

# MENU REVIEW

Akooramak Care



Compass Group Dietetic Services

Date 21/08/2025

To whom it may concern,

Thank you for the opportunity to review the four-week Morrison Living Spring 2025 menu for Akooramak Care.

The menu has been evaluated for nutritional completeness & food variety using the Morrison Living Nutrition & 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 menu has been adapted to the preferences and expectations of Akooramak's residents. This is in accordance with the Aged Care Quality Framework - Standard 6, which emphasises and prioritises cultural expectations and the food / meal preferences of residents over strict nutritional benchmarks. The menu offers a variety of salad options and ample vegetable side dishes, but no vegetarian main courses. The menu also includes lighter options which cater to residents who may prefer a cold meal at either Lunch or Dinner.

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

Kind regards



Dion Justin Mocsari

B.Sc. Nutrition (UWS), M.Sc. Public Health Nutrition (UoW), M.Sc. Nutrition & Dietetics (UoW),

National Dietitian (Healthcare) Compass Group Australia

e-mail: [DionMocsari@Compass-Group.com.au](mailto:DionMocsari@Compass-Group.com.au)

Mob: +61 408 770 588

# 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			
BREAKFAST	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.	√	√	√	√



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 (i.e. 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 can 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 can 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 daily. 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.

Morrison's 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>

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>.

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](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

[illegible]

## Week 2

[illegible]



## Week 3

[illegible]



## Week 4

Menu Name	MASTER SPRING MENU 2025		Week 4	Cycle 1	Download Date: 21/08/2025 11:59			
Meal Period	Section Name	Mon 22 Sep 2025	Tue 23 Sep 2025	Wed 24 Sep 2025	Thu 25 Sep 2025	Fri 26 Sep 2025	Sat 27 Sep 2025	Sun 28 Sep 2025
Breakfast	Hot			Beef chipolata, Scrambled Eggs				Scrambled Eggs, Grilled Bacon
	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
	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	Porridge	Semolina	Porridge	Semolina	Porridge	Semolina	Porridge
	Texture Modified - SB6	Scrambled Eggs		Scrambled Eggs		Scrambled Eggs	Scrambled Eggs	Scrambled Eggs
Morning Tea	Snack Items	Coffee Cake	Pumpkin and Corn Bread	Peanut Butter Cookies	Chocolate Chip Muffin	Cheese and Crackers	Scones with preserves and cream	Strawberry and Vanilla Cake
	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	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit
	Texture Modified - SB6	Coffee Cake	Lemon Cake	Cottage Cheese	Plain Muffin	Smooth Rice Pudding	Marble Cake	Glazed Apricots
Lunch	Option 1	Beef Meatballs with Creamy Mushroom Sauce	Chicken Schnitzel with Gravy	Seafood Basket with Lemon and Tartare Sauce	Corned Beef with Parsley Sauce	Homemade Battered Fish - Lemon and Tartare Sauce	Lamb Chops with Diane Sauce	Roast Pork with Apple Sauce or Gravy
	Option 2	Chicken and Prawn Pad Thai	Vegetable Patties	Lamb Rissoles with Gravy	Corned Beef Silverside with	Mild Lamb Curry	Chicken Pot Pie	Ham and Cheese Quiche
	Side Starches	Mash Potato	Chips, Mash Potato	Sweet Potato Mash, Roast Sweet Potatoes	Roast Chat Potatoes with Tuscan Herbs, Steamed Rice	Chips, Steamed Rice	Roast Pumpkin	Paprika and Rosemary Roast Potato
	Side Vegetables	Steamed Broccoli	Garden Salad	Steamed Carrot, Zucchini, Cauli and Broccoli	Brussel Sprouts, Steamed	Garden Salad	Yellow and Green beans buttered	Buttered Baby Beans
	Sides	Carrots with Dill Butter	Cauliflower, Broccoli and Carrot		Honey Glazed Baby Carrots, Steamed Broccoli	Carrot, Potato, Sweet Potato and Pumpkin		Roast Carrot, Steamed Carrots
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad
	Salads	Garden Salad with Cheese and Ham	Garden Salad with Silverside and	Garden Salad with Tuna and Egg	Garden Salad with Chicken and Cheese	Garden Salad with Cheese and Ham	Garden Salad with Silverside and	Garden Salad with Tuna and Egg
	Desserts	Chocolate Mousse	Sticky Date Pudding with Butterscotch Sauce	Apple Pie, Custard	Pineapple Upside Down Cake, Custard	Ice Cream Sundae	Two Fruit Trifle	Ice Cream with Chocolate topping
	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	TM Puree Potato - PU4, TM Beef - PU4, TM Chicken - PU4, TM Carrot - PU4, TM Broccoli - PU4	TM Puree Potato - PU4, TM Chicken - PU4, TM Pork - PU4, TM Pumpkin - PU4, TM Green Beans -	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Sweet Potato - PU4,	TM Puree Potato - PU4, TM Chicken - PU4, TM Beef - PU4, TM Carrot - PU4, TM Spinach - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Sweet Potato - PU4,	TM Puree Potato - PU4, TM Lamb - PU4, TM Chicken - PU4, TM Pumpkin - PU4, TM Green Beans -	TM Puree Potato - PU4, TM Pork - PU4, TM Fish - PU4, TM Carrot - PU4, TM Broccoli - PU4
	Afternoon Tea	Snack Items	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits
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		Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit	Choice of: Yoghurt, Custard, Puree Fruit
Dinner	Soups	Pea and Ham Soup	French Onion Soup (Mix)	Cream of Broccoli and Sweet Corn Soup	Lentil and Chunky Vegetable Soup	Curried Lentil and Sweet Potato Soup	Chicken and Vegetable Soup	Tomato Soup
	Option 1		Hoisin Pork Rissoles	fish cakes	Butter Chicken Curry	Party Pies and Sausage rolls	Beef Lasagne	Oregano and Paprika Chicken Drumettes
	Side Starches	Potato Gems, Mash Potato	Mash Potato with Garlic	Crushed Herb Potatoes,	Steamed Rice, Coleslaw	Mash Potato	Mash Potato with Garlic	Roast Sweet Potatoes,
	Side Vegetables	Garden Salad	Red Capsicum, Carrot, Yellow and Green Beans	Braised Cabbage	Yellow and Green beans buttered	Red Capsicum, Carrot, Yellow and Green Beans	Broccoli and Cauliflower	Garden Salad
	Sides	Steamed Carrots		Cauliflower, Broccoli and Carrot	Carrot, Potato, Sweet Potato and Pumpkin	Buttered Carrots, Steamed Broccoli		Cauliflower, Broccoli and Carrot
	Sandwiches	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad
	Salads	Garden Salad with Cheese and Ham	Garden Salad with Silverside and	Garden Salad with Salami and Cheese	Garden Salad with Chicken and Cheese	Garden Salad with Cheese and Ham	Garden Salad with Silverside and	Garden Salad with Salami and Cheese
	Desserts	Fresh Fruit Salad with Yoghurt	Poached Pears, Custard	Jellied Fruit Salad, Custard	Stewed Fruits with Custard	Vanilla Cake	Chocolate Panna Cotta	Jelly with Lychee, Custard
	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	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Sweet Potato - 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 Corn- PU4, TM Peas - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Beef - PU4, TM Pumpkin - PU4, TM Green Beans -	TM Puree Potato - PU4, TM Chicken - PU4, TM Lamb - PU4, TM Corn- PU4, TM Broccoli - PU4	TM Puree Potato - PU4, TM Fish - PU4, TM Lamb - PU4, TM Sweet Potato - PU4,	TM Puree Potato - PU4, TM Pork - PU4, TM Chicken - PU4, TM Corn- PU4, TM Peas - PU4
	Supper	Snack Items	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits	Sweet Biscuits
Sandwiches		Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad	Selection Of Ham and Cheese, Egg and Mayo, Chicken and Mayo, Salad
Hot Beverages		Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee	Tea and Coffee

Morrison  
LIVING