Custard	Butterscotch Pudding and Custard	Lemon Sago with Cream	Ice Cream with Strawberry Topping
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	TM Puree Potato - PU4, TM Pork - PU4, TM Chicken - PU4, TM Sweet Potato - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Beef - PU4, TM Pumpkin - PU4, TM Spinach - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Corn - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Pork - PU4, TM Sweet Potato - PU4, TM Spinach - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Beef - PU4, TM Sweet Potato - PU4, TM Broccoli - PU4
Afternoon Tea	Snack Items	Sweet Biscuits						
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	Choice of: Yoghurt, Custard, Puree Fruit						
Dinner	Soups	Pea and Ham Soup	Roast Pumpkin Soup	Beef and Vegetable Soup	Roasted Cauliflower Soup	Potato and Leek soup	Chicken and Vegetable Soup	Tomato Soup
	Option 1	Lamb and Potato Ragout	Beef Spaghetti Bolognaise	Honey Soy Chicken Drumsticks	Roast Vegetable Frittata	Party Pies and Sausage rolls	Fish Cocktails with Lemon and Tartare	Chicken Supreme Pizza
	Vegetarian	Vegetable and Bean Ragout	Autumn Vegetable Bolognese with Pasta	Vegetable Shepherds pie	Roast Vegetable Frittata	Hokkien Mixed Vegetable Stir Fry (Black Bean Sauce)	Mushroom Pie	Barbequed Vegetable Pizza
	Side Starches	Golden Roast Chat Potatoes	Garlic bread	Mash Potato	Scallop potato		Potato Gems	Steamed Rice
	Side Vegetables	Steamed Broccoli	Peas	Herbed Baby Carrots	Red Capsicum, Babycorn, Sugar Snap Peas, Carrot and Broccoli	Choy sum, Bokchoi, Green beans	Coleslaw	Garden Salad, Carrot, Potato, Sweet Potato and Pumpkin
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich						
	Salads	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese	Cold meat and Cheese plate	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese
	Desserts	Fruit Jelly, Ice Cream	Apricot and Custard	Jelly with lychee, Custard	Chocolate Panna Cotta	Stewed Fruits with Custard	Fresh Fruit Salad with Yoghurt	Jelly with Two Fruits and Cream
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Pumpkin - PU4, TM Broccoli - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Beef - PU4, TM Carrot - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Lamb - PU4, TM Chicken - PU4, TM Carrot - PU4, TM Broccoli - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Pork - PU4, TM Chicken - PU4, TM Corn - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Lamb - PU4, TM Fish - PU4, TM Sweet Potato - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Chicken - PU4, TM Pork - PU4
	Supper	Snack Items	Sweet Biscuits					
Sandwiches		Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich						
Hot Beverages		Tea and Coffee						

Week 4

Week 4								
Meal Period	Section Name	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Hot			Pancake with Maple Syrup				Grilled Bacon and Poached Egg
	Continental Breakfast	Continental Breakfast						
	Hot Beverages	Tea and Coffee						
Morning Tea	Texture Modified - PU4	Porridge						
	Snack Items	Coffee Cake	Vegetable Spring Rolls	Cornflake Cookies	Blueberry Muffin	Bacon and Cheese Pinwheels	Fruit Scones with Chantilly Cream	Passionfruit slice
	Hot Beverages	Tea and Coffee						
Lunch	Texture Modified - PU4	Choice of: Yoghurt, Custard, Puree Fruit						
	Option 1	New England Lamb bake	Roast Chicken with Lemon and Thyme	Creamy Tuscan Style Fish	Corned Beef Silverside with Mustard Sauce	Homemade Battered Fish - Lemon and Tartare Sauce	Beef Brisket With Honey and BBQ Sauce	Roast Lamb with Mint Jelly or Rosemary Gravy
	Option 2	Chicken Lasagne	Chinese BBQ Pork with Fried Rice	Lamb and Chickpea Ragout	Chicken Schnitzel	Penne with Pork Meatball	Chicken and Vegetable Hot Pot	Greek Spinach and fetta pie
	Side Starches		Roast Chat Potato with Italian herbs	Herb Cous Cous	Mash Potato	Chips	Roast Sweet Potatoes	Parsley Potatoes
	Side Vegetables	Steamed Broccoli, Carrots with Dill Butter	Steamed Carrot, Peas and Corn	Diced Carrots with Cumin	Steamed Broccoli, Roast Pumpkin	Garden Salad	Braised Cabbage	Herbed Roast Vegetables
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich						
	Salads	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese	Cold meat and Cheese plate	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese
	Desserts	Mango Mousse	Lemon Sago with Cream	Custard, Seedless Watermelon	Ice Cream with Chocolate topping	Baked Cheesecake with Cream	Sticky Date Pudding with Butterscotch Sauce, Ice Cream	Apple and Berry Crumble with custard
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Pork - PU4, TM Corn - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Carrot - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Beef - PU4, TM Pumpkin - PU4, TM Broccoli - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Beef - PU4, TM Corn - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Beef - PU4, TM Chicken - PU4, TM Sweet Potato - PU4, TM Spinach - PU4	TM Puree Potato - PU4, TM Pork - PU4, TM Broccoli - PU4, TM Pork - PU4, TM Chicken - PU4
	Afternoon Tea	Snack Items	Sweet Biscuits					
Hot Beverages		Tea and Coffee						
Texture Modified - PU4		Choice of: Yoghurt, Custard, Puree Fruit						
Dinner	Soups	Cream Of Mushroom Soup	French Onion Soup	Red Lentil and Pumpkin Soup	Chicken Noodle Soup	Sweet Potato Soup	Cauliflower Cream Soup	Minestrone Soup
	Option 1	Ginger Soy Baked Fish	Meat Lovers Pizza	Garlic chicken thigh filets	Ham and Cheese Quiche	Party Pies and Sausage rolls	Crispy Fish Goujons with Sweet and Sour Sauce	Grilled Chicken with Diane Sauce
	Vegetarian			Moroccan Vegetable and Chickpea Tagine	Spinach and Cheese Quiche	Vegetable Cottage Pie	Sweet and sour vegetables with Tofu	Pumpkin, Spinach and Parmesan Risotto
	Side Starches	Steamed Rice		Sweet Potato Mash	Potato Gems		Steamed Rice	Roast Sweet Potatoes
	Side Vegetables	Steamed Carrot, Zucchini, Cauli and Broccoli	Garden Salad	Buttered Peas	Garden Salad	Red Capsicum, Carrot, Yellow and Green Beans	Choy sum, Bokchoi, Green beans	Red Capsicum, Babycorn, Sugar Snap Peas, Carrot and Broccoli
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich						
	Salads	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese	Cold meat and Cheese plate	Garden Salad with Cheese and Ham	Garden Salad with Silverside and Cheese	Garden Salad with Salami and Cheese
	Desserts	Ice Cream, Fruit Jelly	Peaches and Custard	Whip Jelly	Pears and Custard	Creme Caramel	Fresh Fruit Salad, Custard	Stewed Apples with Custard
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Beef - PU4, TM Fish - PU4, TM Carrot - PU4, TM Cauliflower - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Lamb - PU4, TM Sweet Potato - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Pork - PU4, TM Carrot - PU4, TM Green Beans - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Beef - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Corn - PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Pork - PU4, TM Chicken - PU4, TM Sweet Potato - PU4, TM Green Beans - PU4
	Supper	Snack Items	Sweet Biscuits					
Sandwiches		Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad Sandwich						
Hot Beverages		Tea and Coffee						

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