

## Menu Planning in Residential Aged Care – The Level of Choice and Quality of Planning of meals Available to Residents.

Karen L Abbey Olivia R L Wright and Sandra Capra 2015

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### Study

Choice of food is imperative aspect of quality of life for residents in Residential Aged Care Homes (RACHs). When residents enter homes food choice is limited. Choice is provided through the menu design, production and meal delivery systems.

Choice is important at meals times to provide autonomy to residents; a sense of control and it has been shown that when residents choose meals, they are more likely to eat more.

The study was undertaken to examine choice options available for residents who were on the general menu and those receiving a texture modified menu.

### What was found

Overall choice was limited for those on a general menu. There was no uniformity of how menus are designed in aged care homes and therefore the results shown in this journal articles indicated that a mealtimes choice varied between one to two choices.

There was little to no choice for those on a texture modified menu. This indicates that the quality of meal choice declines once a resident requires a texture modified meal.

The aged care regulations of Australia need to be strengthened to mandate improvement of the choice and variety offered to those residents on texture modified diets.

### Practical Applications

To increase choice at mealtimes requires menus redesign

Examine ways in which simple choice can be provided on the menu – choice does not have to be complicated. It can be simple changes to offer alternatives at mealtimes.

Be mindful of what happens to residents when they require a texture modified meal.

Address your product and meal delivery systems to support better choice options.

Use ready made meal solutions to provide choice menu support

### **How to reference journal article**

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