



Dear Residents, Family, Advocates, Friends and Representatives,

We are currently working closely with our advisor/food consultant Vitish Guddoy to implement a new four (4) week cyclic menu at Longridge Aged Care (LAC). Please find attached a copy of the proposed 4-week cyclic menus for consultation.

On Tuesday 21st December at 2.00 pm, we will be holding a Food Focus Group Meeting in the Recreation Room to discuss the new menu.

After consultation with you, and the residents, we will make amendments as per the feedback that we receive during the *Food Focus Group Meeting*.

Once the consultation process is completed, the proposed 4-week cyclic menu will be sent to the dietitian to review. The dietitian will assess the menu in accordance with Dietary Guidelines for Older Australians (NH&MRC, 2010) & The Australians Guide to Healthy Eating (Commonwealth of Aust., 1998).

After the dietitian has reviewed the menu, we will make amendments based on any recommendations made by the dietitian. The final menu will be rolled out in January 2022 and a post menu implementation meeting will be held after a full 4 weeks cyclic menu is completed in March/April 2022.

We are also very excited to inform you that we are currently planning to make some additional changes in food services to improve the dining experience for you. We will discuss this in more detail at the meeting on the 20th of December and welcome your feedback about any of the proposed changes.

We look forward to meeting with you at the *Food Focus Group Meeting*. If you are unable to attend the meeting, we still welcome your feedback about the new menu via email, phone call, completing a feedback form or we can arrange to meet with you individually.

If you have any queries in the meantime, please feel free to see Deidre Williams (Resident Services Manager). You can ask for Deidre at LAC's reception desk.

Kind regards,

Mary-Ann Koerner
CEO