

MEALS POLICY

Our menu rotates over a four-week period and is prepared in consultation with our dietician so as to ensure the highest level of nutritional value. It is planned to provide a balanced diet and to provide choices. Cultures, medical and special needs are all taken into consideration. On occasion, mainly due to suppliers being unable to obtain particular goods, it is necessary to alter the planned menu. Resident likes and dislikes are taken into account in the preparation of the menu and the meals served. Our menu is reviewed every six months.

Residents are encouraged to attend the dining room for all meals to enable them to socialise and not to be isolated. Exceptions are allowed for those who are unwell or who prefer to eat alone. So a tray may be delivered to your room.

Meal times are:

Breakfast	8:00am
Morning tea	10:00am
Lunch	12:00 midday
Afternoon tea	2:00pm
Dinner	5:00pm
Supper	7:00pm

We do not encourage resident's families to bring food in for their family members. We accept this is an activity that we cannot stop. Taking this into account, we ask you to take these points into account when considering bringing food into the Maronite Sisters Village.

- Food that have the highest potential to cause food poisoning are, cooked meats, soups or sauces made from meat stock, egg dishes, rice dishes, dairy products and seafood dishes. If you are bringing these types of food into the village, they **must** be transported under temperature control. We suggest that you transport the food in an esky.
- Only bring foods in that have been cooked on the day, not foods that were made on previous days. Cooked food must be consumed on the day, it cannot be kept in the village
- Perishable food brought from home must be labelled with the resident's name and the date. Perishable food is to be kept in the Village fridge NOT in resident's room.
- Foods that could be kept in the room are biscuits which should be kept in sealed container and checked regularly by family.
- Fruits can be kept in the room that is equipped with small fridge. Family must always check the fridge content and cleanliness.
- Avoid oysters, prawns and other high-risk seafood's. We do not allow these foods to be brought into the village.
- Food such as salads, please wash all ingredients before preparing the salad.
- Do not bring any frozen foods into the village.
- The danger zone for bacterial growth is 5C – 60C.
- Do not feed the food to any other resident, except for your family member.

Please note that we do not take any responsibility for any food prepared outside the village kitchen.