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McKenzie Menu Review

Seasonal Menu 4

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Menu Review



This Menu Review has been conducted using the Dietitian’s Association of Australia’s Menu Review Audit Tool for Aged Care Homes. The tool aims to provide a standardised methodology for reviewing adequacy of menus, and to provide some clear guidelines for both Dietitian’s and for care homes for menu development and nutrition care.

This Menu Review is intended to assess the adequacy of the menu provided in meeting nutrition and hydration needs of residents based on the resident profile analysis and current guidelines for nutritional needs of older adults. It is based on a ‘medium’ size meal and assuming all meals and snacks provided are eaten.

The review cannot be used to guarantee the adequacy of intake for an individual person. To determine adequacy of intake for individuals, regular nutrition screening, weight monitoring and observation of food intake is required. An Accredited Practising Dietitian (APD) with experience in the aged care sector should be consulted for any person who is losing weight unintentionally or who requires a special diet. Plate waste also needs to be taken into consideration.

Underlying principles:

‘In long term aged care, food does not just contribute to the physical and functional well- being of residents but also to quality of life.’ (Bartl and Bunney, 2015)

Australian Government Aged Care Quality and Safety Commission implemented the new Aged Care Standards [2019], which outline the quality standards for Aged Care facilities.

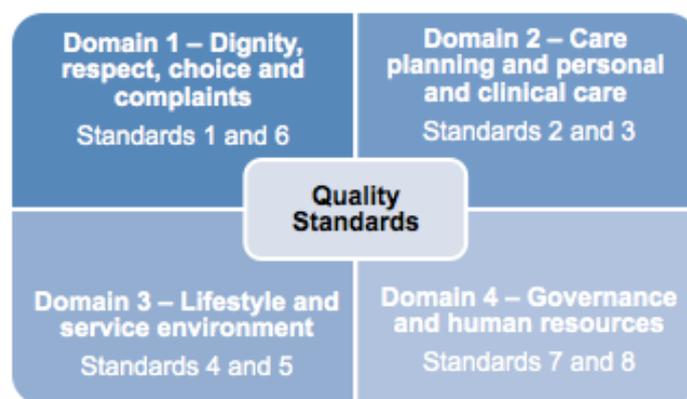
Quality Standards

Domain 1 - Dignity, respect, choice and complaints - Standards 1 and 6

Domain 2 - Care planning and personal and clinical care- Standards 2 and 3

Domain 3 - Lifestyle and service environment- Standards 4 and 5

Domain 4 - Governance and human resources - Standards 7 and 8



Residents are provided with food that that is appealing as well as nutritionally adequate

- The menu provides ample opportunities for residents to be able to consume the recommended number of serves from each of the Australian Guide to Healthy Eating (AGHE) Food Groups for their respective age group.
- The menu is planned around the preferred food choices of the residents.
- The menu is planned using best practice principles for menu planning that take into consideration the psychological, religious and cultural needs of residents.
- Residents with higher nutrient needs or a requirement for special diets are provided adequate amounts and appropriate types of food/ fluids.

The processes outlined in this review should be considered the minimum required to achieve optimal nutrition for your residents. Your Accredited Practising Dietitian can also provide the following reviews:

- Nutrition analysis of the menu or recipes to determine the adequacy of nutrients provided
- Assessment of nutrition support procedures and nutrition care
- Review of supplement use
- Assessment of documentation of resident requirements
- Assessment of provision of special diets
- Analysis of food ordering patterns from suppliers
- Advice on culturally appropriate menu planning
- Development of sample menus

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EXECUTIVE SUMMARY

COMMENDATIONS

The Menu Audit tool provides national standards and consistent methodology and approach to assessing the Aged Care menu. It is not a set of standards for compliance, but an assessment of how the organisation is meeting Best Practice Guidelines, using a variety of strategies that are specific for the residents in the facility. It comprehensively assesses the facility menu against key factors, including nutritional adequacy, resident menu preferences and the dining experience which impact on the health and wellbeing of each resident.

8.0 MENU PLANNING:

Considerable effort expended to obtain resident feedback and input into current menu along with input from staff from all areas in the homes. Addition of specific resident requested meals one day a month based on feedback from menus an excellent addition promoting further resident choice.

High nutritional quality meal provision/options with minimal low protein / convenience options.

QUALITY IMPROVEMENT:

Quality improvement activities in Food Service and Nutrition and Hydration Management are important in Aged Care.

It is important to note that the menu review process cannot be used to guarantee the adequacy for individual residents and does not replace the need for specialist dietetic care.

Completed by Consultant Dietitian

Melissa Ruffa

Eat Well Be Well

Accredited Practising Dietitian & Nutritionist

November 2021

RECOMMENDED ACTIONS

A summary of the recommendations from the menu audit review would be to:

See also main document

7.0 CORE GROUPS & NUTRITIONAL ADEQUACY

- Ensure that vegetarian dishes contain adequate protein: recommendation is 15g for high protein dishes and 8-10g for low protein dishes. For externally sourced items, ensure that products meet these guidelines with a view to providing a minimum of one high protein and one low protein dish per day, preferably two high protein dishes/d (7.1.8).
- Would recommend a review of protein type distribution in menu for resident enjoyment/ reduce follow-on proteins in some weeks (7.1.10).

8.0 MENU PLANNING

- Consider developing a finger food menu (8.1.3).
- Recommend documenting vegetables offered - minimise use of 'seasonal vegetables'.
- Strongly recommend documenting the TMD Menu to enable an assessment of adequate variety and nutritional adequacy for these residents.
- Recommend reviewing variety of soups to avoid some repetitions.
- Recommend documenting the vegetarian menu to ensure nutritional adequacy particularly with respect to protein.
- Recommend documenting all mid-meals on menu including supper.

8.2 DOCUMENTATION / TRAINING

- Recommend staff training on nutrition requirements for the elderly.
- Recommend auditing portion sizes on sites to ensure nutritional adequacy of meal provision.

QUALITY IMPROVEMENT ACTIVITIES IN FOOD SERVICE AND NUTRITION AND HYDRATION MANAGEMENT is important. Some improvement activities *might* include-:

- Recommend on-going training and auditing of portion sizes to ensure nutritional adequacy. On-going training and auditing of texture modified diets to ensure appropriate items provided to residents.
- Noted Group is using Dietitian-developed resource for standardised serves. Noted that residents may request smaller meals however the medium/average meal and menu should meet the Australian Guidelines for Healthy Eating. Smaller appetites may require systematic fortification of menu items to ensure nutrition adequacy of their intake.

NEW MANDATORY TEXTURE MODIFICATION CRITERIA

In May 2019 new texture modification criteria will be implemented following the IDDSI International Dysphagia Diet Standardisation Initiative. SEE Appendix 3.

Recommended date for next menu review audit:

DAA recommends that your menu is reviewed by an Accredited Practising Dietitian seasonally, or when significant changes have been made to your menu.

BACKGROUND INFORMATION

1. CARE HOME DETAILS

ORGANISATION	McKenzie Aged Care Group	
Address	33 Newmans Road, Templestowe VIC 3106	
Contact person(s)	Sam Coady-Shiels, Group Hospitality Manager	
Contact details	Mobile: 0455745803 Phone: (03)95918100 E-Mail: scoady-shiels@mckenzieacg.com	
Number of residents		
	Care	Number
Type of care provided (approx. number of residents)		
Other meals provided (approx. number of residents)		

2. DETAILS OF ACCREDITED PRACTISING DIETITIAN (APD)

Organisation	Eat Well Be Well	
Name of APD conducting the review	Melissa Ruffa APD	
Address	19 Belgrave Street Bronte 2024 NSW	
Contact details	p: 0407 170 909	
Audit information collected via	Questionnaire <input checked="" type="checkbox"/>	Site Visit <input type="checkbox"/>
	Interview <input checked="" type="checkbox"/>	

3. RESIDENT/ CLIENT DETAILS

Age of clients (approx.)	Average (approx.): Age range:	
Religious/ cultural dietary needs of population group (list and include approx. numbers)	European - ~50% Anglo-Saxon - ~50%	

Texture Modified Dietary Requirements (include approx. numbers)	Sites remain on Australian National Standards for Food and Fluids (awaiting IDDSI Implementation) Soft: Minced and Moist: Smooth Pureed: Thickened Fluids Level 150 Level 400 Level 900	
Therapeutic Diets Provided (list and include approximate numbers)	Lactose Free Vegetarian Gluten free	
Diets for Allergies (State Allergen)	Nuts, Shellfish, Mushrooms	
Other: Meals that are being made because the main menu is not suitable e.g. sandwiches	Sandwiches and Salads	

4. FOOD SERVICE DETAILS

Type of food service (e.g. cook fresh/ cook chill/ contracted etc.)	Cook Fresh	
Main meal served at which meal?	Lunch (midday meal): Evening meal:	Lunch
Meal times	Breakfast: Lunch: Evening meal:	8-9am 12-1pm 5-6pm
Mid meal times	Morning tea: Afternoon tea: Supper:	10-10.30am 2-2.30pm 7pm
Menu Structure (e.g. no of weeks, how many choices etc.)	Number of weeks How many hot choices at mid-day How many evening choices	4 week menu cycle 2 hot choices 1 hot choice

5. PREVIOUS MENU REVIEW

Date: January 2020 - Spring/Summer Menus

Accredited Practising Dietitian: Melissa Ruffa

Key Quality Improvements made since previous menu review

6. KEY CONCERNS/ PRELIMINARY REMARKS

List any preliminary concerns or remarks made by the facility	Loves	Comments
Nursing Staff: Food Service: Care/ Lifestyle:		<ul style="list-style-type: none">In addition to resident feedback and menu requests, feedback and suggestions have been provided by nursing staff along with food service staff (baed on interactions and observations of residents) and these have been incorporated.

7. CORE FOOD GROUPS

The menu must provide ample opportunities for residents to be able to consume the recommended number of serves from each of the Australian Guide to Healthy Eating (AGHE) Food Groups for their respective age group.

- www.eatforhealth.gov.au
- www.eatforhealth.gov.au/food-essentials/how-much-do-we-need-each-day/recommended-number-serve-adults

These guidelines have not been written with the needs of the frail elderly in mind, and recommendations about fat and sugar restriction should be relaxed when considering which foods belong in which group.

It must be remembered that the AGHE serves below do not reflect a maximum but rather a minimum amount that might be served on the plate and be available from the menu. There are no standard recommended portion sizes for the aged care sector. Some of the hospital guidelines (see Appendix 5) include guidelines for aged care but have not been developed exclusively for this sector. The approach used in this review is to consider the AGHE food group serves over the whole day to ensure adequate opportunity to reach the goal of consuming all the AGHE recommended amounts every day.

7.1 Lean Meat and Poultry, Fish, Eggs, Nuts and Seeds, and Legumes/Beans

(Referred to as AGHE Meat and Alternatives Group in this guide)

It is difficult to ensure the recommended number of AGHE serves of the AGHE Meat and Alternatives Group each day. An AGHE Meat and Alternatives Group dish must be served at lunch and the evening meal and a variety of meat, fish, chicken, eggs and vegetarian proteins (e.g. legumes, tofu) should be included. Lean red meat is the best source of iron and should be included regularly to ensure adequate iron intakes.

Assessment of menu and reported information from facility.

Food Group	AGHE Sample Serve	MINIMUM AGHE Serves/ Day	Average Opportunities Provided per Day
Lean Meat and Poultry, Fish, Eggs, Nuts and Seeds, and Legumes/Beans	65g lean cooked red meat 80g cooked poultry 100g cooked fish fillet 2 large eggs 1 cup (150g) cooked legumes (dried beans, lentils, chick peas, split peas) 170g tofu 30g nuts/ seeds (1/3 cup)	Men 51-70y+ = 2.5 Women 51-70y+ = 2 19-50y = 2.5	2.75-3.5 x AGHE serves per day, comprising the following: 1-1.5 x Serves at main meal 1 x Serves at light meal (hot choice/ sandwich/ salad) 0.25 x Serves in soup (3/7) 0.5-1 x Serves at breakfast (eggs/ beans served 4-5/7 and additional protein e.g. sausages/bacon 1-2X/ week, peanut butter available) 1 x Serves at Breakfast 7/7 for extra services / dietitian request 0 x Baked into snack items (e.g. egg/ bacon)

LEAN MEAT AND POULTRY, FISH, EGGS, NUTS AND SEEDS, AND LEGUMES/BEANS CHECKLIST

Guideline	Comments	Achieved?	Recommended Action to achieve guideline
7.1.1 The menu provides opportunity to choose a minimum of 2 to 2.5 AGHE servings of the AGHE Meat and Alternatives Group each day	Extra Services with hot Breakfast every day are offered therefore 3-3.5 serves/d. Eggs offered four days a week for Breakfast generally and may include additional protein in the form of sausages/bacon.	Achieved	<ul style="list-style-type: none"> The AGHE guidelines are achieved when appropriate serving sizes are used.

Guideline	Comments	Achieved?	Recommended Action to achieve guideline
7.1.2 AGHE Meat and Alternatives Group foods are spread evenly across the day- at breakfast, midday meal and evening meal. (Ideally ½ to 1 AGHE Serve at breakfast, 1 AGHE Serve at lunch time and 1 AGHE Serve at the evening meal)	Eggs as provided daily to residents on Extra Services and residents as requested by a Dietitian and four days a week generally. Noted that additional protein is offered sides to eggs e.g. bacon, sausages, 2/7, also in the form of nut butters, milk, yoghurt and fortified porridge for all residents.	Achieved	
7.1.3 Texture modified diets TMD (soft-minced moist- pureed) have the same opportunity to meet the recommended AGHE serves of the AGHE Meat and Alternatives Group each day	Reported that texture modified diets also are provided a choice of proteins at lunch	Achieved	
Potential Strategies to Achieve Guidelines			
7.1.4 At least 1 AGHE Meat and Alternatives Group serve is provided at lunch time and the evening meal	Recipes reviewed with respect to protein content per serve which indicate adequacy of protein provision.	Achieved	Achieved when portion sizes of protein components of meals meet Best Practice Guidelines below: 1. Dishes where the predominant ingredient is meat (roasts, grills, fish) called -Group 1-100g serve: > 550kJ and 20g protein 2. Wet dish with a high meat content (casseroles) called -Group 2 -130-160g serve: > 700kJ and 15g protein 3. Main dish with an even mix of meat and vegetables. (stir-fry, lasagne, spaghetti bolognese) called -Group 3- 150-180g serve: > 700kJ and 10g protein

Guideline	Comments	Achieved?	Recommended Action to achieve guideline
7.1.5 AGHE Meat and Alternatives Group options are available at breakfast e.g. eggs, baked beans, bacon, mince (recommended daily if possible)	Extra Services Residents and residents who have egg provision requested by a Dietitian	Achieved	<ul style="list-style-type: none"> Recommend offering eggs every day for all residents, can just be a boiled egg for example.
7.1.6 When no hot breakfast is served, protein is available in the form of milk, cheese, yoghurt, nut pastes	Additional protein is offered in the form of nut butters, milk, yoghurt and fortified porridge for all residents.	Achieved	
7.1.7 Protein is added to the soups where possible (e.g. chicken, meat, fish, legumes, milk, milk powder)	Skim milk powder added to appropriate soups to increase protein content as reported.	Achieved	<ul style="list-style-type: none"> Aim for 1/4 to 1/2 AGHE serve of protein in a serve of soup (180ml). Consider adding milk powder, yoghurt or pureed white beans to soups e.g. pumpkin soup to increase the protein per serving (using appropriate amounts). It is recommended to have a minimum of 5g protein per serving of soup.
7.1.8 Residents requesting a vegetarian meal are provided sufficient AGHE Meat and Alternatives Group alternatives at both the main and the light meal (eggs, legumes, tofu, soy products, nuts plus dairy/ cheese options)	Vegetarian menu not documented. Review of recipes would indicate that vegetarian offerings are lower in protein than recommended.	In progress.	<ul style="list-style-type: none"> Vegetarian diets are required to meet the AGHE e.g. adequate protein source. Recommend that Vegetarian Menu be documented with corresponding standardised recipes. Ensure that vegetarian dishes provide: High Protein Dishes - 15g protein/serve and Low Protein Dishes 8-10g protein/serve. For outsourced items, look for high protein content (>15g/serve) in nutrition information panels.
7.1.9 Sandwiches include a protein source of approximately 50g (e.g. meat, chicken, fish, cheese, egg)	Achieved as reported, unless residents request alternatives	Achieved	<ul style="list-style-type: none"> Ensure all sandwiches contain adequate protein. Aim for 50g of protein sources to be added.

Guideline	Comments	Achieved?	Recommended Action to achieve guideline
7.1.10 A variety of AGHE Meat and Alternatives Group foods is offered- red meat, white meat, poultry, fish, eggs, legumes, nuts, seeds at lunch time and the evening meal	Hot Meals: 6-8 red meat dishes (beef and lamb), 3-4 fish dishes (tuna/salmon salad additional), 0-2 egg dishes, 3-5 white meat dishes, 3-6 poultry dishes, 0-1 vegetarian dish offered weekly.	Achieved	Some follow-ons e.g. beef following beef Friday Week 1 and 2, chicken following chicken Week 2 Saturday - Sunday, Pork following pork Week 3 Wednesday, chicken following chicken Week 4 Friday - Saturday. Noted in Week 2 chicken salad on with chicken, beef salad on with beef and chicken soup on with chicken rissoles.
7.1.11 Residents have the opportunity to choose at least 3 to 4 red meat meals per week (served daily if there are sufficient choices on the menu)	As above.	Achieved	
7.1.12 Residents have the opportunity to choose at least 2 to 3 fish meals per week (including fatty fish such as salmon, sardines, mackerel, tuna etc.)	Hot fish meals offered 3-4x/week, in addition to a tuna salad every week. Fish options include salmon, tuna, barramundi	Achieved	
7.1.13 Low protein convenience foods (e.g. pies, pasties, sausage rolls, chicken nuggets, chicken wings, fish fingers etc. do not replace more nutritious higher protein alternatives as a primary meal choice	Negligible low protein convenience meals in this menu.	Achieved	

7.2 Milk, Cheese, Yoghurt and Alternatives

Milk and dairy foods are major sources of calcium and protein. Dairy foods should be incorporated into the menu in a variety of ways to optimise the possibility of meeting the relatively high requirements of older individuals. For example, if a resident does not drink milk then they may take yoghurt or enjoy cheese and crackers. A resident who takes no dairy foods may need a calcium supplement and may need to be provided greater amounts of other protein foods to meet their needs for protein.

Assessment of menu and reported information from facility.

Food Group	AGHE Sample Serve	MINIMUM AGHE Serves/ Day	Average Opportunities Provided per Day
Milk, Cheese, Yoghurt and Alternatives	250ml milk or non-dairy milk with equivalent protein and calcium (e.g. soy) 125ml evaporated milk 100g condensed milk** 40g cheese (2 slices) 120g ricotta 200g yoghurt 250ml custard 35g full cream milk powder (4Tbsp) 25g skim milk powder (3Tbsp) 2 cups ice cream (5 x 100ml scoops) **	Men 51-70+ = 2.5-3.5 Women 19-70 = 2.5-4	4+ x AGHE serves per day, comprising the following: 1-1.5 x Milk on cereal and yoghurt at breakfast 0.3 x Dairy-based dessert at lunch or dinner 4 x milk available as beverage at meals and mid-meals (

** These items are not specifically part of the AGHE but are included here as AGHE Sample Serves for variety for the frail elderly.

MILK, CHEESE, YOGHURT AND ALTERNATIVES CHECKLIST:

Guideline	Comments	Achieved?	Recommended Action to achieve guideline
7.2.1 The menu provides opportunity to choose a minimum of 3.5 to 4 AGHE servings of Milk, Cheese, Yoghurt and Alternatives per day		Achieved	<ul style="list-style-type: none"> The AGHE guidelines are achieved when appropriate serving sizes are used.
7.2.2 Standard milk and dairy foods are full cream	As reported.	Achieved	

7.2.3 Texture modified diets (smooth pureed and minced and moist) have the same opportunity to meet the recommended AGHE servings of Milk, Cheese, Yoghurt and Alternatives per day	Noted that fortified porridge is provided also (skim milk powder).	Achieved	
Potential Strategies to Achieve Guidelines			
7.2.4 Milk is offered to residents to drink at any time	As reported.	Achieved	<ul style="list-style-type: none"> Milk drinks may be offered routinely or residents may need to ask or be asked if they want a milk drink.
7.2.5 Low fat milk and dairy products are available if clinically indicated or specifically requested	As reported.	Achieved	
7.2.6 High protein/ enriched milk is used in place of regular milk where appropriate	Noted that fortified porridge is available at Breakfast along with fortified smoothies and HEHP milkshakes.	Achieved	<p>High protein enriched milk per 250ml Recipes: (Meals on Wheels Australia) <i>minimum</i> 1 cup of full cream milk + 2 Tablespoons of Skim Milk (SMP) or Full Cream Milk Powder (FCMP)</p> <ul style="list-style-type: none"> SMP- Provides 875kJ Energy and 12.5g Protein, 400mg Calcium FCMP- Provides 950kJ Energy and 11.5g Protein, 360mg Calcium. <p>This can then be added to cold cereal, drunk as a beverage or used in hot drinks as required. Could be incorporated as part of a HEHP diet code.</p>
7.2.7 A dairy dessert providing at least ½ AGHE serve is included at least once per day	Achieved with a combination of dairy-based desserts and accompanying yoghurt or custard as reported.	Achieved	Recommend documenting dessert accompaniments on menu
7.2.8 Yoghurt (fruit and/ or plain) is available at breakfast or as a mid-meal snack as desired	Available at Breakfast and as per Dietitian request.	Achieved	
7.2.9 Mousse based desserts are made with milk/ milk powder to ensure sufficient nutrition value	As reported, made on milk.	Achieved	

7.2.10 Use of cream does not displace custard or milky desserts		Achieved	<ul style="list-style-type: none"> ▪ Cream is a valuable source of calories but does not have calcium or protein ▪ Cream is not a dairy food- it is a fat. ▪ Cream is best used as a garnish, or in conjunction with milk or milk powder.
7.2.11 Cheese is used in a variety of ways, e.g. in sandwiches, in baked goods (e.g. cheese scones), on crackers, in main meals etc.	Included in sandwiches, in salads, main meals.	Achieved	
7.2.12 Nourishing milk drinks are offered to those who are at risk of weight loss	Fortified smoothies available	Achieved	<ul style="list-style-type: none"> ▪ Homemade milk drinks are preferred in the first instance to commercial supplements.
7.2.13 Milk powder or commercial alternatives are used to enrich meals and drinks for those who are at risk of weight loss or with increased requirements	Used to fortify porridge. HEHP milkshakes also available.	Achieved	<ul style="list-style-type: none"> ▪ Could also be incorporated into soups, to prepare a HP milk and in mashed potato to increase protein and energy provision. Milk powder is a simple and cost effective first step
7.2.14 Alternative milks with similar protein and calcium to regular cow's milk are provided for residents who require a non-dairy option. The alternative milks are used to replace cow's milk in dishes such as custard, white sauces, nourishing drinks etc.	Soy and lactose-free milk currently provided as dairy alternatives.	Achieved	<ul style="list-style-type: none"> ▪ Alternative milks should also be used to make custards/ white sauces/ homemade nourishing fluids etc.

7.3 Grain (Cereal) Foods

Wholemeal or high fibre breads and cereals are recommended to provide dietary fibre and to help to prevent constipation. However, older people often prefer the more refined cereal products. Both refined and high fibre products should be provided to meet the requirements of a variety of residents. Fibre can be 'hidden' in baked goods in the form of bran, wholemeal flour, rolled oats etc.

Assessment of menu and reported information from facility.

Food Group	AGHE Sample Serve	MINIMUM AGHE Serves/ Day	Average Opportunities Provided per Day
Grain (cereal) foods, mostly wholegrain and/or high cereal fibre varieties	1 slice of bread (40g) ½ medium roll or flat bread (40g) ½ cup cooked rice, pasta, noodles, barley, buckwheat, semolina, polenta, bulgur or quinoa (75-120g) ½ cup cooked porridge (about 120g) 2/3 cup wheat cereal flakes (30g) ¼ cup muesli (30g) 3 crisp breads (35g) 1 crumpet (60g) or a small English muffin or plain scone (35g) 2 plain sweet biscuits** 1 small piece of plain cake (40 to 50g) **	Men 51-70+ = 4.5-6 Women 19-70+ = 3-6	6.5 x AGHE serves per day, comprising the following: 1 x Breakfast cereal 1 x Bread at breakfast 1 x Morning tea 0.25 x Pasta/ rice etc. at either lunch or dinner 0.3 x Dessert puddings 1 x Afternoon tea 1 x Bread with light meal 1 x supper

** These items are not specifically part of the AGHE but are included here as AGHE Sample Serves for variety for the frail elderly.

GRAIN (CEREAL) FOODS CHECKLIST:

Guideline	Comments	Achieved?	Recommended Action to achieve guideline
7.3.1 The menu provides opportunity to choose a minimum of 3 to 4.5 AGHE servings of Grains (Cereal) foods each day		Achieved	<ul style="list-style-type: none"> The AGHE guidelines are achieved when appropriate serving sizes are used

7.3.2 Texture modified diets TMD, (smooth pureed and minced and moist) provide the same opportunity to meet the recommended AGHE servings of Grains (Cereal) foods each day	House-made mid-meal item also texture modified and provide 4.5 serves of cereals/d. Nil documented on menu.	Achieved as reported	Good examples for TMD are- <ul style="list-style-type: none"> ▪ Cereal at breakfast e.g. Weetbix with hot milk, porridge. ▪ Pureed soup if it has a pasta or grain component ▪ Wet dish with a pasta or rice component (check consistency and taste) ▪ Pureed cake with custard and cream ▪ Soaked biscuits ▪ Pureed puddings with pureed fruit or custard
Potential Strategies to Achieve Guidelines			
7.3.3 High fibre breads (e.g. multigrain, wholemeal, white high fibre) are offered	Reported offering white, wholemeal and raisin bread.	Achieved	<ul style="list-style-type: none"> ▪ White high fibre bread maybe an option to increase fibre intake for those who prefer white bread.
7.3.4 Bread is available at every meal	Dinner rolls or bread provided with soup. Reported as available if requested by residents for lunch. Sandwiches always available.	Achieved	<ul style="list-style-type: none"> ▪ It is recommended that bread (except for TMD) is routinely available to residents at each meal, this may be as slices, buns, toast, wraps, fruit bread.
7.3.5 Hot cereal e.g. oats are provided (made with milk)		Achieved	
7.3.6 At least 3 varieties of breakfast cereal, including high fibre options are available	Sites offer cornflakes, rice bubbles, weetbix, All Bran and one other choice, site-specific	Achieved	
7.3.7 Mid meal snacks include high fibre ingredients where possible (e.g. some wholemeal flour, fruit, oatmeal, bran etc.)	Mid-meals include fruit and dried fruit, vegetables e.g. banana /pear/ blueberry and apple muffins, danish, anzacs, fruit cake, apricot biscuits,	Achieved	<ul style="list-style-type: none"> ▪ Consider using wholemeal flour, nutmeals and different cereal bran (oat/wheat bran) could be considered in some of the homemade baking to improve fibre content.
7.3.8 Grains are used as an accompaniment to some meals (e.g. rice, pasta, barley etc.)	Pasta dishes included on menu along with rice served with appropriate dishes.	Achieved	

7.4 Fruit

Fruit can be offered in a variety of ways - fresh, stewed or juice. Many residents cannot manage a piece of fresh fruit unless it is cut up for them.

Assessment of menu and reported information from facility.

Food Group	AGHE Sample Serve	MINIMUM AGHE	Average Opportunities Provided per Day
Fruit	1 medium piece of fresh fruit (150g) 2 small fruit e.g. apricots, kiwi, plums 1 cup diced or tinned fruit ½ cup (125ml) fruit juice	Men >70 = 2 Women >70 = 2	3.5-4 x AGHE serves/ day, comprising the following: 1 x Fruit juice 1 x Fruit at breakfast 1 x Fresh fruit at any time of the day

FRUIT CHECKLIST:

Guideline	Comments	Achieved?	Recommended Action to achieve guideline
7.4.1 The menu provides opportunity to choose a minimum of 2 AGHE servings of Fruit each day		Achieved	<ul style="list-style-type: none"> The AGHE guidelines are achieved when appropriate serving sizes are used
7.4.2 Texture modified diets (smooth pureed and minced and moist) have the same opportunity to meet the recommended AGHE servings of Fruit each day		Achieved	<ul style="list-style-type: none"> Residents on a TMD can have fruit as puree and fruit juice, smoothies or as part of desserts.
Potential Strategies to Achieve Guidelines			
7.4.3 Juice is 100% juice (no added sugar), is served at breakfast and is also offered at other times of the day	As reported	Achieved	
7.4.4 Fresh fruit is cut up daily and served in a form that is easy to eat	As reported; fruit platters at mid-meals along with whole pieces of fruit	Achieved	
7.4.5 Fruit providing at least 1/2 AGHE serve is included as part of the dessert at least once/ day	Reported that fresh fruit salad is always an option for desserts	Achieved	

7.4.6 Fruit is incorporated into baked goods where possible (e.g. banana cake, date loaf)	Including fruit cake, banana / blueberry / pear muffins, apricot and almond biscuits, danish pastries.	Achieved	
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7.5 Vegetables, Legumes/ Beans

It can be difficult to achieve the recommended number of AGHE serves of vegetables every day. Residents often prefer smaller portions. Aim to incorporate vegetables in a wide variety of dishes, to maximise the opportunity to take sufficient.

Assessment of menu and reported information from facility.

Food Group	AGHE Sample Serve	MINIMUM AGHE Serves/ Day	Average Opportunities Provided per Day
Vegetables, Legumes/ Beans	1 small potato or sweet potato or taro or sweet corn or cassava (75g) ½ cup or 75g cooked vegetable 1 cup or 75g salad vegetable ½ cup cooked, canned beans, peas or lentils	Men 51-70+ = 5-5.5 Women 19-70+ = 5	5-6 x AGHE serves/ day, comprising the following: 3 x Vegetables/ salad at midday meal (includes potato) 0.5 x mixed dishes e.g. casseroles 0.5 x Vegetables in soup 1-2 x Vegetables at evening meal (hot meals or salads), mostly 2 serves 0 x Vegetables available at breakfast (e.g. mushrooms, tomato, baked beans)

VEGETABLES, LEGUMES/ BEANS CHECKLIST:

Guideline	Comments	Achieved?	Recommended Action to achieve guideline
7.5.1 The menu provides opportunity to choose a minimum of 5 AGHE servings of Vegetables, Legumes/ Beans foods each day	Consider providing a grilled tomato with scrambled eggs and hash browns at Dinner Week 1 Sunday to ensure serves of vegetables achieved.	Achieved	<ul style="list-style-type: none"> The AGHE guidelines are achieved when appropriate serving sizes are used (see above)
7.5.2 Texture modified diets (Soft/MM/puree) provide the same opportunity to meet the recommended AGHE of Vegetables, Legumes/ Beans foods each day	As reported, consistently receiving six vegetable serves per day. TMD vegetables are moulded, purchased frozen in the appropriate serving size and come fortified.	Achieved	
Potential Strategies to Achieve Guidelines			

7.5.3 Vegetables are served at some breakfasts (e.g. mushrooms, tomato, baked beans)	Tomato in omlettes, baked beans, mushrooms and hashed browns served.	Achieved	<ul style="list-style-type: none"> It is recommended that vegetables are served when a hot breakfast is offered. This may be baked beans but could also be grilled tomato or sautéed mushrooms.
7.5.4 A starchy vegetable (e.g. potato, sweet potato) is served daily (may be substituted with pasta/ rice etc.)	Potatoes served in various ways including sweet potato offered.	Achieved	
7.5.5 At least 2 AGHE serves of vegetables (or salads) are provided at the main meal in addition to the potato- including a variety of coloured vegetables (the vegetables may be incorporated into the main dish e.g. stir fry, casserole)	As reported. A variety of vegetables/ colours offered.	Achieved	<ul style="list-style-type: none"> The AGHE guidelines are achieved when appropriate serving sizes are used (see above)
7.5.6 Vegetables and/or salad are offered at the light meal	As documented	Achieved	<ul style="list-style-type: none"> The AGHE guidelines are achieved when appropriate serving sizes are used (see above)
7.5.7 Vegetables are added to soups	Soups cooked fresh and contain vegetables except where not appropriate e.g. Beef Broth.	Achieved	
7.5.8 Vegetables are incorporated into baked goods where possible e.g. carrot cake, zucchini loaf, pumpkin scones, vegetable dips etc.	e.g. Carrot cake, pumpkin scones	Achieved	

7.6 Fats and Oils

Australian Dietary Guidelines recommend an emphasis on limiting saturated fats for younger populations. This is not necessary in an aged care home, but fats used in cooking should be unsaturated except where the alternative is a core part of the item (e.g. butter in some baking).

Full cream milk and dairy foods should be used. Polyunsaturated or monounsaturated fats should be available at each meal together with butter for those who prefer it. Additional fats should be added to meals if a resident is malnourished or at risk of weight loss.

Assessment of menu and reported information from facility.

Food Group	AGHE Sample Serve	MINIMUM AGHE Serves/ Day	Average Opportunities Provided per Day
Fats and Oils	10g (2 tsp.) butter** or polyunsaturated or monounsaturated spread 7g monounsaturated or polyunsaturated oil, e.g. olive, canola or sunflower oil 10g tree nuts or peanuts or nut pastes/ butters 20ml cream**	There are no specific recommendations for fats, but an allowance is included: Men >70 = 2.5 Women >70 = 2	4+ x AGHE serves per day, comprising the following: 1 or more Margarine 1 x Oils 0 x Nuts/ seeds 1 x Nut/ seed pastes (peanut paste) 1 or more Butter 1 x Cream (as garnish usually, or in HPHE foods)

** These items are not specifically part of the AGHE but are included here as AGHE Sample serves for variety for the frail elderly.

FATS AND OILS CHECKLIST:

Guideline	Comments	Achieved?	Recommended Action to achieve guideline
7.6.1 The menu provides opportunity to choose a minimum of 2 AGHE serves of fats and oils each day	Reported butter and margarine provided on tables at meal times for use, condiments on desserts, oils used in cooking.	Achieved	
Potential Strategies to Achieve Guidelines			
7.6.2 Unsaturated oils fats/ oils/ spreads are used in cooking/ frying / baking/ salad dressings where applicable	Reported that oils used on sites are olive oil, veg/ canola blend oil. oil spray (veg/canola blend), margarine for sandwiches, butter/cream for desserts, mid-meals.	Achieved	
7.6.3 Unsaturated margarines are used on sandwiches/ in baking where applicable	Margarine used on sandwiches.	Achieved	

7.6.4 Butter is used in baking if the product requires it (e.g. shortbread)	As reported	Achieved	
7.6.5 Butter and margarine or butter blends are available on the table to spread	Reported butter and margarine provided on tables at meal times for use.	Achieved	
7.6.6 Additional fats are added where a resident is malnourished or at risk of weight loss	Additional fats at request of Dietitian. Noted that fortified mashed potato contain butter and vegetables tossed in oil/butter/roasted as standard	Achieved	<ul style="list-style-type: none"> ▪ See information below re High Protein High Energy Diets. (Special Diets 8.3)

7.7 Fluids

Many older individuals no longer have an adequate indicator of thirst and they may need prompting to drink sufficient fluids. Aged Care Homes should have a hydration policy and a variety of strategies in place to ensure that residents are well hydrated.

FLUIDS CHECKLIST:

Guideline	Comments	Achieved?	Recommended Action to achieve guideline
7.7.1 A wide variety of fluids is offered throughout the day to enable 6 to 8 x 200ml serves per day (e.g. water, tea, coffee, juice, cordial, milk, milkshakes, smoothies)	Reported beverages offered at meals (3) and mid-meals (3) and on request. Water provided in rooms. Milk now offered at meals and mid-meals.	Achieved	
Potential Strategies to Achieve Guidelines			
7.7.2 Additional fluids are offered in the hot weather	Icypoles offered in addition in hot weather.	Achieved	
7.7.3 Alternatives are considered when assessing the hydration needs of those who drink little (e.g. fluid in soups, jelly, ice blocks, icy poles)	Icypoles offered in addition in hot weather.	Achieved	
7.7.4 Residents on thickened fluids are provided the same opportunity to drink sufficient fluids as those on regular fluids	As reported, with Residents choosing their preferred fluid which is then thickened appropriately.	Achieved	
7.7.5 There is sufficient variety within thickened fluids offered including hot and cold drinks	Residents choose the fluid and it is then thickened appropriately.	Achieved	

7.8 Discretionary Foods

The Australian Guide to Healthy Eating includes a category of Discretionary Foods. These are generally high in saturated fat, sugars or salt and are low in fibre. They are often popular with older people and may be provided on the standard menu to contribute to variety and quality of life. They should not replace or overwhelm more nutritious alternatives. Remember that the Australian Guide to Healthy Eating has not been written with the needs of the frail elderly in mind.

8. MENU PLANNING

The menu cycle needs to be of sufficient length to ensure adequate variety- 4 weeks is an accepted norm. There should be menu choices or alternatives at each meal. The menus should specify the variety of food and fluids that are consistent with the definition of soft, minced & moist and smooth pureed textures. Individuals with diabetes should be offered the same menu as other residents.

8.1 Menu

Potential Strategies to Achieve Guidelines	Comments	Achieved?	Recommended Action to achieve guideline
THE MENU			
8.1.1 Menu cycle is approximately 4 weeks duration (this may vary depending on the number of choices offered per meal)		Achieved	
8.1.2 Three meals and at least three mid meal snacks are offered daily for all residents	TMD residents also catered for with primarily menu items modified as reported.	Achieved	<ul style="list-style-type: none"> Recommend documenting the TMD Menu to ensure variety and nutritional adequacy.
8.1.3 The menu is easy to read and understand Residents can understand what the dish is (or an explanation is provided)	Easy to understand menu and reported that table talkers present with simple terminology. Developing a photos database to support residents when making choices.	Achieved	
8.1.4 Sufficient description is included for all items on the menu (e.g. Chicken and Vegetable Soup, not 'soup of the day')	All soups named. Increased use of 'steamed mixed veg', 'seasonal veg' - 2-5x/week.	Generally Achieved	Consider reducing the use of seasonal vegetables and document items to ensure variety for residents.
8.1.5 Clear differences exist between summer and winter menus	Seasonal menus - variation in menu items noted.	Achieved	<ul style="list-style-type: none"> Having differences between a summer and a winter menu is desirable- e.g. desserts in summer may be served cold (fruit and ice-cream) but winter desserts may be hot (steamed pudding). Seasonal variations are shown through difference in fruits, vegetables and desserts should be applied.

<p>8.1.6 There is a variety of main course items, desserts and soups served in a variety of styles</p>	<p>Contains examples of: Main Course-roasts, casseroles, bakes, slices, stir fries, stuffed vegetables, lasagnes and other pastas. Desserts-puddings, bakes, crumbles, pies, strudels, cheesecakes, baked custards, fresh and stewed or tinned fruits, and accompaniments such as fresh cream, yoghurt and custard Range of textures from dry (e.g. crumbed) to wet (e.g. casseroles). Soup in a variety of styles, from pureed (pumpkin), moderately chunky (vegetable and barley), and hearty and chunky (minestrone)</p>	<p>Achieved</p>	
<p>8.1.7 Menu items and main ingredients are not repeated on any one day or on consecutive days and there is a spread of items across the menu</p>	<p>The variety of red meat, white meat, chicken, fish, eggs, and legumes ensures minimal repetition.</p>	<p>Generally Achieved</p>	<p>Some follow-ons e.g. beef following beef Friday Week 1 and 2, chicken following chicken Week 2 Saturday - Sunday, Pork following pork Week 3 Wednesday, chicken following chicken Week 4 Friday - Saturday. Noted in Week 2 chicken salad on with chicken, beef salad on with beef and chicken soup on with chicken rissoles.</p>
<p>8.1.8 At least one option on the menu at each main meal is suitable for the TMD (soft/MM/puree) or an alternative is clearly outlined</p>	<p>Residents are offered a choice for the TMD as reported at lunch. Not clear what TMD alternative is when menu item at Dinner is not suitable.</p>	<p>Achieved as reported</p>	<p>Recommend documenting the TMD Menu to ensure variety and nutritional adequacy.</p>

8.1.9 There is sufficient variety of minced and moist and puree options at meals and mid meals	Choice of meals and mid-meals as per main menu as possible reported. Where mid-meals are not able to be modified, suitable alternatives are offered.	Achieved as reported	Recommend documenting the TMD Menu to ensure variety and nutritional adequacy including all mid-meals.
8.1.10 Residents from differing cultural or religious groups are offered a variety of culturally acceptable foods	In addition to feedback and requests from residents being incorporated into the menu, one site offers short orders of dumplings/ noodles/congee. Homes also offer cultural menus/days	Achieved	
8.1.11 Preferences and traditions of older indigenous adults are considered	Reported included in the cultural calendar of events	Achieved	
8.1.12 Special occasions and theme days are recognised and celebrated appropriately	Celebrations of public/religious days/cultural days and regular BBQ's.	Achieved	
8.1.13 There is a choice of at least 2 different main meal options, or if this is not possible an alternative is offered for those who dislike the main dish	Two hot meals + salad + sandwich at lunch, one hot meal + salad + s/wich at dinner. Choices taken the week before however flexibility for change of mind on the day.	Achieved	
8.1.14 Residents can choose more than one of soup + light meal hot item + sandwich + salad at the light meal	Reported the residents may have whatever they request.	Achieved	
8.1.15 Salads include a protein (AGHE Meat and Alternatives Group and/ or cheese), a starch as well as a range of different salad vegetables	Reported offer bread /roll as CHO.	Achieved	
MID MEAL SNACKS (morning tea, afternoon tea and supper)			

8.1.16 Mid meal snack options are clearly documented and offered to all residents	Supper not documented	Not Achieved	Recommend documenting all options on menu
8.1.17 A variety of snacks is offered- baked goods, fruit, crackers and cheese etc.	Baked goods, biscuits and fruit offered.	Achieved	
8.1.18 Fresh baked items are included on most days	Items generally house-made	Achieved	
8.1.19 Supper items including protein-based sandwiches, cheese and crackers, biscuits and a milky beverage are offered to all residents	Supper reported as including cheese and biscuits, assorted s/wiches including egg and salad s/wiches, fruit, biscuits. Over-night menu includes sandwiches.	Achieved	
8.1.20 Appropriate variety of snacks are offered to those with special dietary or texture modified diet requirements	As reported, as possible, main menu items provided to residents modified to the appropriate texture.	Achieved	
8.1.21 High protein high energy snacks are offered at mid-meals	As reported house-made items and cheese and biscuits available.	Achieved	
SOUP			
8.1.22 Soup is offered daily	As documented	Achieved	
8.1.23 There is minimal repetition of soups	Chunky Spring Vegetable Soup on every week of the menu	Mostly Achieved	Consider increasing the variety of soups to reduce repetition.
8.1.24 Portion size is 180ml or more		Not assessed	
8.1.25 Soups are not simply made up from stock powders (they contain added meats, vegetables, legumes, grains)	As reported/ as per standardised recipes	Achieved	
8.1.26 A protein source is added to most of soups e.g. meat, chicken, legumes, milk, milk powder, maintaining palatability always	Achieved as reported.	Achieved	<ul style="list-style-type: none"> ▪ Ideally soups are to be enriched with protein. ▪ Some soups may be fortified with milk powder. ▪ Consider also meat, chicken and legumes/pulses ▪ Document fortification of soups in recipes.

DESSERTS			
8.1.27 Dessert is served at both the main and the light meals	As documented	Achieved	
8.1.28 Sugar is used as the standard sweetener for all desserts (Artificial sweeteners are not routinely recommended)	Sweeteners available on request.	Achieved	<ul style="list-style-type: none"> Use of artificial sweetener is only appropriate when specifically requested or advised by the dietitian.
8.1.29 There is minimal repetition of desserts	Jellies x 3 Week 4, 2 x mousse Week 3	Mostly Achieved	
MISCELLANEOUS			
8.1.30 A variety of finger foods (main meals and mid meals) are provided for residents who can self-feed but who cannot use cutlery		Not Yet Achieved	<ul style="list-style-type: none"> A variety of finger items can be used not just little pies and pasties e.g. vegetable slices, mini muffins, chicken tenders, meatballs, crackers and cheese, small baked potatoes. The loss of dexterity does not mean the loss of ability to chew or swallow.
8.1.31 Appropriate special cutlery/ crockery is provided for those with dexterity issues as needed	A range of adapted cutlery, plates, various cups with special features available as required.	Achieved	
8.1.32 Food is cut up appropriately for those with dexterity issues as needed	Meals cut-up by staff as required.	Achieved	
8.1.33 Plates and containers are free of patterns and should contrast the colour of the tablecloth or placemat		Achieved	Achieved as reported.
8.1.34 Salty items on the menu are used in moderation and in line with resident preferences	As reported, salt used in cooking appropriately. Limited high salt items on menu.	Achieved	
8.1.35 Appropriate use is made of salt, herbs and spices to ensure that foods are flavoursome	As reported and documented in standardised recipes.	Achieved	
8.1.36 Iodised salt is used		Achieved	

8.2 Planning/ Documentation/ Staff Training

Potential Strategies to Achieve Guidelines	Comments	Achieved?	Recommended Action to achieve guideline.
8.2.1 A Nutrition/ Menu Planning Policy outlines the focus and direction for the food service/ nutrition care	Menu Planning process provided, nil policy as such.	Achieved	<ul style="list-style-type: none"> Some facilities or organisations will have a Nutrition/Menu Planning Policy; this should outline the focus and principles that the organisation or facility is wishing to follow.
8.2.2 There is an established procedure about planning, adherence and management of the menu, including making and documenting changes	There is a process for menu planning The recipes and menu are followed. Implementation of new menu items according to resident preference Monitoring resident acceptance of the menu or menu items e.g. resident meetings/surveys	Achieved	
8.2.3 Care and food services staff are consulted when planning the menu	Reported that care service staff and food service staff provide feedback re: residents' preferences/meals enjoyed with respect to menu planning.	Achieved	
8.2.4 Residents are regularly consulted and surveyed with respect to satisfaction with menu and meals	Reported regular meetings and food service committees along with surveys completed.	Achieved	

8.2.5 Residents' food preferences, dislikes and dietary requirements are clearly documented, and alternatives of equivalent value are offered	Reported documented in Souped Up and in clinical records.	Achieved	
8.2.6 Documentation outlining residents' dietary requirements is referred to when providing meals and mid meals	As reported, reports/ documentation available for referral at points of service.	Achieved	<ul style="list-style-type: none"> Documentation is usually within the kitchenettes/ ward kitchen so easy to refer to when meals are being served. This should also be on the beverage trolley to ensure the correct food and fluid is being provided at this time.
8.2.7 Dietary changes are clearly communicated to the kitchen and a process is in place to ensure that all documentation is updated	As reported, Food Service advised by clinical staff and Souped Up updated.	Achieved	
8.2.8 Standard recipes are documented, reviewed regularly and followed during meal production	Standardized recipes reviewed.	Achieved	
8.2.9 Standard portion sizes (e.g. Small, Medium, Large) are documented and standard implements are used when serving	Reported that standardised portions are provided based on a dietitian-provided resource.	Generally achieved. as reported.	Recommend on-going audit of portion sizes at sites to ensure adequate.
8.2.10 Allergens are identified, and procedures are outlined to minimise risk. (e.g. use same ingredients)	Allergen management documented in the food safety plan. Allergens documented on some standardised recipes - review for accuracy required.	Achieved	
8.2.11 Where possible recipes are modified to increase nutrient density	Fortified porridge/ mashed potato available. Menu focuses on high energy high protein menu items.	Achieved	<ul style="list-style-type: none"> See Best Practice Manual and Meals on Wheels Guidelines for practical ideas. And 2015 QLD standards Appendix 4- References
8.2.12 There is a system to assess plate waste- on an individual level as well as a site level	Waste audits have been completed as reported at some sites.	Achieved as reported	<ul style="list-style-type: none"> See Best Practice Manual and Meals on Wheels Guidelines for practical ideas. Appendix 4- References

8.2.13 The times of meals and snacks are appropriate (there is sufficient time between meals and between the evening meal and breakfast the next day)	Reported meal and mid-meal timings would indicate sufficient time between them.	Achieved	
8.2.14 Food service staff have received training in the nutritional and dietary needs of older adults	Reported nil recent training completed secondary to COVID restrictions	Not yet achieved	<ul style="list-style-type: none"> ▪ Recommend training to assist with good nutritional care of residents. ▪ Training anticipated for Chef Conference when achievable.
8.2.15 The facility utilises an Accredited Practising Dietitian with experience in the needs of elderly residents	As reported.	Achieved	
8.2.16 The dietitian reviews residents with a diagnosis that may impact on their nutritional needs, overall health and weight management	As reported.	Achieved	

8.3 Special Diets

Potential Strategies to Achieve Guidelines	Comments	Achieved?	Recommended Action to achieve guideline.
8.3.1 Special diets including weight control diets are implemented only when clinically necessary		Unable to assess. Achieved as reported	<ul style="list-style-type: none"> Special dietary needs, are required to be clearly identified. Residents on a low fat, low cholesterol. Weight control or low salt diet should be catered for usually by the main menu It should be clearly identified who has requested these diets- resident/ family/ staff
8.3.2 Special diets are able to provide the resident with the minimum AGHE serves to meet their daily nutritional needs	Low lactose/ vegetarian menus not documented for assessment.	Unable to assess	<ul style="list-style-type: none"> Recommendation documentation of special diets to ensure nutritional adequacy. e.g. vegetarians and protein, low lactose diet contains sufficient dairy alternatives.
8.3.3 A manual or guide outlining requirements for special diets is available	ACI Guidelines for Therapeutic Diets uses as a resource.	Achieved	
DIABETES			
8.3.4 Individuals with diabetes are offered the same menu as other residents	Diabetic options available on request.	Achieved	
8.3.5 Low glycaemic index food items are specifically considered and included in menu planning	Low GI items are included in the menu e.g. sweet potato, basmati rice, NAS juice.	Achieved	
8.3.6 Diet cordial and drinks are provided only where clinically indicated	As reported.	Achieved	
8.3.7 Alternative lower sugar/ lower fat desserts and snacks are available if clinically indicated or on resident specific request	As reported including yoghurts, fruit, cheese and bix.	Achieved	
8.3.8 Artificial sweetener is provided for tea and coffee if requested	Available on request as reported.	Achieved	

NUTRITION SUPPORT FOR WEIGHT LOSS OR WOUNDS (A full review of nutrition support strategies is outside of the scope of this report)			
8.3.9 Additional food is available for those with larger appetites	Seconds are available and extra items on request e.g. bread.	Achieved	
8.3.10 Food is available in the night for those who are hungry currently	o/n sandwiches	Achieved	<ul style="list-style-type: none"> Consider developing a more substantial out of hours menu for flexible dining.
8.3.11 Appropriate dietary measures are implemented for residents who are malnourished or at risk of weight loss, e.g.:	Residents referred to Dietitians who may request catering extras e.g. eggs, fortified smoothies for residents. Fortified porridge already provided.	Achieved	<p>It is recommended for facilities to have a high protein high-energy diet (HPHE). This includes</p> <ul style="list-style-type: none"> Enrichment/fortification of menu items at the kitchen and Supplementation with HPHE foods and drinks between meals In practice the mid meal snack this could include a HPHE drink and may include a HPHE snack mid meals e.g. protein sandwich, cheese and crackers, yoghurt.
8.3.12 Providing additional high protein high energy snacks	Reported cheese and biscuits, yoghurts custard, ice-cream etc. available as required.	Achieved	
8.3.13 Adding extra fats to foods (butter, margarine, oil, mayonnaise, cream)		Achieved on request	<ul style="list-style-type: none"> Cream can be offered on breakfast cereal and appropriate desserts, butter fortification of meal items.
8.3.14 Adding extra protein to food and fluids (milk powder, egg, cheese)	On request and standardly in porridge, smoothies, HEHP milkshake	Achieved	<ul style="list-style-type: none"> Milk powder could also be added to suitable soups to increase protein levels.
8.3.15 Providing high protein high energy nourishing fluids (home made in the first instance)	Fortified smoothies/HEHP shakes.	Achieved	

8.3.16 Providing commercial supplements when clinically indicated (a full review of use of nutrition supplements is outside the scope of this report)	Dietetic input would ensure supplementation provided when appropriate	Achieved as reported	
8.3.17 The recipe used for the nourishing fluids (homemade and commercial) is appropriate and made to the correct strength	Recipe provided though unable to determine that the recipe was being followed	Unable to assess	
8.3.18 Residents with wounds are provided additional protein and nutrition support		Unable to assess	
8.3.19 There is flexibility in the offering of food and fluids when a resident is palliative	Reported residents are provided preferred items/ items as requested	Achieved	
TEXTURE MODIFIED DIETS (TMD)			
8.3.20 Texture modified diets are provided in accordance with Australian National Standards for Texture Modified Foods		Unable to assess	
8.3.21 Options for texture modified meals and snacks are clearly outlined and are consistent with the main menu where appropriate	Generally provided as per main menu		<ul style="list-style-type: none"> ▪ The options for soft, minced and moist and smooth pureed should be clearly identified on the menu. ▪ There may be a simple statement on the menu indicating that the textured modified meals are the same dish as the regular meals.
8.3.22 Texture modified diets are routinely enriched with high protein and/ or high energy additions	Fortified porridge, fortified mash and fortified vegetables provided.	Achieved	

8.3.23 Recipes for thickened fluids are readily available, referred to and standard measuring implements are used in their preparation	Reported regular training on thickened fluid preparation using a standardised pump system to assist with accurate and safe preparation of thickened fluids	Achieved	
8.3.24 A speech pathologist is consulted regarding meal textures and for review of individual residents as clinically indicated	Speech Pathologists called on-site to review patients. Unaware of input into meal textures for menu.	Not assessed	
HIGH FIBRE DIET			
8.3.25 There is a focus on high fibre alternatives and ingredients in cooking/ baking	Fibre is provided in the form of wholegrain cereals, legumes, fresh fruit and vegetables	Achieved	<p>Fibre can be provided through</p> <ul style="list-style-type: none"> ▪ Wholemeal and whole grain cereals e.g. porridge, Weetbix ▪ Using wholemeal flour and nutmeals e.g. almond meal in the cooking ▪ Beans and legumes ▪ Fresh fruit and vegetables
8.3.26 A high fibre supplement e.g. prunes/ prune bran mix/ pear juice is provided to residents identified as needing a higher fibre intake	Pear juice available along with prunes	Achieved	
ALLERGIES AND INTOLERANCES			
8.3.27 There is clear distinction between allergies and intolerances and dislikes and all staff are aware of the need to check all food when a true allergy is identified.		Unable to assess	<ul style="list-style-type: none"> ▪ Residents may refer to food dislikes as allergies. ▪ The Electronic patient management system must clearly identify if a food is an allergen/intolerance or a dislike and these must be inputted correctly/ appropriately by staff

<p>8.3.28 There is a process in place to identify allergens in all foods provided to a resident with an allergy.</p>		<p>Achieved</p>	<ul style="list-style-type: none"> ▪ Ensure allergen coding is accurate. ▪ Where processed recipe items are used, recommend identifying commercial products by brands and coding accordingly. ▪ Staff are required to be proficient at reading labels especially for the identification of gluten free foods. ▪ Using gluten free stocks gravies etc. as the usual practice for all meals means that many of the regular dishes will be suitable.
<p>8.3.29 Appropriate alternatives are provided for residents with specific dietary needs</p>	<p>As reported suitable alternatives provided.</p>	<p>Achieved as reported</p>	<ul style="list-style-type: none"> ▪ Residents requiring alternatives should have a product substituted not catering by omission.

9. THE SITE VISIT - nil

The Dietitian will visit the facility, observe practice, audit portion sizes and try some of the meals. If a site visit is not possible then some of this information may be provided by the organisation. The Dietitian may request photographs and other methods to validate the information provided.

Potential Strategies to Achieve Guidelines	Comments	Achieved?	Recommended Action to achieve guideline.
9.1 The day's menu is available to residents (e.g. printed or on menu board)			
9.2 The meal served is consistent with the planned menu for the day			
9.3 The dining environment is conducive to an optimal dining experience			
9.4 The dining room is calm and peaceful (limited noise and activity from staff)			
9.5 Meal service is respectful and person-centred			
9.6 Sufficient time is allowed for residents to eat their meals			
9.7 Residents are provided with assistance/ encouragement as appropriate			
9.8 Residents who decline an item are offered an alternative			
9.9 Residents who finish their meals are offered a second helping or additional food as appropriate or upon request, where appropriate.			
9.10 Meals (including desserts/ texture modified meals) are presented attractively			
9.11 Meals (including desserts/ texture modified meals) are tasty and well flavoured			

9.12 Texture modified meals are of the appropriate texture (e.g. no lumps in smooth pureed meal)			
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APPENDIX 1. PORTION SIZE AUDIT RESULTS - not assessed

Meal Component	At least	Description	Weight gm.			Texture/ Consistency/ Appearance
			Smal	Mediu	Larg	
Soup	180ml					
Meat (100% dry)	100gm					
Meat (wet) 75%	130-160					
Meat (wet) 50%	150-180					
Soft	As above					
Minced/ Smooth pureed	As above					
Potato	75g					
Rice/ Pasta	½ cup					
Vegetable(s)	75gm					
Side-salad	90g					
Vegetable(s)	75gm					
Sauce/ gravy						
Dessert (Dairy based)	90-120g					
Ice cream	100ml (50g)					
Dessert (Cake/ Pastry)	90-120g					
Dessert (Fruit based)						
Custard						
Cream						
Snack						
Snack (soft/ liquid)						
Snack (pureed/ thick)	125ml/					
Sandwich protein content						

APPENDIX 2: MENU

McKenzie Aged Care Group

MACG Seasonal menu #4. 2021/22

MENU - WEEK 1

WEEK1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Poached Egg on English Muffin	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Breakfast Frittata	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Cheese Omelette	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Fried Eggs with Pork Chipolata Sausages	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Scrambled eggs with Bacon	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt
MORNING TEA	Anzac Biscuits	Melting Moments	Chocolate Brownies	Scones with Cream & Jam	Vegemite and Cheese Scrolls	Banana and Choc Chip Muffins	Assorted Danishes
LUNCH CHOICES							
LUNCH CHOICES	Glazed Meat Loaf OR Grilled Barramundi with Garlic Butter OR Ham Salad OR Assorted Sandwiches	Honey mustard Pork Loin OR Butter Chicken OR Roast Beef Salad OR Assorted Sandwiches	Roast Beef with Thyme Gravy OR Grilled Vegetable stack with Pesto OR Chicken Salad OR Assorted Sandwiches	Shepherds Pie OR Pasta Carbonara OR Tuna Salad OR Assorted Sandwiches	Summer Fish & Chips OR Beef Pie OR Curried Egg Salad OR Assorted Sandwiches	Lemon and herb Roasted Chicken Thigh OR Bacon and Zucchini Quiche OR Greek Salad OR Assorted Sandwiches	Roast Lamb Leg with Mint Gravy OR Pickled Pork OR Egg and Asparagus Salad OR Assorted Sandwiches
VEGETABLES	Mashed Potatoes Steamed Mixed Vegetable Medley Steamed Red Cabbage	Steamed Rice Steamed Broccoli Yellow Beans	Baked Rosemary Potatoes Steamed Mixed Vegetable Medley	Green Beans Honey Glazed Carrots	Chips Garden Salad Coleslaw	Potato and Dill Salad Honey Glazed Carrots Peas	Crunchy Roast Potatoes Steamed Mixed Vegetable Medley Roast Pumpkin
DESSERT	Apricot and Oat Crumble	Strawberry Flavoured Cold Set Cream	Steamed Self Saucing Berry Cake	Stickydate Pudding with Ice cream	Ice Cream Sundae	Apple Pie with Custard	Tiramisu
WEEK1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AFTERNOON TEA	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits
DINNER CHOICES							
SOUP	Smooth Potato and Leek Soup	Chunky Chicken and Sweet Corn Soup	Blended Cream of Mushroom Soup	Smooth Tomato Soup	Chunky Spring Vegetable Soup	Thick Pea and Ham Soup	Smooth Roast Pumpkin Soup
DINNER CHOICES	Spaghetti Bolognese OR Salad of the day OR Assorted Sandwiches	Salmon Patties OR Salad of the day OR Assorted Sandwiches	Sweet and Sour Pork with Rice OR Salad of the day OR Assorted Sandwiches	Chicken with Creamy Mustard Sauce OR Salad of the day OR Assorted Sandwiches	Beef and Bacon Braise (Bourgignon) OR Salad of the day OR Assorted Sandwiches	Veal Parmigiana OR Salad of the day OR Assorted Sandwiches	Scrambled Eggs with Bacon OR Salad of the day OR Assorted Sandwiches
VEGETABLES	Garlic Bread Side Salad	Potato Gratin Steam Mixed Vegetables	Asian Mixed Vegetables	Baked Rosemary Potatoes Asian Mixed Vegetables	Parmesan Mashed Potatoes Steamed Broccoli	Roast sweet potato wedges Garden Salad	Hash Browns
DESSERT	Baked Custard	Chocolate Cheesecake	Mango Sponge with Passion Fruit Sauce	Black Forrest Mousse	Banana Ice cream Sundaes	Caramel Mousse	Fresh Fruit Salad and Ice Cream

WEEK2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Eggs with Hash Browns	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Baked Beans on Toast	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Poached Eggs & Creamy Mushrooms	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Croissants with Jam	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Scrambled eggs with Bacon	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt
MORNING TEA	Blueberry and Apple Muffins	Fruit Cake	Caramel Slice	Marble Cake	Savoury Scones	Carrot Cake	Orange Poppy seed Muffins
LUNCH CHOICES							
LUNCH CHOICES	Oven roasted Salmon with Capers and Dill OR Mild Lamb Curry OR Ham Salad OR Assorted Sandwiches	BBQ Mixed Grill, with Chicken Thigh Fillet, Braised Steak & Pork Sausages OR BBQ Mixed Grill with Chicken Thigh Fillet, Beef Rissoles & Pork Sausages OR Roast Turkey Salad OR Assorted Sandwiches	Mushroom Risotto OR Classic Roast Chicken OR Chicken Salad OR Assorted Sandwiches	Chicken with Bacon Mornay sauce OR Zucchini Slice OR Curried Egg Salad OR Assorted Sandwiches	Summer Fish & Chips OR Cheeseburger OR Roast Beef Salad OR Assorted Sandwiches	Grilled Lamb Sausages OR Baked Barramundi with Garlic Cream Sauce OR Corned Beef Salad OR Assorted Sandwiches	Roast Pork with Apples OR Roast Chicken Drumsticks OR Tuna Salad OR Assorted Sandwiches
VEGETABLES	Steamed Chat Potatoes Steamed Broccoli Honey Glazed Carrots	Potato Salad Garden Salad	Crunchy Roast Potatoes Green Beans Roast Pumpkin	Mashed Potatoes Yellow Beans Wilted Leafy Greens	Chips Coleslaw	Roast Sweet Potato Peas Cauliflower Bake	Crunchy Roast Potatoes Roast Sweet potato Green Beans
DESSERT	Creme Caramel	Ice Cream Cones	Sticky Date Pudding	Baked Ricotta and Cinnamon Cheesecake	Berry Pudding	Apple Pie with Cream	Chocolate Mousse with Berry Compote
AFTERNOON TEA	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits
DINNER CHOICES							
SOUP	Chunky Chicken and Sweet Corn Soup	Chunky Minestrone Soup	Smooth Blended Cauliflower and Bacon Soup	Chunky Spring Vegetable Soup	Smooth Blended Broccoli and Cheese Soup	Thick Pea and Ham Soup	Chunky Red Lentil Soup
DINNER CHOICES	Chicken Rissoles OR Salad of the day OR Assorted Sandwiches	Cottage Pie OR Salad of the day OR Assorted Sandwiches	Roast Pumpkin and Feta Quiche OR Salad of the day OR Assorted Sandwiches	Grilled Pork Loin with Apricot Sauce OR Salad of the day OR Assorted Sandwiches	Braised BBQ Steak OR Salad of the day OR Assorted Sandwiches	Chicken Schnitzel with Mustard Gravy OR Salad of the day OR Assorted Sandwiches	Irish Stew with Barley OR Salad of the day OR Assorted Sandwiches
VEGETABLES	Mashed Potatoes Wilted Leafy Greens Asian Mixed Vegetables	Honey Glazed Carrots Mushy Peas	Steamed Chat Potatoes Green Beans	Scalloped Potato Bake Steamed Red Cabbage Steamed Broccoli	Parmesan Mashed Potatoes Steam Mixed Vegetables	Baked Potato Wedges Honey Glazed Carrots Wilted Leafy Greens	Steamed Chat Potatoes Mushy Peas Steamed Cauliflower
DESSERT	Peach Melba	Rhubarb & Apple Compote	Chocolate cake with Chocolate Ice cream	Jellied Fruit	Eton Mess	Lemon Cheesecake	Fresh Fruit Salad

WEEK3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Scrambled eggs with Bacon	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Cheese and tomato Omelette	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Poached Eggs & Creamy Mushrooms	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Pancakes	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Scrambled Eggs & Baked Beans	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt
MORNING TEA	Banana and Choc Chip Muffins	Apple & Custard Teacake	Cheese and Bacon Scones	Orange and Poppy seed Cake	Pear and Almond Muffins	Apricot & Almond Biscuits	Fruit Cake
LUNCH CHOICES							
LUNCH CHOICES	Lime Marinated Chicken Tenderloins OR Garlic Cream Prawns OR Ham Salad OR Assorted Sandwiches	Shepherds Pie OR Grilled Barramundi with Lemon Sauce OR Curried Egg Salad OR Assorted Sandwiches	Traditional Corned Beef OR Italian Pork Casseroles OR Chicken Salad OR Assorted Sandwiches	Lamb Sausages OR Apricot Chicken OR Corned Beef Salad OR Assorted Sandwiches	Summer Fish & Chips OR Bacon Carbonara OR Roast Turkey Salad OR Assorted Sandwiches	Satay Chicken OR Vegetable Tart OR Tuna Salad OR Assorted Sandwiches	Pickled Pork OR Roast Lamb Leg with Mint Gravy OR Prawn Salad OR Assorted Sandwiches
VEGETABLES	Steamed Rice Selection of Seasonal Vegetable	Sweet Potato Mash Steamed Broccoli Yellow Beans	Steamed Chat Potatoes Green Beans Honey Glazed Carrots	Mashed Potatoes Peas Steamed Red Cabbage	Chips Coleslaw Steamed Mixed Vegetable Medley	Steamed Rice Selection of Seasonal Vegetable	Crunchy Roast Potatoes Roast Pumpkin Green Beans
DESSERT	Pineapple Upside Down Cake	Jellied Fruit	Trifle	Self Saucing Chocolate Pudding	Fresh Fruit Salad and Ice Cream	Bread and Butter Pudding	Strawberries and Cream
AFTERNOON TEA	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits
DINNER CHOICES							
SOUP	Smooth Tomato Soup	Chunky Potato and Leek	Smooth Roast Root Vegetable soup	French Onion Soup	Chunky Spring Vegetable Soup	Chicken Noodle Soup	Smooth Roast Pumpkin Soup
DINNER CHOICES	Braised Steak and Onions OR Salad of the day OR Assorted Sandwiches	Devilled Sausages OR Salad of the day OR Assorted Sandwiches	Toasted Ham & Cheese Sandwiches OR Salad of the day OR Assorted Sandwiches	Corned Beef Hash Cakes with Tomato Relish and Salad OR Salad of the day OR Assorted Sandwiches	Braised Beef Pot Pie, with Pastry Topper OR Salad of the day OR Assorted Sandwiches	Veal Parmigiana OR Salad of the day OR Assorted Sandwiches	Chicken and Mushroom Casserole OR Salad of the day OR Assorted Sandwiches
VEGETABLES	Scalloped Potato Bake Green Beans	Steamed Chat Potatoes Mushy Peas	Roast Sweet Potato Wedges Garden Salad	Potato Gratin Wilted Leafy Greens	Parmesan Mashed Potatoes Steamed Broccoli	Country Mustard Potatoes Garden Salad	Steamed Rice Selection of Seasonal Vegetable
DESSERT	Apple and Peach Crumble	Baked Custard	Chocolate Mousse	Fresh Fruit Salad	Peaches in Raspberry Jelly	Strawberry Mousse	Cinnamon Pear Crumble

WEEK4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST CHOICES							
BREAKFAST CHOICES	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Bacon and Tomatoes with Poached Eggs	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Croissants with Jam	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Scrambled eggs with Bacon	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Cheese Omelette	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Poached Eggs & Creamy Mushrooms	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Bacon and Tomatoes with Poached Eggs	Continental Breakfast, including a selection of Porridge, Toast, Cereal, Fresh fruit and Yogurt OR Bacon and Tomatoes with Poached Eggs
MORNING TEA	Pumpkin Scones	Choc Chip Biscuits	Melting Moments	Three Cheese Muffins	Carrot Cake	Apple Scones	Banana Cake
LUNCH CHOICES							
LUNCH CHOICES	Pork & Fennel Meatballs OR Oven Baked Fish with Parsley Sauce OR Ham Salad OR Assorted Sandwiches	Chef's Special OR Chef's Special OR Curried Egg Salad OR Assorted Sandwiches	Roast Chicken Thigh Fillets OR Salmon with Herb Butter OR Roast Beef Salad OR Assorted Sandwiches	Beef Stroganoff OR Greek Lamb Risssoles with Feta and Mint OR Chicken Salad OR Assorted Sandwiches	Crumbed Fish & Chips OR Meat Pie OR Roast Turkey Salad OR Assorted Sandwiches	Baked Chicken and Leek Casserole OR Braised Pork with Apricots OR Tuna Salad OR Assorted Sandwiches	Roast Beef with Thyme Gravy OR Roast Pork and Apple Sauce or Gravy OR Prawn Salad OR Assorted Sandwiches
VEGETABLES	Steamed Parsley Potato Steamed Broccoli Steamed Mixed Vegetable Medley	Chefs Choice Chefs Choice Chefs Choice	Crunchy Roast Potatoes Mint Peas Roast Pumpkin	Steamed Rice Steamed Mixed Vegetable Medley Steamed Mixed Vegetable Medley	Chips Coleslaw Side Salad	Mashed Potatoes Peas Wilted Spinach	Crunchy Roast Potatoes Roasted Root Vegetable Medley Green Beans
DESSERT	Raspberries in Jelly	Chef's Special	Creme Caramel	Pavlova with Seasonal Fruit	Strawberry Ice Cream with Wafers	Peaches and Cream	Chocolate Mousse
AFTERNOON TEA	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits	Seasonal Fruit Platter and Assorted Biscuits
DINNER CHOICES							
SOUP	Smooth Blended Broccoli and Cheese Soup	Smooth Red Lentil and Sweet Potato Soup	Smooth Roast Pumpkin Soup	Thick Pea and Ham Soup	Chunky Spring Vegetable Soup	Chunky Chicken and Sweet Corn Soup	Smooth Roast Root Vegetable soup
DINNER CHOICES	Lasagne with Garlic Bread and Salad OR Salad of the day OR Assorted Sandwiches	Sweet & Sour Pork OR Salad of the day OR Assorted Sandwiches	Quiche Lorraine with Garden Salad OR Salad of the day OR Assorted Sandwiches	Beef Sausage in Onion Gravy OR Salad of the day OR Assorted Sandwiches	Chicken Cacciatore OR Salad of the day OR Assorted Sandwiches	Fish Cake with Tartare Sauce and Salad OR Salad of the day OR Assorted Sandwiches	Honey Soy Chicken Tenderloins OR Salad of the day OR Assorted Sandwiches
VEGETABLES	Garlic Bread Side Salad	Steamed Rice Asian Mixed Vegetables	Potato & Dill Salad Garden Salad	Potato Gratin Steam Mixed Vegetables	Parmesan Mashed Potatoes Green Beans	Baked Potato Wedges Garden Salad	Hokkien Noodles Asian Mixed Vegetables
DESSERT	Apricot Crumble	Jelly with Cream	Two Fruits and Custard	Lemon Tart	Fresh Fruit Salad	Chocolate Cheesecake	Mandarin segments in Orange jelly

- Australian Guide to Healthy Eating <https://www.eatforhealth.gov.au/guidelines/australian-guide-healthy-eating>
- NH&MRC Nutrient Reference Values <https://www.nrv.gov.au/>
- Bartl and Bunney. Best Practice Food and Nutrition Manual for Aged Care <http://www.cclhd.health.nsw.gov.au/ourservices/nutrition/Documents/BestPracticeFoodandNutritionManual-Edition2.pdf>
- Meals on Wheels Australia. National Meal Guidelines- A Guide for Service Providers, Caterers and Health Professionals providing Home Delivered and Centre Based Meal Programs for Older Australians <http://mealsonwheels.org.au/wp-content/uploads/2016/10/NationalMealsGuidelines2016.pdf>

Other References:

- State based menu planning standards
 - Nutrition Standards for Adult Inpatients in NSW Hospitals- NSW Agency for Clinical Innovation https://www.aci.health.nsw.gov.au/_data/assets/pdf_file/0004/160555/ACI_Adult_Nutrition_web.pdf
 - Nutrition standards for Meals and Menus- Queensland Health https://www.health.qld.gov.au/_data/assets/pdf_file/0030/156288/qh-nutrition-standards.pdf
 - Menu and Nutritional Standards For Adult Public Hospitals in South Australia- SA Health Hospital Nutrition & Menu Standards Working Party <https://www.sahealth.sa.gov.au/wps/wcm/connect/45b4ae0045d04e7d9bdcfbac725693cd/14130+1+Menu+Nutr+Stand+Report-v5.pdf?MOD=AJPERES&CACHEID=45b4ae0045d04e7d9bdcfbac725693cd>
 - Nutrition Standards for Menu Items in Victorian Hospitals and Aged Care Facilities http://www.health.vic.gov.au/archive/archive2011/patientfood/nutrition_standards.pdf
 - Nutrition Standards for Adult Inpatients in WA Hospitals- WA Dept of Health <http://www.health.wa.gov.au/circularsnew/attachments/1108.pdf>
- Menu Assessment for Aged Care Facilities Checklist http://www.public.health.wa.gov.au/cproot/1587/2/menu_assessment_agedcare.pdf
- Texture Modified Foods and Thickened fluids as used for individuals with dysphagia: Australian standardised labels and definitions <http://onlinelibrary.wiley.com/doi/10.1111/j.1747-0080.2007.00153.x/epdf>
- Healthy Eating and Diabetes- A Guide for Aged Care Facilities <http://www.healthylivingnt.org.au/content/?action=getfile&id=65>
- New Dining Practice Standards- Pioneer Network <https://www.pioneernetwork.net/Data/Documents/NewDiningPracticeStandards.pdf>
- The Caroline Walker Trust: Eating Well: Supporting Older People and Older People with Dementia <http://www.cwt.org.uk/wp-content/uploads/2014/07/EW-Old-Dementia-Practical-Resource.pdf>
- Audits and More: A Nutrition and Food Serve Audit Manual. Karen Davison and Barbara Dominik (British Columbia) http://www.health.gov.bc.ca/library/publications/year/2008/Audits_and_More_Manual.pdf
- Nutrition Guidelines and Menu Checklist for residential and nursing homes http://www.publichealth.hscni.net/sites/default/files/Nutritional_guidlines_and_menu_checklist_march_2014.pdf (Very similar to Australian Best Practice Guidelines)
- Best Practices for Nutrition, Food Service and Dining in Long Term Care Homes- A Working Paper. Ontario Dietitians Long Term Care Action Group- Dietitians of Canada 2013.

- <http://www.dietitians.ca/Downloads/Public/2013-Best-Practices-for-Nutrition,-Food-Service-an.aspx>
- http://www.foodauthority.nsw.gov.au/_Documents/retail/raw_egg_guidelines.pdf

References on the Protein Needs of Older People:

- Beryl Dawson and Samantha Axley, Nutrition as a Part of Healthy Aging and Reducing Cardiovascular Risk: Improving Functionality in Later Life Using Quality Protein, with Optimized Timing and Distribution. *Semin Thromb Hemost.* 2014 Sep;40(6):695-703.
- Jurgen Bauer et al, Evidence-Based Recommendations for Optimal Dietary Protein Intake in Older People: A Position Paper from the PROT-AGE Study Group *JAMDA* 14 (2013) 542e559
- Beryl Dawson, Ageing, Frailty & Muscle Maintenance Maximising Recovery & Independence The Role of Nutrition Support (Presentation)
- <http://daa.asn.au/wp-content/uploads/2014/11/aging-frailty-nutrition-support-BMD-BH-PEN.pdf>