

MENU REVIEW



Compass Group Dietetic Services

Date 18/01/2024

To whom it may concern,

Thank you for the opportunity to review the four-week Morrison Living Summer 2023 menu for Akooramak Care of Older Persons- Home.

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

The attached Morrison Living Summer 2023 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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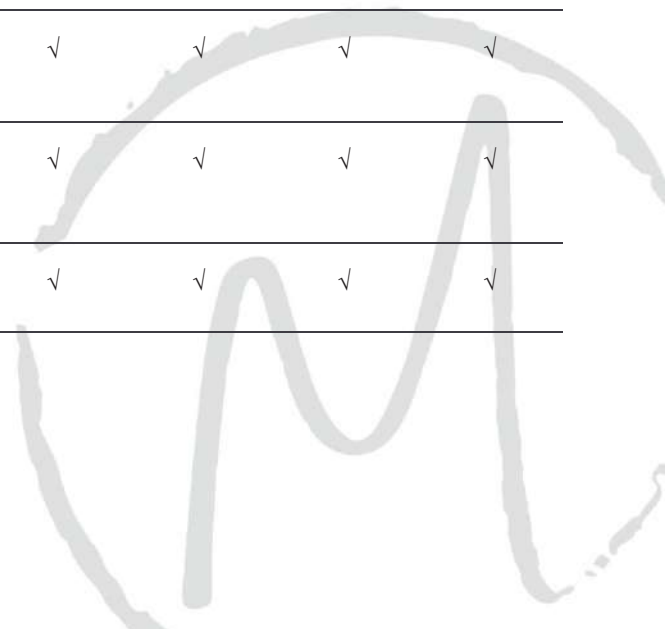
COMPLIANCE WITH MORRISON'S NUTRITION AND MENU PLANNING STANDARDS

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 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).

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Residents have at least 2 hot choices at main meals.

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1 substantial soup (ie thick and creamy with vegetable soups containing barley and legume) offered per day

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√

1 Fortified starch (chips/buttered mash/garlic breads/ sour cream wedges) offered per day

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At least 1 orange and 1 green vegetable offered per day

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All meals to be served with vegetables or side salads.

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√

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.

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√

2 sandwiches offered per day. Sandwiches include a serve of protein such as meat, chicken, fish, eggs or cheese.

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Variety of Breads, rolls and toasts to be offered with lunch and dinner.

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Fish/seafood is included on the menu at least 2 times each week.

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√



MENU REVIEW

The menu cycle is a minimum of 3 weeks duration	√
High kilojoule sweet and savoury 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 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

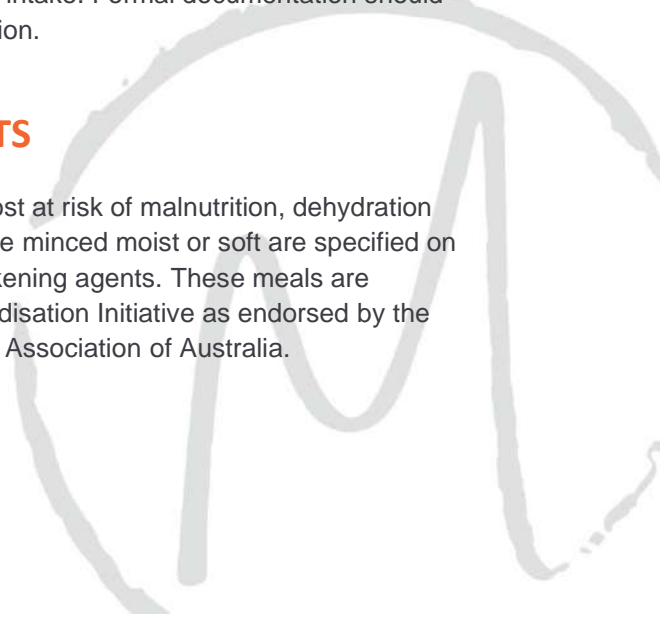
The Australian dietary guidelines are intended for people in the general healthy population and do not apply to people with medical conditions requiring specialised dietary advice. Multiple acute &/or chronic health issues are common with many residents in aged care facilities and individual meal plans 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

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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

Calvary National Aged Care Menu Guide 2018.

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

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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	Category Name	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Hot Bfast	Porridge	Porridge	Pancake	Porridge	Porridge	Porridge	Bacon & Eggs
	Cont	Continental BFast	Continental BFast	Continental BFast	Continental BFast	Continental BFast	Continental BFast	Continental BFast
Morning Tea	Offering	ESS OR - Date Scones	Vegemite and Cheese Pinwheels	Chocolate Chip Cookies	Raspberry and Greek yoghurt muffins	Cheese and Bacon Scones	Carrot Cake	Shortbread biscuits
Lunch	Main 1	Beef and Vegetable Curry	Chicken Meatloaf W Gravy	Corned Beef W White sauce	Crispy Roast Chicken, Herbed Garlic Sauce	Crumbed fish fillet with Lemon and tartare sauce	Slow Cooked Lamb Hot Pot	Roast Beef with Gravy
	Main 2	Baked Chicken with Gravy	Roast Pork with Apple Sauce or Gravy	Hoisin Pork Rissoles	Savoury Lamb Mince	Cheese Burger	Chicken and Mushroom Casserole	Fish cakes
	Starch	Mash Potato Fresh	Roasted Chat Potatoes with Garlic and Rosemary	Roasted Sweet Potato	Crushed Herb Potatoes	Chips	Roast Veg	Steamed Rice
	TMO	TM Chicken - PU4, TM Beef - PU4	TM Chicken - PU4, TM Pork - PU4	TM Pork - PU4, TM Fish - PU4	TM Chicken - PU4, TM Lamb - PU4	TM Lamb - PU4, TM Fish - PU4	TM Lamb - PU4, TM Chicken - PU4	TM Beef - PU4, TM Fish - PU4
	Side 1	Peas	Zucchini with Garlic and Mixed Herbs	Broccoli - From Frozen	Steamed Greens	Basic Garden Salad	Buttered Baby Beans	Mixed Vegetables
	Side 2	Carrots - from frozen	Roast Pumpkin		Baby carrots Honey Glazed (frozen)		Baby carrots (frozen)	
	Desert	Strawberry Mousse	Fruit Crumble With Cream	Lemon Self Saucing Pudding	Fruit Salad with Custard	Icecream Sundae	Apple Pie	Sticky Date Pudding with Butterscotch Sauce
Afternoon Tea	Offering	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits
Dinner	Soup	Asparagus Soup	Roast Pumpkin Soup	Minestrone Soup	Roasted Cauliflower Soup	Spring Vegetable Soup	Zucchini and Parmesan Soup	Tomato Soup
	Main 1	Baked Marinated Fish	Beef Rissoles w- Tomato Gravy	Macaroni Bolognese bake	Beef Lasagne	Happy Hour	Sweet & Sour Pork	Toasted Sandwiches
	SB6					Hungarian Goulash		Lamb Curry
	TMO	TM Chicken - PU4, TM Beef - PU4	TM Chicken - PU4, TM Pork - PU4	TM Pork - PU4, TM Fish - PU4	TM Chicken - PU4, TM Lamb - PU4	TM Lamb - PU4, TM Fish - PU4	TM Lamb - PU4, TM Chicken - PU4	TM Beef - PU4, TM Fish - PU4
	Starch	Chat Potatoes Buttered	Sweet Potato Mash	Chips (frozen, fries)	Mash Potato Fresh	Steamed Rice	Roasted Sweet Potato	Mash Potato Fresh
	Side 1	Mixed Vegetables	Silverbeet with Citrus Dressing	Basic Garden Salad	Mixed Vegetables	Baby carrots (frozen)	Mixed Vegetables	sweet corn
	Side 2					Broccoli - From Frozen		Steamed Peas
Desert	Jelly	Jelly with Two Fruits and Cream	Pears and Custard	Tropical Fruit Flummery	Stewed apples W Custard	Turkish Delight Pannacotta	Icecream	
Supper	Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	

Week 2

Week 2	Category Name	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast	Porridge	Porridge	Porridge	Cheesy Scrambled Eggs	Porridge	Porridge	Porridge	Bacon & Eggs
	Cont	Continental BFast	Continental BFast	Continental BFast	Continental BFast	Continental BFast	Continental BFast	Continental BFast
Morning Tea	Offering	Fruit Scones with Chantilly Cream	Vegemite & Cheese Twists	Chocolate Chip Muffin	Savoury Muffin	Banana Bran Muffins	Cheese and Crackers	Raspberry and Coconut Slice
Lunch	Main 1	Grilled Chicken with Diane Sauce	Veg Frittata	Maple Glazed Pork W Gravy	Roast Chick Thigh with Carmelised Onion	Battered Fish with Lemon and Tartare Sauce	Beef Diane	Roast Pork with Apple Sauce or Gravy
	Main 2	Beef Stroganoff	Beef Brisket With Honey and BBQ Sauce	Chicken Cacciatore	Braised Beef and Shallot Casserole	Spaghetti Mince	Chicken Carbonara	Chicken Pesto Pasta
	TMO	TM Fish - PU4, TM Beef - PU4	TM Chicken - PU4, TM Pork - PU4	TM Beef - PU4, TM Fish - PU4	TM Pork - PU4, TM Fish - PU4	TM Chicken - PU4, TM Lamb - PU4	TM Pork - PU4, TM Fish - PU4	TM Fish - PU4, TM Lamb - PU4
	Starch	Crispy Baked Potatoes	Sweet Potato Mash	Roast Pumpkin	Mash Potato Fresh	Chips	Crushed Herb Potatoes	Roasted Sweet Potato
	Side 1	Buttered Baby Beans	Minted Peas	Mixed Vegetables	Steamed Green Beans	Coleslaw Basic	Spinach & Cabbage	Broccoli
	Side 2	Cauliflower	Carrots with Dill Butter		Buttered Corn Kernels		Buttered Yellow Beans	Baby carrots Honey Glazed
	Desert	Lemon Self Saucing Pudding	Mango Mousse	Pear and White Chocolate Crumble	Apple Pie	Ice Cream Sundae	Creamy Rice Pudding	Chocolate Brownie
Afternoon Tea	Offering	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits
Dinner	Soup	Cream Of Mushroom Soup	French Onion Soup	Carrot and Ginger Soup	Cream of Broccoli Soup	Sweet Potato Soup	Tomato and Basil Soup	Minestrone Soup
	Main 1	Indivial Meat Pie	Grilled Honey Balsamic Chicken	Spaghetti & Meatballs	Pork Stirfry	Happy Hour	Ham and Pineapple Pizza	Fish Cake
	Main 2					Lamb Curry		
	TMO	TM Beef - PU4, TM Chicken - PU4	TM Chicken - PU4, TM Pork - PU4	TM Chicken - PU4, TM Beef - PU4	TM Lamb - PU4, TM Chicken - PU4	TM Beef - PU4, TM Fish - PU4	TM Chicken - PU4, TM Lamb - PU4	TM Pork - PU4, TM Chicken - PU4
	Starch	Roasted Sweet Potato	Mash Potato		Steamed Rice	Steamed Rice	Garden Salad	Chips
	Side 1		Mixed Vegetables	Coleslaw Basic				
	Side 2	Basic Garden Salad			Mixed Vegetables			Mixed Vegetables
Desert	Jellied Fruit	Lemon Delicious	Mixed Stone Fruit Cobbler	Bread and Butter Pudding	Fruit Salad with Custard	Vanilla Pannacotta	Fresh Fruit Salad with Yoghurt	
Supper	Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuit	Sweet Biscuits	

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