

MENU REVIEW

Akooramak Care of Older Persons (QLD)



Morrison
LIVING

Compass Group Dietetic Services

Date 24/9/2024

To whom it may concern,

Thank you for the opportunity to review the four week SPRING 2024 menu.

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 Association of Australia (DAA) Menu and Mealtime Quality Assessment for Residential Aged Care 2021

Nutrition Standards for hospitals, residential care facilities, Department of Health & Human Services (DHHS) Victoria, 2018.

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

It also specifies requirements relating to the management of therapeutic diets, allergen management practices and meal preparation.

The attached SRING 2024 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 meet 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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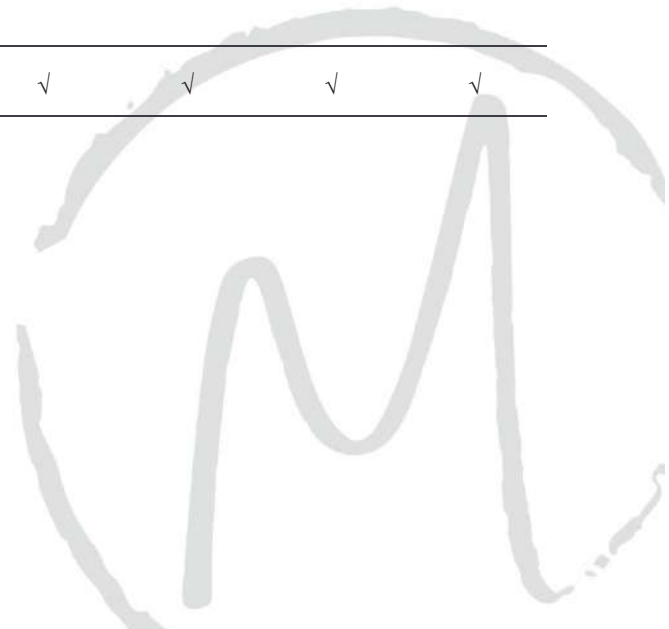


COMPLIANCE WITH MORRISONS NUTRITION AND MENU PLANNING STANDARDS

MORRISONS STANDARD		MENU COMPLIANCE			
		WEEK 1	WEEK 2	WEEK 3	WEEK 4
FOOD GROUPS	MENU REVIEW				
	The menu includes at least 2-2.5 serving on average per day of lean meat, chicken, seafood, eggs, beans or lentils.	√	√	√	√
	The menu includes at least 5 serves of vegetables 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 6 to 8 x 200ml 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 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.	√	√	√	√	



MORRISONS STANDARD		MENU COMPLIANCE			
		WEEK 1	WEEK 2	WEEK 3	WEEK 4
BREAKFAST	MENU REVIEW				
	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.	√	√	√	√
High Fibre breakfast choices are available daily.	√	√	√	√	



MORRISONS STANDARD		MENU COMPLIANCE			
MENU REVIEW		WEEK 1	WEEK 2	WEEK 3	WEEK 4
MAIN MEALS	Each hot main meal choice provides a good quality protein source (e.g. meat, chicken, fish, eggs, legumes).	√	√	√	√
	Red meat on main meal menu at least 3 times per week.	√	√	√	√
	Residents have at least 2 hot choices at main meals.	√	√	√	√
	Fish is included on the menu at least 2 times each week.	√	√	√	√
	Main meals offer a starch serve eg bread, cereals or potato.	√	√	√	√
	The menu offers at least four serves of dairy foods such as milk, custard, yoghurt and cheese	√	√	√	√

MORRISONS STANDARD		MENU COMPLIANCE			
MENU REVIEW		WEEK 1	WEEK 2	WEEK 3	WEEK 4
LIGHT MEALS	The hot light meal choice provides a minimum of 1 serve of protein.	√	√	√	√
	Soups are substantial e.g. thick creamy soups, vegetable soups that contain legumes, barley etc.	√	√	√	√
	Residents can choose more than one of hot meal + soup + salad + sandwich.	√	√	√	√
	Sandwiches include a serve of protein such as meat, chicken, fish, eggs or cheese.	√	√	√	√
	Salads include 1 serve of protein such as meat, eggs, legumes or tofu.	√	√	√	√

MORRISONS STANDARD

MENU COMPLIANCE

MENU REVIEW

GUIDELINES FOR BEST PRACTISE

The menu cycle is a minimum of 3 weeks duration	√
High kilojoule mid- meals are offered daily.	√
A 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.	√
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 DietCare Standard Serve Sizes guideline to ensure macro nutrient targets are met. The DietCare Standard Serve Size document has been developed based on the Nutrition Standards for hospitals, residential care facilities, Department of Health & Human Services (DHHS) Victoria, 2018.

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. 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 inline 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.

PROCESSED MEATS

Frequent consumption of processed meats can contribute to increased intake of saturated fat and sodium levels. These have been limited on the menu to encourage higher nutritional quality protein sources with better vitamin and mineral profiles. Items that include small amounts of processed meats to increase flavour have been included in the menu review to allow increased variety of menu items and accommodate for resident preferences and meal satisfaction. Menu items which include a standard serve size of processed meat protein such as sausages are assessed in the menu review to be limited to 2 serves per week unless there are multiple meat protein choices at each meal service.

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.

Main and evening meals – milk, cheese, milk powder are included in meals where appropriate

In addition, dairy products are generally added for meal fortification where appropriate, to assist residents in meeting the AGHE recommended daily dairy serves at 4 per day.



REFERENCES

Dietitians Association of Australia, Dietitians Guide, DAA menu audit tool for aged care homes 2016, 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>

Best Practice Food and Nutrition Manual for Aged Care Facilities Edition 2.1. R. Bartl, C. Bunney Central Coast Local Health District Nutrition Department, NSW Health, Gosford, NSW 2015

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

Menu Name	SPRING MENU 2024		Week 1		SPRING MENU 2024				
Meal Period	Section Name	Mon 30 Sep 2024	Tue 01 Oct 2024	Wed 02 Oct 2024	Thu 03 Oct 2024	Fri 04 Oct 2024	Sat 05 Oct 2024	Sun 06 Oct 2024	
Breakfast	Hot			Spaghetti with Tomato and Cheese				Bacon and Eggs	
	Continental Breakfast	Continental BFast							
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	Porridge							
Morning Tea	Snack Items	Zucchini Slice	Raspberry and Coconut Slice	Carrot Cake	Cinnamon Scroll	ANZAC Biscuits	Strawberry and Vanilla Cake	Caramel Slice	
Lunch	Hot Beverages	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	
	Texture Modified - PU4	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	
	Option 1	Beef Brisket With Honey and BBQ Sauce	Chicken A La King	Grilled Fish with Bearnaise Sauce	Savoury Lamb Mince	Homemade Crumbed fish with Lemon and tartare sauce	Pork Stroganoff	Roast Beef with Gravy	
	Option 2	Chicken Meatloaf with Gravy	Vegetable Pasta Bake	Summer Harvest Beef Stew	Macaroni and Cheese Bake	Country Lamb Sausage Stew	Chinese Style Stir Fry Chicken with Vegetables and Noodles	Spinach and Ricotta Ravioli	
	Side Starches	Roasted Rosemary Potatoes	Steamed Rice	Crushed Herb Potatoes	Mash Potato	Chips	Mash Potato	Roast Potato	
	Side Vegetables	Steamed Carrot, Zucchini, Cauli and Broccoli	Buttered Baby Beans	Steamed Broccoli	Yellow and Green beans buttered	Garden Salad	Brussel Sprouts, Steamed	Broccoli and Cauliflower	
	Sides		Roast Pumpkin	Herbed Baby Carrots		Red Capsicum, Babycorn, Sugar Snap Peas, Carrot and Broccoli	Roast Sweet Potatoes		
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich							
	Salads	Garden Salad with Ham, Salami and Silverside							
	Desserts	Mango Mousse	Pear and White Chocolate Crumble, Custard	Lemon Self Saucing Pudding with Ice cream	Vanilla Pannacotta	Ice Cream Sundae	Sultana and Cinnamon bread and butter Pudding with Cream	Ice Cream and Caramel Topping	
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4, TM Lamb - PU4	
	Afternoon Tea	Snack Items	Sweet Biscuits						
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	Yoghurt, Custard, Puree Fruit							
Dinner	Soups	Spring Vegetable Soup	Pumpkin Soup	Cream Of Mushroom Soup	Chicken and Vegetable Soup	Carrot and Coriander Soup	Minestrone Soup	Roasted Cauliflower Soup	
	Option 1	Lamb Rissoles with Gravy	Slow Braised Beef Casserole	BBQ Chicken Drumsticks	Quiche Lorraine	Party Pies and Sausage rolls	Lamb Ragout	Grilled Pork sausages And Caramelised Onions	
	Option 2					Sweet and Sour			
	Side Starches	Roast Sweet Potatoes	Roasted Rosemary Potatoes	Sweet Potato Mash	Potato Wedges	Steamed Rice	Roast Sweet Potatoes	Chips	
	Side Vegetables	Buttered Peas	Buttered Green Beans		Red Capsicum, Carrot, Yellow and Green Beans	Yellow and Green beans buttered	Broccoli and Cauliflower	Garden Salad	
	Sides	Roasted zucchini with garlic and mixed herbs		Cauliflower, Broccoli and Carrot		Buttered Carrots			
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich							
	Salads	Garden Salad with Ham, Salami and Silverside							
	Desserts	Jelly with Two Fruits and Cream	Pears and Custard	Fresh Fruit Salad with Yoghurt	Stewed Apples with Custard	jelly, Ice Cream	Fresh Fruit Salad with Yoghurt	Peaches and Custard	
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Lamb - PU4	
	Supper	Snack Items	Sweet Biscuits						
		Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich						
	Hot Beverages	Tea and Coffee							

Menu Name	SPRING MENU 2024		Week 2		SPRING MENU 2024				
Meal Period	Section Name	Mon 07 Oct 2024	Tue 08 Oct 2024	Wed 09 Oct 2024	Thu 10 Oct 2024	Fri 11 Oct 2024	Sat 12 Oct 2024	Sun 13 Oct 2024	
Breakfast	Hot			Pancakes with Maple syrup				Bacon and Eggs	
	Continental Breakfast	Continental BFAST							
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	Porridge							
Morning Tea	Snack Items	Banana Cake	Lemon slice	Jam Drops	Apple and Cinnamon Muffin	Cheese and Crackers	Fruit Scones with Chantilly Cream	Glazed Apricot and Custard Slice	
	Hot Beverages	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	
	Texture Modified - PU4	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	Yoghurt, Custard, Puree Fruit	
Lunch	Option 1	Cottage Pie	Grilled Chicken with Diane Sauce	Baked Fish with Lemon Butter Sauce	Corned Beef with Parsley Sauce	Homemade Battered Fish - Lemon and Tartare Sauce	BBQ Pork Riblet (no bone)	Roast Lamb with Mint Jelly or Rosemary Gravy	
	Option 2	Chicken Carbonara	Grilled Pork Sausages and Gravy	Mild Lamb Curry	Chinese Style Stir Fry Chicken with Vegetables and Noodles	Vegetable and Lentil Patties with Tomato relish	Creamy Chicken Alfredo	Mushroom and Leek Quiche	
	Side Starches		Mash Potato	Steamed Rice, Roast Potato	Mashed Potato	Chips	Parsley Potatoes	Crunchy Roast Garlic Potatoes	
	Side Vegetables	Green beans buttered	Steamed Carrot, Peas and Corn	Steamed Broccoli	Defence - Braised Cabbage	Coleslaw	Corn Peas Carrots	Roast Pumpkin	
	Sides	Steamed Honey Carrots with Sesame Seeds	Steamed Pumpkin	Roast Sweet Potatoes	Steamed Peas, Sesame Steamed Carrots			Green beans	
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich							
	Salads	Garden Salad with Ham, Salami and Silverside							
	Desserts	Chocolate and Coffee Mousse	Coconut Pie with Cream	Fruit Cake with Custard	Chocolate Panna Cotta	Ice Cream with Chocolate topping	Creamy Rice Pudding, Berry Compote	Ice Cream with Strawberry Topping	
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Beef - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Beef - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Chicken - PU4
	Afternoon Tea	Snack Items	Sweet Biscuits						
		Hot Beverages	Tea and Coffee						
Texture Modified - PU4		Yoghurt, Custard, Puree Fruit							
Dinner	Soups	Pea and Ham Soup	Corn and Chicken Soup	French Onion Soup	Lentil and Chunky Vegetable Soup	Roast Sweet Potato Soup w cumin	Crema Of Chicken Soup	Tomato Soup	
	Option 1	Lamb Meatball	Savoury Mince	Pickled Pork with White Sauce	Roast Vegetable Frittata	Party Pies and Sausage rolls	Mee Goreng Noodles with Vegetables, Egg and Tomato	Curried Pork Sausages	
	Option 2					Italian Chicken Pasta Bake with Garlic and Herb Crumble			
	Side Starches	Roasted Sweet Potato	Steamed Rice	Mash Potato		Steamed Rice	Asian Slaw	Steamed Rice	
	Side Vegetables	Red Capsicum, Babycorn, Sugar Snap Peas, Carrot and Broccoli	Broccoli and Cauliflower	Brussel Sprouts, Steamed	Garden Salad	Yellow and Green beans buttered		Steamed Peas, Buttered Carrots	
	Sides								
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich							
	Salads	Garden Salad with Ham, Salami and Silverside							
	Desserts	Jellied Fruit Salad, Ice Cream	Stewed Apples with Custard	Fresh Fruit Salad with Yoghurt	Butterscotch Apples with Custard	Jelly with Two Fruits and Cream	Peach melba with raspberry sauce	Stewed Fruits 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 Pumpkin - PU4, TM Green Beans - PU4, TM Beef - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Lamb - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4, TM Chicken - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Chicken - PU4, TM Fish - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Pork - PU4, TM Fish - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Lamb - PU4, TM Beef - PU4
	Supper	Snack Items	Sweet Biscuits						
Sandwiches		Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich							
Hot Beverages		Tea and Coffee							

Menu Name	SPRING MENU 2024		Week 3		SPRING MENU 2024			
Meal Period	Section Name	Mon 14 Oct 2024	Tue 15 Oct 2024	Wed 16 Oct 2024	Thu 17 Oct 2024	Fri 18 Oct 2024	Sat 19 Oct 2024	Sun 20 Oct 2024
Breakfast	Hot			Scrambled Eggs, Half Grilled Tomatoes				Bacon and Eggs
	Continental Breakfast	Continental BFast						
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	Porridge						
Morning Tea	Snack Items	Strawberry and Vanilla Cake	Passionfruit slice	Blondies	Apricot and coconut muffin	Sausage Rolls	Lemonade Scones w Jam and Cream	White chocolate and macadamia slice
Lunch	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	Yoghurt, Custard, Puree Fruit						
	Option 1	Corned Beef Silverside with Mustard Sauce	Apricot Chicken	Baked Fish with Cheese and Parsley Sauce	Beef Spaghetti Bolognaise	Homemade Battered Fish - Lemon and Tartare Sauce	Pork Chops with Onion Gravy	Roast Beef with Gravy
	Option 2	Portuguese Style Chicken	Pork and Vegetable Meatloaf with Gravy	Lamb Rissolles with Gravy	Vegetable and Lentil curry	Irish Stew	Chicken Pesto Pasta	Cheese and Asparagus Quiche
	Side Starches	Mash Potato	Roast Pumpkin	Roast Sweet Potatoes	Steamed Rice	Chips	Golden Roast Chat Potatoes	Roast Potato
	Side Vegetables	Buttered Yellow Beans	Steamed cauliflower	Steamed Zucchini and Beans	Steamed Broccoli	Garden Salad	Brussel Sprouts, Steamed	Roast Pumpkin
	Sides	Buttered Carrots	Peas		Steamed cauliflower	Cauliflower, Broccoli and Carrot	Steamed cauliflower	Steamed Peas
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich						
	Salads	Garden Salad with Ham, Salami and Silverside						
	Desserts	Banana and Caramel Mousse	French Vanilla Cheesecake with Cream	Orange Syrup Cake with Custard	Baked Custard	Ice Cream with Strawberry Topping	Sultana Pudding with Cream	Vanilla Ice cream with Mixed Berry Compote
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Beef - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Chicken - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Beef - PU4, TM Chicken - PU4
	Afternoon Tea	Snack Items	Sweet Biscuits					
Hot Beverages	Tea and Coffee							
Texture Modified - PU4	Yoghurt, Custard, Puree Fruit							
Dinner	Soups	Chicken and Noodle Soup	Pumpkin Soup	Cream Of Mushroom Soup	Asparagus Soup	Carrot and Coriander Soup	Minestrone Soup	Roasted Cauliflower Soup
	Option 1	Fish with Italian Tomato Olive Sauce	Shepherds Pie	Grilled Pork Sausages and Gravy	Potato Ham and Caramelised Onion Frittata	Party Pies and Sausage rolls	Salmon and Vegetable Pattie	Pork Goulash
	Option 2					Chinese Style Stir Fry Chicken with Vegetables and Noodles		
	Side Starches	Golden Roast Chat Potatoes		Mash Potato	Crunchy Roast Garlic Potatoes		Potato Gems	Mash Potato
	Side Vegetables	Sauted Zucchini with Garlic	Garden Salad	Yellow and Green beans buttered	Garden Salad		Steamed Carrot, Peas and Corn	Carrot, Potato, Sweet Potato and Pumpkin
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich						
	Salads	Garden Salad with Ham, Salami and Silverside	Chefs Daily Salad	Garden Salad with Ham, Salami and Silverside	Garden Salad with Ham, Salami and Silverside	Garden Salad with Ham, Salami and Silverside	Garden Salad with Ham, Salami and Silverside	Garden Salad with Ham, Salami and Silverside
	Desserts	Seedless Watermelon, Ice Cream	Banana Custard	Jelly with Two Fruits and Cream	Stewed Apples with Custard	Raspberry Flummery	Fresh Fruit Salad with Yoghurt	Ice Cream and Caramel Topping
	Hot Beverages	Tea and Coffee						
	Texture Modified - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Pork - PU4
Supper	Snack Items	Sweet Biscuits						
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich						
	Hot Beverages	Tea and Coffee						

Menu Name	SPRING MENU 2024		Week 4		SPRING MENU 2024				
Meal Period	Section Name	Mon 21 Oct 2024	Tue 22 Oct 2024	Wed 23 Oct 2024	Thu 24 Oct 2024	Fri 25 Oct 2024	Sat 26 Oct 2024	Sun 27 Oct 2024	
Breakfast	Hot			Pancakes with Maple syrup				Bacon and Eggs	
	Continental Breakfast	Continental BFAST							
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	Porridge							
Morning Tea	Snack Items	Banana Bread	Cheese and Garlic Scones with tomato Relish	Afghans Biscuits	Strawberry Vanilla Crumble Muffin	Cheese and Crackers	Scones with preserves and cream	Lamingtons	
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	Yoghurt, Custard, Puree Fruit							
Lunch	Option 1	Beef Meatballs with Creamy Mushroom Sauce	Chicken Schnitzel with Gravy	Tuna Mornay with Crispy Crumble	Corned Beef with Parsley Sauce	Homemade Crumbed fish with Lemon and tartare sauce	Slow Cooked Moroccan Lamb	Roast Pork with Apple Sauce or Gravy	
	Option 2	Chicken and Mushroom Pasta	Pork Goulash	Lamb Rissoles with Gravy	Bacon Egg Pie	Mild Lamb Curry	Chicken and Vegetable Hot Pot	Vegetable and Lentil Patties with Tomato relish	
	Side Starches	Mash Potato	Potato Wedges	Sweet Potato Mash	Roast Chat Potatoes with Tuscan Herbs	Chips, Steamed Rice	Roast Pumpkin	Parsley Potatoes	
	Side Vegetables	Steamed Broccoli	Braised Cabbage, Garden Salad	Steamed Carrot, Zucchini, Cauli and Broccoli	Brussel Sprouts, Steamed	Garden Salad	Yellow and Green beans buttered	Steamed Carrot, Zucchini, Cauli and Broccoli	
	Sides	Carrots with Dill Butter			Steamed carrots and honey drizzle				
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich							
	Salads	Garden Salad with Ham, Salami and Silverside							
	Desserts	Chocolate Mousse	Lemon Sago with Cream	Apple Strudel, Custard	vanilla pannacotta	Ice Cream Sundae	Two Fruit Trifle	Ice Cream with Chocolate topping	
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Beef - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Pork - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Fish - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Pork - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Fish - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Lamb - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Carrot - PU4, TM Broccoli - PU4, TM Pork - PU4, TM Chicken - PU4
	Afternoon Tea	Snack Items	Sweet Biscuits						
Hot Beverages		Tea and Coffee							
Texture Modified - PU4		Yoghurt, Custard, Puree Fruit							
Dinner	Soups	Pea and Ham Soup	Cream of Chicken Soup	French Onion Soup	Lentil and Chunky Vegetable Soup	Roast Sweet Potato Soup w cumin	Potato and Leek Soup	Tomato Soup	
	Option 1	Seafood Basket with Lemon and Tartare Sauce	Beef Spaghetti Bolognaise	Pork and Vegetable Meatloaf with Gravy	Spinach and Cheese Quiche	Party Pies and Sausage rolls	Curried Prawns	hoisin pork rissole	
	Option 2					Chicken and Vegetable Hot Pot			
	Side Starches	Chips		Steamed potato			Steamed Rice	Roast Sweet Potatoes	
	Side Vegetables	Garden Salad	Red Capsicum, Carrot, Yellow and Green Beans	Peas, Corn and Capsicum	Greek Salad	Buttered Carrots	Steamed Peas	Green Beans and Carrots	
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich							
	Salads	Garden Salad with Ham, Salami and Silverside							
	Desserts	Jellied Fruit Salad, Custard	Apricot and Custard	Fresh Fruit Salad with Yoghurt	Stewed Fruits with Custard	Caramel Pears with Cream	Sliced Melons, Ice Cream	Banana Custard	
	Hot Beverages	Tea and Coffee							
	Texture Modified - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Beef - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Pork - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Lamb - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Chicken - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Fish - PU4	TM Puree Potato - PU4, TM Pumpkin - PU4, TM Green Beans - PU4, TM Pork - PU4
	Supper	Snack Items	Sweet Biscuits						
Sandwiches		Selection Of Ham and Cheese, Egg and Mayo, Salad Sandwich							
Hot Beverages		Tea and Coffee							

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