

Menu Assessments



AGED CARE NUTRITION ADVISORY SERVICE

About NAQ Nutrition:

NAQ Nutrition is a not-for-profit, non-government organisation. The Accredited Practising Dietitians from NAQ Nutrition have provided unbiased and accurate advice to Aged Care Facilities through our Aged Care Nutrition Advisory Service for over a decade.

Menu Assessments:

NAQ Nutrition conducts a thorough menu assessment and review process in line with the Commonwealth Accreditation Standards. All assessments are completed by an Accredited Practising Dietitian (APD) and reviewed by the Aged Care Nutrition Advisory Service APD.

A standard menu assessment includes assessment of:

- Whether the nutrition and hydration needs of residents are assessed, documented, regularly reviewed and acted upon.
- Whether residents receive sufficient food and fluid to meet their nutritional requirements, including special nutrition issues for the elderly – based on core food group analysis.
- Whether residents are offered a varied and well-balanced diet that takes individual preferences into account.
- Whether residents are assisted to maintain their dietary customs according to their religious and cultural beliefs.
- Whether catering services are provided in a way that enhances residents' quality of life and the staffs working environment.

A report is provided upon completion which includes practical recommendations and supporting resources.

REQUEST A QUOTE – Complete this form and return via fax or email:

How many weeks is your Standard Menu? _____

Do you have a separate Texture Modified Menu? **Yes / No**

Do you have separate menus for Summer and Winter? **Yes / No**

How many facilities is the menu used at? _____

Name of facility: _____

Contact person: _____

Position of contact person: _____

Phone: _____

Email: _____

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