

CATERING POLICY



The cook is responsible for liaising with the Housekeeper, Director of Care, the residents and relatives in order to develop a nutritionally balanced menu. The overall menu, nutritional content and individual dietary requirements are assessed and evaluated by a qualified dietician as deemed necessary and is overseen by the Housekeeper, nursing staff and the resident's general practitioner.

A range of diets designed to meet the needs of the elderly (i.e. full diet, soft diet, modified diet, high protein, low protein, high fibre, low fat, high carbohydrate etc.) is offered.

Individual preferences with a rotating menu has been developed to ensure that the food is varied in taste and texture. Dietary supplements may be incorporated following nursing consultation with the resident's dietician and / or general practitioner.

The menu reflects seasonal changes and menus are discussed at resident and relative meetings with their suggestions implemented where appropriate.

Those residents with religious or cultural requirements are served appropriate meals according to their beliefs, and a separate menu is provided.

The menu of the day is displayed in the dining rooms with the resident's choice recorded on the menu sheet by the staff. There are at least two courses per meal and at least two choices of the main meal. A variety of beverages are offered.

Meals are served at socially and culturally acceptable times. Usually at

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| Early morning tea | 5.00am to 7.00am |
| Breakfast | 7.00am to 8.30am |
| Morning Tea | 10.00am to 10.30am |
| Luncheon | 12.00pm to 1.00pm |
| Afternoon Tea | 3.00pm to 3.30pm |
| Dinner | 5.00pm to 6.00pm |
| Supper | 7.30pm to 8.00pm |

Refreshments and snacks are available for residents between those times if suitable to their dietary requirements.