



# MENU REVIEW

Holy Family – Autumn / Winter 2026



Compass Group Dietetic Services

Date 13/03/2026

To whom it may concern,

Thank you for the opportunity to review Morrison Living's four-week Autumn/Winter menu for 2026 at Holy Family Marayong.

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 is compliant with the latest guidelines and standards. It is important to note that the menu has been adapted to the preferences and expectations of Holy Family 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 includes lighter options which cater to residents who may prefer one cold meal per day.

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



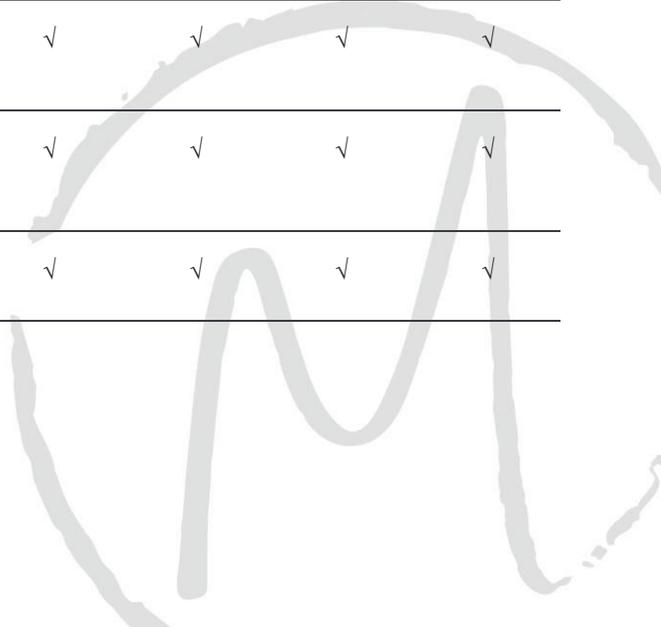
# COMPLIANCE WITH MORRISON'S NUTRITION AND MENU PLANNING STANDARDS

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



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

BREAKFAST



**Morrison Living Nutrition and Menu Planning standards**

**MENU COMPLIANCE**

**MAIN AND LIGHT MEALS**

MENU REVIEW	WEEK 1	WEEK 2	WEEK 3	WEEK 4
Each hot main meal choice provides a good quality protein source (e.g. meat, chicken, fish, eggs, legumes).	√	√	√	√
Residents have at least 2 hot choices at main meals.	√	√	√	√
At least 1 red meat offered a day	√	√	√	√
1 substantial soup (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.

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

## **BREAKFAST – YOGHURT, MILK, CHEESE**

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

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



## REFERENCES

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

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

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

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.











Morrison  
LIVING