

Use this tool to assist in planning or reviewing your aged care menu to ensure that there is variety and that resident's preferences are catered for.

Menu Checklist	Yes	No	Comments
Is your menu 4 weeks in duration?			
Is there repetition of main meals on the menu?			
Is there variety in main course, desserts and soups? Are they served in a variety of styles? (i.e. roasts, casseroles, bakes)			
Are all residents offered three main meals and three mid meals a day?			
There is no repetition of main meal items or main ingredients on a single day or on consecutive days			
Are menu items clearly described? (i.e. pea and ham soup, not 'soup of the day')			
Is there a clear difference between winter and summer menus?			
Is there an option at each main meal that is suitable for soft diets?			
Is there sufficient variety of minced and moist and pureed options at meals and mid meals?			
Are residents with differing cultural or religious groups offered culturally acceptable foods?			
Are preferences and traditions of older Indigenous adults considered?			
Can residents choose more than one of soup + light hot meal item sandwich + salad at the light meal?			
Do salads served as a meal include a protein, starch and a range of different salad vegetables?			
Mid meal snacks			
Are mid-meal snacks clearly documented and offered to all residents?			
Is there a variety of snacks offered? (i.e. baked goods, fruit, crackers and cheese)			
Are freshly baked items available on most days?			
Do supper items include a source of protein? (i.e. sandwich fillings, milk drinks, cheese, biscuits)			
Residents on special or texture modified diets have sufficient variety at mid meals?			

Are high protein and high energy snacks are offered to residents who require them?			
Soups			
Is soup offered daily?			
Is there much repetition with soups? (aim for no more than twice in a 4 week cycle)			
Is the portion size of soup 180mL or more			
Are any soups made on stock powders only? (should have added meat, vegetables, legumes, grains)			
Do most soups contain a source of protein? (i.e. meat, chicken, legumes, milk, milk powder)			
Desserts			
Is dessert served at both lunch and dinner? (the light meal can be the option of fruit and choice of custard/yoghurt/ice cream)			
Is sugar used as the standard sweetener for all desserts?			
Is there minimal repetition of desserts? (aim for no more than twice in a 4 week cycle)			
Miscellaneous			
Are residents who can't use cutlery but can self feed provided with a variety of finger foods?			
Are residents with dexterity issues provided with appropriate culture/crockery?			
Are plates and containers free of patterns and contrast the colour of the tablecloth or placemat?			
Are salty items on the menu (deli meat, processed snacks foods) offered in moderation in line with resident preferences?			
Is iodised salt used? (in cooking and on tables)			

We recommend reviewing your menu on an ongoing basis, and to conduct a full dietitian assessment of your menu bi-annually. It should be noted that repetition in your menu is acceptable if guided by residents (i.e. fish meals on a Friday, popular soups being offered more than twice in a four week menu cycle etc.)

Source: Schneyder, A. & Dundon, J. (2016) Dietitians Guide: DAA Menu Audit Tool for Aged Care Homes 2016. Dietitians Association of Australia.