



Meals on Wheels

Meal Requirements for In-Home Aged Care

Menu Review

Palm Beach Share and Care

13th April 2026



Executive Summary and Recommendations

Palm Beach Share and Care Meals on Wheels (MOW) provides community meal support across the surrounding areas. The service operates out of a well-established kitchen. The service delivers a variety of meals to clients and offers a full range of optional meal packages to support them at home.

The service runs efficiently with most of the cooking and packing undertaken in the morning. Meals are delivered to clients early in the morning. A team of volunteers collect chilled and frozen meals, freshly made salads, and sandwiches. Palm Beach has a delivery van. Ensuring clients receive tasty, appetising and nourishing meals. The service taps into several food donation sources which directly support the client base with fresh fruit, bread and milk.

The service has a very good communication system for collecting and supporting client meal preferences. Regular feedback is undertaken. Palm Beach operates with a well-organised, structured website that outlines the variety of meals, prices and provides a full nutritional breakdown of meals. Meals were above the serving-size guidelines and had adequate protein.

As part of this review, the foodservice operations were observed, and staff had the opportunity to discuss issues around the service and provide evidence and information.

Recommendations from this review

1. Continue to provide photos of meals on the website.
2. Continue to add nutritional information for meals onto the website, especially desserts and soups.

The staff and foodservice team try to meet the clients' meal requirements. Prepare meals during the week and support clients in the community in receiving nourishing meals. Palm Beach Share and Care MOWs provide an essential community service.

Dr Karen Abbey PhD APD Foodservice Dietitian, Special Dietary Chef

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1 Introduction

All Meals on Wheels services must undergo an annual Meal Requirement for In-Home Aged Care to assess meal standards and quality. This assessment provides an overview of foodservices and meals delivered to clients.

Review undertaken 13/04/26

Service Information

Current client numbers - 400+

Delivering meals to

Meal type: frozen and chilled



Ordering – Clients are sent out a menu with drivers. Clients can ring up and request an order. Clients can come to the service and select from a bank of freezers stocked with frozen meals, soups and desserts.

Production system – cook chill and cook frozen.

Meal Package – Alfoils and compostables products are used.



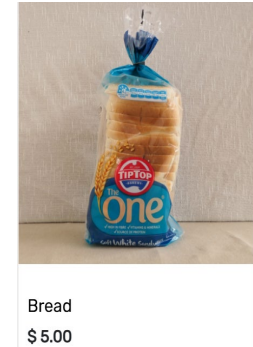
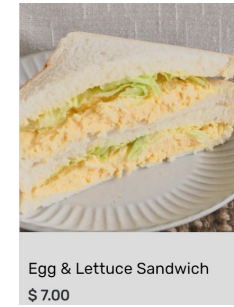
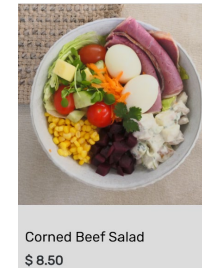
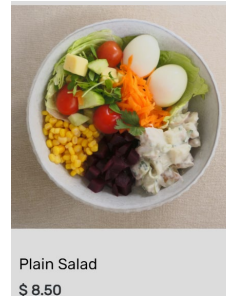
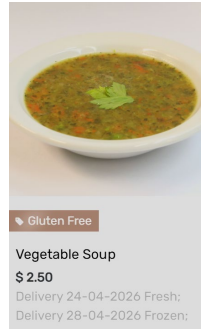
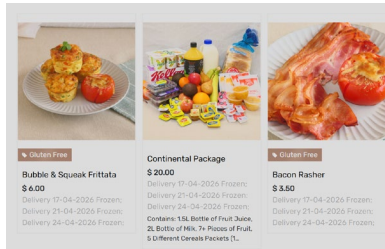
The menu is a 10-week plan that changes to mix up the variety of meals.

Meal ordering system – Share and Care software is used. Clients order weekly from the menu, can order online, and can place orders by phone.

Meal Costs

Prices do vary across menu items. There are two meal sizes available – small and regular.

Breakfast items



An example of the Commonwealth Home Support Pricing (CHSP) costs

Schedule of Fees

Commonwealth Home Support Pricing (CHSP):

Meal	Client Contribution
Continental Breakfast	\$20.00
Cooked Breakfast Options	\$6.00
Cooked Breakfast Extra (per item)	\$3.50
Soup	\$2.50
Fruit	\$0.80
Juice	\$1.00
Sandwich	\$7.00
Salad	\$8.50
Main Meal (Standard)	\$11.00
Main Meal (Mini)	\$9.50
Dessert	\$4.00

What are Nutritious meals, snacks and drinks?

Nutritious foods and fluids are those that provide essential nutrients, including macro- and micronutrients, that support bodily functions and maintain health. These nutrients help to sustain energy, support growth, repair, and protect against diseases.

It is important to remember that MOW offers a combination of meals to clients. Clients can choose Mains, Desserts, and Soups in any combination. Some Clients only have a meal delivered, others will order a couple of meals, no soups, but extra desserts. Therefore, MOW is not responsible for the total intake for any client on any given day. Meals should target the important nutrients for clients, especially protein and calcium. Some services will offer additional products such as drinks, bread rolls and snacks. What is important is that services allow clients to choose their meals and should work towards an ordering system that enables this.

All nutrients are important for the elderly – especially Protein, Calcium B6 and Vit D

A system for client engagement for feedback should occur regularly and annually for a client satisfaction survey, to include

Meal feedback

Service feedback (meal ordering)

Meal delivery

**Palm Beach Share and Care MOW
meets providing clients with
nutritious meals and drinks.**

1.1 Recommendations

As part of this review, the following recommendations have been made. These should be added to your Quality Assurance Framework or action plans for completion over the next 12 months before this review is required again.

Review Areas	Observations	Recommendations
Recipes		
Photos for website	Continue to add photos to the website	Photos are important for clients to see the meal options and what is provided.
Nutritional recipe analysis	The service is currently upgrading the website to include serving sizes and nutritional information for all meals	Keep updating the website.
Labelling		
General allergen	Included in this review report is an option for labelling meals	Optional for consideration.
Next review		April 2027

2. Outcomes from Assessment and Checklist

The following table relates to the guidelines and meeting the aspects of Meal Requirements for In-Home Aged Care.

Meal & Menu Requirements	Evidence from Assessment
Meals are appetising and presented.	Photos taken outlining the way meal items are presented, Section 6 The menu is balance for colour. Always try to have colourful vegetable combinations.
The menu provides a variety of meals and choices	Across the menu, a variety of meals are offered. 10-week cycle. The repetition is minimal, demonstrating a good variety of meals in Section 9 Choice is offered through the number of meal-ordering options available to clients, who can choose between Chill or Frozen meals.
The service provides a variety across the menu pattern	Menu pattern - section 8 – service offers soups, meals, sandwiches, salads, drink and desserts.
Meal Nutrition Protein and calcium	Full nutrition outlines of all meals on the website. Most main meals are made with a meat source, Sections 6 and 9 Most desserts have some source of protein and calcium, Sections 6 and 9 Soups – made on site with meat and vegetables. Section – 9
Reflect evidence-based guidelines	The MOW nutrition guide has been used to assess the weight of servings in section 6 and protein content.
Satisfaction of clients and client feedback	Is undertaken yearly. Section 3
The service offers meals for special diets	Section 4 and the website outline special meal information
The service offers meals for texture-modified diets	Section 7
The service can make bespoke meals when required	They use Chill & Frozen meals to support special diets.
The service has a good communication system for clients' meals	Sections 3, 4 & 5 The website is well-designed and easy to use. The service provides information pamphlets, and information on how to engage the service is on the website. Administration staff are available to assist clients over the phone.
Contemporary menu and meals	Cuisine and cooking methods – section 9
Menu last assessed	This is the first review.
Nutritional menu quality	Menu serve sizes are within ranges; meat serves exceed the MOW guidelines. A range of vegetables is used for meals, soups and salads.
The kitchen is clean, functional, and a thermal support system is in place for meals.	Section 5 The kitchen is functional, and the thermal support system protects meal delivery. The meal runs are tested to ensure that hot meals are delivered above 60°C and cold items below 5°C

MOW Checklist

1. Review Objectives

- ✓ Meals meet the nutritional needs of older adults
- ✓ Quality, safety, and satisfaction assessed
- ✓ Actionable feedback prepared for the supplier

2. Review Components

A. Menu Documentation

- ✓ Recipes include ingredients and cooking methods
- ✓ Portion sizes and serving frequency documented
- ✓ Texture-modified and special diet options included

B. Nutritional Analysis

- ✓ Macronutrient balance (energy, protein, fats, carbs)
- ✓ Micronutrient adequacy (calcium, iron, vitamin D, B12, fibre)

C. Compliance Check

- ✓ Aligned with Australian Dietary Guidelines for older adults
- ✓ Allergen management and food safety protocols in place

D. Quality Assurance

- ✓ Meal presentation and palatability assessed
- ✓ Supplier responsiveness to feedback

7. Sign-Off

Dietitian (Supplier):



Date: 13/4/2026

Dr Karen Abbey PhD /

Foodservice Dietitian & special dietary chef, nutrition and catering consultancy Pty Ltd

B Sc Hon Human Nutrition, Grad Dip Nutr & Diet, Master's Health Science Management, Cert III Commercial Cookery, Cert IV Assessor and Trainer.

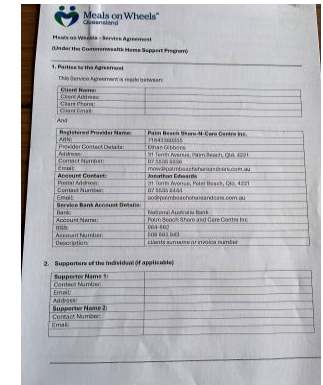
3 Client Induction, Satisfaction & Complaints Process

Clients are contacted for an individual review to check for any dietary changes or contact changes and to ensure they are happy with the service and meals. Clients can contact the service during operational hours and provide feedback from delivery drivers.

Client Induction – service agreement covering all aspects to ensure clients information is collected and entered Share & Care software.

Yearly Client Assessment form – comprehensive covering all essential areas.

- Meal consumption
- Meal ordering and delivery
- Special dietary requirements
- Rating of meals
- Meal communication with clients
- Meal value
- Meal and service feedback



3.1 Client satisfaction

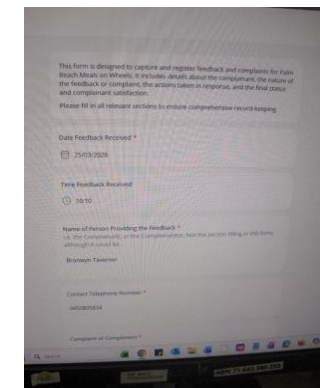
Client satisfaction is undertaken annually. Results from the last review were positive and provided value feedback to help shape and plan the seasonal menus.

The client satisfaction covers.

- Meal satisfaction across the menu pattern
- How the service is delivered, interact with volunteers, and satisfaction with the service
- The survey offers an opportunity to receive a phone call to follow up on survey information

3.2 Complaints and Compliments




The complaint process is undertaken via Care and Share, which enables an electronic record to be kept. There is a register for any complaint. Clients can make a complaint by phoning the Meals on Wheels service, emailing the service or providing feedback from the drivers delivering meals.



4 Meal Ordering System

The following process is in place for meal ordering from Redcliffe Meals on Wheels

1. Clients are referred by aged care services.
2. Clients are contacted, and the Service Agreement is filled in.
3. Clients can make changes by making a phone call to the service.
4. Clients can order from the menu and have a choice as to what service they would like to have.
5. Clients can also come in and pick a selection from the freezer.
6. Meals are available over the weekend.
7. Meals are delivered to clients via a group of volunteers. The meals go out early as the meals are chilled and frozen.
8. Meals can be ordered from the website and also from menus provided to clients from drivers.
9. Clients can order frozen and chilled meals.
10. Likes and dislikes are taken into consideration and meals and arrange for clients.

Product	Quantity	Price	Delivery Date	Order Total
 Curry Chicken Size: Mini	- 1 +	\$ 9.50	Delivery: 08/05/2026	Subtotal: \$27.50
 Beef Lasagne Size: Mini	- 1 +	\$ 9.50	Delivery: 05/05/2026	Taxes: \$0.00
 Red Salmon Salad Egg(s) -2, Lettuce -Add, Carrot -Add, Cucumber -Add, Cheese -Add, Tomato -Add, Corn -Add, Beetroot -Add, Potato Salad -Add	- 1 +	\$ 8.50	Delivery: 28/04/2026	Total: \$27.50

I have a promo code

These are examples from the website

Range of meals

Ordering preferences changes

Example of range of meal options

- Product Category -
- Fresh Menu >
- Other
- Fresh Breakfast Menu >
- Fresh Sandwiches & Salads >
- Frozen Meals >



Gluten Free
Bubbie & Squeak Frittata
 \$ 6.00





Mushroom Side
 Don't Add
 Cooked **\$ 3.50**









Bacon Side
 Don't Add
 Add **\$ 3.50**

Beef Chopped
 0
 2 **\$ 3.50**
 4 **\$ 3.50**

Beans Side
 Don't Add
 Add **\$ 3.50**

- 1 +
 For delivery on:
 Tue 28 Apr 2026

 Gluten Free Bubbie & Squeak Frittata \$ 6.00 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen	 Gluten Free Continental Package \$ 20.00 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen Contents: 1.5L Bottle of Fruit Juice, 2L Bottle of Milk, 7+ Pieces of Fruit, 5 Different Cereals Packets (L...	 Gluten Free Bacon Rasher \$ 3.50 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen	 Gluten Free Beans \$ 3.50 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen
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 [Froz] Salmon Patty & Wh... \$ 9.50 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen	 [Froz] Apricot Chicken \$ 9.50 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen	 [Froz] Battered Whiting &... \$ 9.50 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen	 [Froz] Chicken A La King \$ 9.50 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen
 [Froz] Chicken Alfredo &... \$ 9.50 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen	 [Froz] Chicken Maryland \$ 9.50 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen	 [Froz] Chicken Parmigiana \$ 9.50 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen	 [Froz] Curry Chicken \$ 9.50 Delivery 28-04-2026 Frozen Delivery 01-05-2026 Frozen

4.1 Labelling System

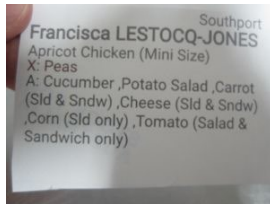
Labels are general; they provide the information for reheating with minimal allergen information

Meals for clients with special diets and allergens are labelled to identify these, as shown in the photos below.



Preferences are managed as special meals.

These are the



This is an example of a general labelling statement covering all allergen.

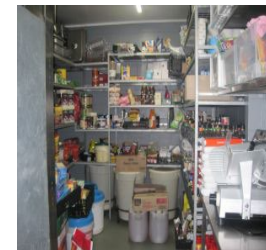
These meals are produced in a cooking kitchen which uses ingredients such as egg, wheat, milk, fish, shellfish, peanuts, tree nuts, soy and lupin.

5 Foodservice Operations

It is important for the quality of the meal that kitchens are clean, and foodservice is functioning to enable the menu to be cooked and the range of meals provided.

The kitchen has the equipment required to produce the menu	The kitchen has enough storage space	Foodservice operations have the necessary food items to complete the menu daily	The kitchen is clean, the equipment is clean, storage areas are clean	There is enough food to maintain the service	Passed the last food safety audit
Yes, the kitchen has the equipment, cook-chill and cook-frozen	Yes	Yes The pantry is well stocked. Recipes are made from basic ingredients.	Yes There is a daily cleaning schedule in place	Yes There are plenty of stores and food deliveries each week.	Yes

The photos highlight photos of the kitchen storage and equipment.



5.2 Thermal support system

The thermal support system is well organised for meal delivery. The meals are taken to clients via a network of volunteers.

5.2.1 Frozen Meals

Frozen meals are made after the hot meals are finished. A blast chiller/freezer is used. Therefore, all leftovers are used.

Frozen meals are kept in a bank of freezers, which are used to fill weekly frozen orders.



5.2.2. Chilled Meals

Frozen meals can become chilled meals. These meals are provided to clients to keep in their refrigerators for heating for consumptions.

5.2.3 Meals are delivered in thermal food carriers.

Individual meal bags.




Ice sheets and frozen blocks are used to keep the meals in the safe temperature zone.






6 Meal Serving Nutrition Assessment

The table below shows some meal analysis as per the MOW guidelines. Most meals exceeded the serve size in the Meals on Wheels National Guidelines. The serves provide adequate protein.

These are the meals weighed on 13/4/26

Meal	Meal Weight g	MOW guidelines	Nutrition assessments	Comments/pictures
Soup Beef & vegetable soups.	200ml	200ml	6g of protein	Harty soups. The soups are all made with ingredients. Powdered soup mixes are used to thicken and add flavour. 
Salad	Meat 100g Cheese 40g 2 eggs 100g Wide variety of vegetables	Meat 100g Fish 120g 2 Eggs 100g Legumes 100g Cheese 40g	Protein 31g Sufficient protein	Colourful Good variety of ingredients. 
Sandwiches	Bread, white or wholemeal Meat 70g 1 slice of cheese	Fillings Meat, egg, or cheese.		Good variety of sandwiches. 

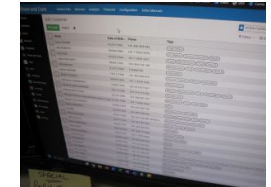
Meal	Meal Weight g	MOW guidelines	Nutrition assessments	Comments/pictures	
Dessert Marshmallow trifle	Total 400g	Total 180g Cake 90g Pudding 130g Sponge 80g Yogurt 80g Custard 80g Dairy 80g Cream 50g	Cake 100g Custard 110g Protein 10g	Good size. Over recommendations	
Baked rice	Total 380g Baked rice Custard		Baked rice 210g Custard 170g Protein 15g	Good size dessert for two. Good serve of custard.	
Meal one Apricot chicken	Total 520g Chicken 280g Rice 90g Vegetables 150g	Meat >100g CHO >90g Veg >150g	Protein 41g	The meal size is above the guidelines.	
Meal two Sausages gravy and vegetables	Total 480g Sausages Potato 90g Vegetables 150g	Meat >100g CHO >90g Veg >150g	Protein 39g	The meal size is above the guidelines.	
Meal three Roast beef	Total 450g Beef 150g Potato 90g Vegetables 210g	Meat >100g CHO >90g Veg >150g	Protein 43g	The meal size is above the guidelines.	

Meal	Meal Weight g	MOW guidelines	Nutrition assessments	Comments/pictures
Lamb Korma Vegetables	Total 490g Lamb 250g Potato 90g Vegetables 150g	Meat >100g CHO >90g Veg >150g	Protein 36g	The meal size is above the guidelines. 
Puree meal	Total 510g Meat 240g Potato 110g Vegetables 160g	Meat >100g CHO >90g Veg >150g	Protein 45g	Correct texture 
Juice	200-250ml			Orange and apple juice 

7 Texture-Modification Meals and Special Diets

A range of special diets is available for clients. A full range of texture are offered in line with the IDDSI guidelines. The general menu is texture-modified, and the meals are integrated for clients. Texture-modified meals can be tailored to individual requests and prepared in a separate part of the kitchen, with their own labels. The correct equipment is used to prepare these meals.

The texture-modified meals (all meal components are above MOW Guidelines) are shown above. Meals are designed for special diets, including gluten- and lactose-free options. The menu makes as many Gluten-free meals as part of normal practice.



The website is very well organised and informative, as shown below, covering dietary needs, texture modifications, and preferences.

Taken from web site

If you have any dietary requirements e.g. ingredient restrictions, pureed meals, vegetable preferences etc.

Please contact the office at 07 5535 6036 to discuss.

Example of a meal



Area for special diets preparation



Labels



8 Menu Planning Process and Menu Pattern for Choice.

Clients provide feedback on menu planning through surveys, complaints, or driver feedback.

This may feed into the menu planning process. Overall, the feedback has been received, and the seasonal menus have been adjusted accordingly.

The current menu pattern for choice is.

Menu pattern	Choices available
Soup	Daily choices
Frozen meals	Daily choices
Desserts	Daily choices
Salads	Daily choices
Sandwiches	Daily choices
Texture-modified meals	Meals made from daily menu
Juice	Apple and orange

Soup	Tomato & Basil Soup [GF]	Potato & Leek Soup [GF]	Vegetable Soup [GF]
Main	Roast Turkey (Gravy) [GF]	Beef & Bacon Braise [GF]	Tempura Barramundi (Lemon)
Veg	Potato Bake/ Baked Pumpkin/ Peas/ Crumb Cauliflower	Mash Potato/ Carrots/ Beans	Wedges/ Carrot, Cauli, Broc, Beans Mix/ Cabbage
Dessert	Passionfruit Panna Cotta [GF]	Apricot & Pineapple Creamed Rice [GF]	Strawberry Mousse & Peaches [GF]
Soup	Vegetable Soup [GF]	Crème of Asparagus Soup [GF]	Potato & Leek Soup [GF]
Main	Garlic Prawns [GF]	Pickled Pork (White Sauce) [GF]	Braised Lamb [GF]
Veg	Rice/ Mixed Vegetables	Chat Potato/ Mash Pumpkin/ Peas/ Cabbage	Mash Potato/ Carrots/ Beans
Dessert	Pavlova [GF]	Apple, Rhubarb & Custard [GF]	Bread & Butter Pudding
Soup	Chicken & Corn Soup [GF]	Minestrone Soup	Crème of Chicken Soup [GF]
Main	Beef Lasagne	Sweet & Sour Fish Bites	Roast Beef (Gravy) [GF]
Veg	Mash Pumpkin/ Peas, Corn, Capsicum/ Carrot/ Brussel Sprouts	Rice/ Mixed Vegetables	Potato Gratin/ Baked Pumpkin/ Peas/ Zucchini
Dessert	Jelly Fruit & Cream [GF]	Trifle [GF]	Apricot & Pineapple Crush [GF]

9 Menu Review

The menu reflects the client’s feedback. The menu is planned to provide a variety of choices. There are four seasonal menus. Most recipes include a protein source. Across the menu

9.1 Menu repetition and protein sources.

9.1.1 Main Meals

The following table outlines the main meals with no repetition.

Main Meals	Protein Source	Week one	Week two	Week three	Week four	Week five	Week six	Week seven	Week eight	Week nine	Week ten
Roast Turkey & Gravy	Turkey	Mon									
Garlic prawns	Prawns	Tue									
Beef Lasagne	Beef	Wed									
Pork Sirloin	Pork	Thur									
Chicken Carbonara	Chicken	Fri									
Beef & bacon braise	Beef		Mon								
Pickled pork white sauce	Pork		Tue								
Sweet & sour fish	Fish		Wed								
Lamb Shepherd’s pie	Lamb		Thur								
Curry chicken	Chicken		Fri								
Tempura Barramundi	Fish			Mon							
Braised Lamb	Lamb			Tue							
Roast beef	Beef			Wed					Wed		
Chicken Alfredo	Chicken			Thur							
Meatloaf	Beef			Fri							
Sweet & sour battered pork	Pork				Mon						
Corned silverside (white sauce)	Beef				Tue						
Chicken Kiev	Chicken				Wed						
Fish cakes	Fish				Thur						
Beef Korma	Beef				Fri						

Main Meals	Protein Source	Week one	Week two	Week three	Week four	Week five	Week six	Week seven	Week eight	Week nine	Week ten
Steak & Kidney	Beef kidney					Mon					
Roast lamb	Lamb					Tue					Mon
Smoked cod white sauce	Fish					Wed					
Chicken A La King	Chicken					Thur					
Pork Sausages (Gravy)	Pork					Fri					
Roast Veal (gravy)	Veal						Mon				
Lamb Korma	Lamb						Tue				
Satay meatballs	Beef						Wed				
Curry prawns	Prawns						Thur				
Chicken Parmigiana	Chicken						Fri				
Beef Shepherd's Pie	Beef							Mon			
Roast chicken	Chicken							Tue			
Battered whiting (lemon)	Fish							Wed			
Sweet & sour chicken	Chicken							Thur			
Veal Schnitzel (gravy)	Veal							Fri			
Fish Mornay	Fish								Mon		
Lamb rissoles	Lamb								Tue		
Spaghetti Bolognese	Beef								Thur		
Chicken Maryland	Chicken								Fri		
Apricot chicken	Chicken									Mon	
Corned lamb (white sauce)	Lamb									Tue	
Black bean beef noodles	Beef									Wed	
Beef stroganoff	Beef									Thur	
Poached fish (white sauce)	Fish									Fri	
Beef Burgundy	Beef										Tue
Grilled barramundi	Fish										Wed
Satay chicken	Chicken										Thur
Lamb sausages	Lamb										Fri

9.2 Dessert Analysis

Wide variety of choices. Deserts are served with custard, cream, and yogurt. Most desserts have a protein and calcium source.

Desserts	Protein Source	Calcium sauces	Week one	Week two	Week three	Week four	Week five	Week six	Week seven	Week eight	Week nine	Week ten
Passionfruit panna cotta	Milk	Milk	Mon					Mon				
Pavlova			Tue					Tue				
Jelly fruit & cream			Wed					Wed				
Berry mousse & apricots	Milk		Thur					Thur				
No baked custard peaches	Milk		Fri					Fri				
Apricot pineapple cream rice	Milk			Mon					Mon			
Apple rhubarb & custard	Milk	Custard		Tue					Tue			
Trifle	Milk	Custard		Wed					Wed			
Stick date pudding	Milk	Custard		Thur					Thur			
Baked apple & custard	Milk			Fri					Fri			
Strawberry mousse peaches	Milk				Mon					Mon		
Bread & butter pudding	Milk				Tue					Tue		
Apricot & pineapple crush					Wed					Wed		
Apple crumble & custard	Milk				Thur					Thur		
Fresh fruit salad					Fri		Mon			Fri		Mon
Jelly flummery 2 fruits	Milk					Mon					Mon	
Prunes and custard	Milk					Tue					Tue	
Marshmallow trifle	Milk	Custard				Wed					Wed	
Citrus mousse & apricots	Milk					Thur					Thur	
Vanila pudding peaches						Fri					Fri	
Blueberry panna cotta	Milk						Tue					Tue
Citrus tart & cream							Wed					Wed
Crème Brule & apricots	Milk						Thur					Thur
Baked rice pudding	Milk	Custard					Fri					Fri

9.5 Soups Analysis

Some of the soups lack a protein source. Add milk powder, legumes, beans, barley and meat to soups to improve protein content.

Soups are an important part of the meal offering by Palm Beach Meals on Wheels. Soups are made daily, and vegetables and stocks are added.

Soups	Protein Source	Week one	Week two	Week three	Week four	Week five	Week six	Week seven	Week eight	Week nine	Week ten
Tomato & Basil		Mon					Mon				
Vegetable		Tue		Mon			Tue		Mon		
Chicken & corn	Chicken	Wed					Wed				
Pea & Ham	Pea Ham	Thur					Thur				
Beef & vegetable	Beef	Fri				Tue	Fri				Tue
Potato & leek			Mon	Tue				Mon	Tue		
Crème of Asparagus			Tue					Tue			
Minestrone	Beans		Wed					Wed			
Crème of Pumpkin			Thur					Thur			
Chicken of Broccoli	Chicken		Fri	Thur				Fri			
Crème of chicken	Chicken			Wed					Wed		
Pumpkin				Fri		Thur			Fri		Thur
Mushroom					Mon					Mon	Wed
Cauliflower & cheese	Cheese				Tue					Tue	
Chicken and vegetable	Chicken				Wed					Wed	
Potato bacon & leek	Bacon				Thur					Thur	
Spring vegetables					Fri					Fri	
Asparagus						Mon					Mon
Crème of mushroom						Wed					
Crème of vegetable						Fri					Fri
Crème of broccoli									Thur		

9.6 Vegetable Variety

The meals used a wide variety of vegetables, as shown below. The vegetable servings exceed the MOW guidelines.

Potato	Green vegetables	Orange vegetables	Other vegetables	Bakes	Vegetable mixes
Chat potato Baked potato Mashed potato Wedges Potato gratin Diced garlic potato Diced potato	Peas Brussel sprouts Zucchini Cabbage Beans	Baked pumpkin Mashed pumpkin Mashe pumpkin Carrots Bias carrots Glazed carrots	Crumbed cauliflower Capsicum Mushrooms Parsnip Cauliflower Pineapple (fruit)	Potato	Mixed Broccoli bean mix Carrot, cauliflower, broccoli, and bean mix Bean mix
Rice/pasta	Rice Fettucine				
Salads (available daily)	Egg Salmon Chicken Beef Cheese				
Sandwiches	Beef & sald				

Vegetable bakes are a good menu inclusion because they use ingredients such as milk and cheese, which provide calcium and protein. Cream will only add energy to the dish (it is not high in protein). There are three vegetables offered each day, with two extra vegetables to accommodate preferences and dislikes.

9.7 Food Check for Variety: Meats, Desserts and Soups

Analysis based on hot options for lunch, desserts, and soups. This table indicates a good variety of meats used, desserts are made with different fruits, cereals and milk-based products, and soups use a good mixture of meat and vegetables.

Meats	Week one	Week two	Week three	Week four	Week five	Week six	Week seven	Week eight	Week nine	Week ten	Per week
Beef	1	1	2	2	1	2	2	2	2	1	1-2
Pork	1	1		1	1					1	1-2
Lamb		1	1		1	1		1	1	1	1-2
Chicken	2	1	1	1	1	1	2	1	1	1	1-2
Fish	1	1	1	1	1	1	1	1	1	1	1-2
Egg based											1-2
Vegetarian											All meals should have a protein source – legumes, nuts, cheese, egg
Desserts											
Fruit	1		2		1	2		2		1	All milk-based desserts will contain protein.
Cereal		1			1		1	1			
Cereal & fruit		2	1	1	1		2		1		
Cereals & milk			1					1		2	
Fruit & milk	3	2	1	4	2	3	2	1	4	2	All other desserts should be served with custard, yogurt or milk-based sauces.
Milk											
Soup –Meat	3	2	1	2	1	3	3	1	2	1	Soups are best made with meat, cheese, milk powder, legumes, barley & beans
Vegetable soup	2	3	4	3	4	2	2	4	3	4	

9.8 Cooking Methods

9.8 1 Desserts and Main Meals

The dessert and main meals offer a wide variety of desserts, prepared with a range of cooking methods.

Desserts	Examples from the menu	Main meals	Examples from the menu
Crumble	Apple	Roast	Beef chicken lamb
Puddings	Bread and butter Vanilla Sticky date pudding	Stews/Casserole/Hot pot	Beef Korma Steak kidney
Fruit	Fruit salads	Stir fry	Sweet and sour pork Sweet and sour chicken Black bean beef noodles
Jelly & Fruit	Jelly fruit & cream Jelly flummery	Braised	Lamb
Cake	Trifle	Pan cooking/Brat Bans	Garlic prawns Curried prawns Spaghetti bolognaise
Mousse	Citrus Strawberry Berry	Combi oven	Fish chicken Grilled fish
Milk	Crème Brule	Baked	Pies
Rice	Creamed rice		
Custards	Baked Baked apple Prunes		

9.8.2 Main Meals and Dessert Cuisine

Examples from the menu for cuisine. This demonstrates that the menu has a wide variety of meals.

Desserts	Examples from the menu	Main meals	Examples from the menu
Australian	Pavlova Fruit salad	Australian	Pies Braised lamb Pork sausages
English	Read and butter pudding Baked rice pudding Vanilla pudding Cream rice Trifle	English	Roast chicken, beef, lamb, pork turkey Corned silverside Fish cakes Lamb Shepherd's pie
European	Panna cotta Mousses Crème Brule	European	Chicken Kiev Chicken alfredo Spaghetti Bolognese
		Asians	Sweet & sour fish
		Middle Eastern/Indians	Beef Korma Chicken curry

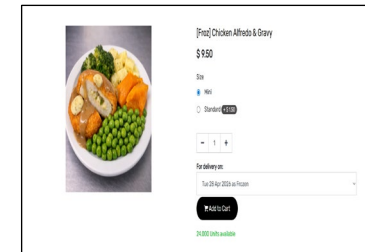
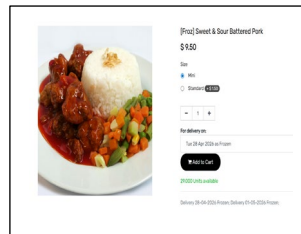
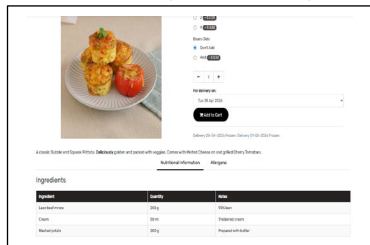
9.9 Menu Recipes and Meals

Recipes are used in the kitchen. This analysis examines the serve of meat and protein content of meals. Desserts and soups are being worked on.

There is always shrinkage with meat; the serves are above adequate for size and protein content. All meals are above 2000kJ.

Main recipes	Meat per serve	Protein	Adequate Serve >100g Protein >25g	Main recipes Per 100g	Meat per serve	Protein	Adequate Serve >100g Protein >25g
Sweet and sour pork	200g	32g	Yes	Roast lamb	150g	42g	Yes
Chicken Alfredo & Gravy	270g	38g	Yes	Beef Stroganoff	320g	48g	Yes
Curried prawns	150g	32g	Yes	Beef sausages	210g	36g	Yes
Lamb rissoles	230g	36g	Yes	Fish cakes	150g	26g	Yes
Veal Schnitzel	220	34g	Yes	Chicken Parmigiana	180g	40g	Yes

Examples of recipes information on website.



Nutritional Information		
Nutrient	Per Serving (500 g)	Per 100 g
Energy	3000 kJ	720 kJ
Protein	48 g	9.6 g
Total Fat	52 g	10.4 g
Saturated Fat	28 g	5.6 g
Carbohydrate	32 g	6.4 g
Sugars	4 g	0.8 g
Sodium	520 mg	104 mg

Ingredients		
Ingredient	Quantity	Notes
Sweet & Sour Battered Pork	200g	Battered pork pieces in sweet & sour sauce
Rice	150g	White, cooked
Mixed Vegetables	250g	Typical mix: carrots, peas, corn, beans

Nutritional Information		
Nutrient	Per Serving (500g)	Per 100g
Energy	3000 kJ	600 kJ
Protein	32 g	6.4 g
Fat (Total)	28 g	5.6 g
Fat (Saturated)	10 g	2.0 g
Carbohydrates (Total)	102 g	20.4 g
Sugars	28 g	5.6 g
Sodium	980 mg	196 mg

Ingredients		
Ingredient	Quantity	Notes
Chicken Alfredo Gravy	270g	Assumed standard recipe
Hash Potatoes	100g	Full cream milk & butter
Pumpkin	80g	Steamed
Peas	80g	Frozen, boiled
Broccoli	70g	Steamed

Nutritional Information		
Nutrient	Per Serving (500g)	Per 100g
Energy (kJ)	2920 kJ	584 kJ
Protein	38 g	7.6 g
Fat (Total)	22 g	4.4 g
Fat (Saturated)	10 g	2.0 g
Carbohydrates (Total)	48 g	9.6 g
Sugars	7 g	1.4 g
Sodium	600 mg	120 mg
Dietary Fibre	7 g	1.4 g

10 Appendices

10.1 National MOW Guidelines

MOW National Guidelines

Salad

Entrée Salad Type	Energy / serve (minimum)	Protein / serve (minimum)
Entree Meat Salad	>600kJ	>7g
Entree Meat Alternative Salad	>600kJ	>5g

Always serve a meat salad or a vegetarian salad with beans, cheese and egg.

Soup (200ml)

Entrée Soup Type	Energy / serve (minimum)	Protein / serve (minimum)
Meat/Legume and Vegetable Soup	>400kJ	>8g
Combination Soup	>400kJ	>8g
Vegetable Soup	>300kJ	>4g

Sandwiches

Entrée Sandwich Type	Energy / serve (minimum)	Protein / serve (minimum)
Entrée Combination Sandwich	>800kJ	>8g
Entrée Plain Sandwich	>1200kJ	>12g

Meals

Main Meal Type	Energy / serve (minimum)	Protein / serve (minimum)
Meat Dish	>1800kJ	>30g
Wet Dish	>1800kJ	>30g
Combination Dish	>1500kJ	>18g

Desserts

Dessert Type	Energy / serve (minimum)	Protein / serve (minimum)
Dairy Desserts (with 50g cream)	>1500kJ	>4g
Pies and Crumbles	>1000kJ	>4g
Cakes and Puddings	>1000kJ	>4g
Fruit plus Dairy Desserts	>700kJ	>4g

Wet dishes protein
20 to 25g a more practical figure

10.2 Protein Sauce Recipes

Vanilla sauce (Serves 10)

1 $\frac{3}{4}$ whole milk
½ cup heavy cream
1 tsp vanilla essence
¼ cup sugar
3 tsp cornflour
Pinch of salt

Anglaise (fruit, cakes) Serves 10

1 vanilla bean (essence)
1 cup / 250ml heavy / thickened cream
¼ cup / 65 ml milk (full cream)
3 egg yolks
¼ cup / 50g white sugar

Other ideas

Baked egg custard (on its own, fruit, cakes, puddings)
Sago made with milk
Flummery made with milk
Make all mousses with whole cream milk
Bread and butter pudding
Cream rice with milk
Milk Jelly

10.3 Protein Content of Powder Soups

The following outlines the protein content in powdered soups. As the image shows, the protein content is small. Powdered soups do not contain any real meat. Therefore, soups need to add ingredients such as meat, legumes, beans, barley, cheese, eggs, and milk powder. All these ingredients are a good source of protein.

Powered soup protein content per 200mls

Cream of cauliflower 2g

Cream of chicken 2g

Broccoli 3g

Minestrone 1.5g

Mushroom 2g

Potato & Leek 2g

Pumpkin 1g

Pea & Ham 4g

Tomato 1.5g

Vegetable 2g

All of these powdered soups are low in protein, except pea and ham which has at least 4g per 200ml.

11. Assessors Contact Details



Menu audit conducted by
Nutrition and Catering Consultancy Pty Ltd (NACC)
Dr Karen Abbey Director APD (Accredited Practising Dietitian)
Foodservice Dietitian
Special Dietary Chef
B Sc Hon Human Nutrition Graduate Dip Nutr and Diet Master Health Science (Management)
PO Box 1412
Toowong DC QLD 4066
0417 608 206
karen@nutcat.com.au
www.nutcat.com.au

MOW Palm Beach menu was assessed assuming a general population of clients. The foodservice area was sited, and information has been provided to support this review. The standards review is based on information provided by MOW Palm Beach. NACC cannot be responsible if audit information was misleading or if menu items were changed or not implemented, which will change the nutritional adequacy of the menu.