



**Excellence in Dining**  
Sample Menus





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# About Aegis

Founded in 1983, Aegis is proudly West Australian. Privately owned by two families with long-standing experience in aged care, we have an unwavering commitment to providing our community with the best in residential aged care services.

Aegis owns and operates more than 28 quality aged care facilities throughout the Perth Metropolitan Area and provides 24-hour care and lifestyle support to over 2,500 residents.

## Overview of our dining services

### Excellence in Dining

Our excellence in dining principles ensures that our residents receive:

- A premium dining experience, that is both attractive and enjoyable
- Cuisine that is both appetizing and nutritious
- A stimulating and comfortable dining environment
- Friendly service

### Food Presentation

Aegis Chefs and Food Service Attendants are trained on the importance of encouraging consumption by presenting meals that are both attractive and appetizing. In turn, this helps to ensure that our residents enjoy a healthy, balanced diet.

### Texture Modified Meals

Aegis texture modified food recipes are created with the optimum level of nutritional and enhanced flavour for enjoyment of residents who benefit from being on this diet.

### Sample menus

The following pages offer an insight into a typical weekly menu provided by Aegis. Menus are changed regularly and vary in line with available fresh seasonal produce.



# Monday

## Lunch

*Slow Cooked Beef and Onion Stew with Sweet Potato Mash*

Or

*Fish with Sweet Lemon Sauce & Steamed Rice*

Served with

*Roast Carrots & Steamed Broccoli*



*Caramel Almond Cake with Whipped Cream*

Or

*Fresh Sliced Fruit*

## Dinner

*Mushroom & Asparagus Soup*



*Sweet Soy Chicken, Broccoli & Almond, Asian Hokkien Noodles*

Or

*Ham & Pineapple Pizza with Garden Salad & Potato Wedges*

Served with

*Roast Pumpkin and Buttered Baby Green Beans*



*French Vanilla Yoghurt with Berry Compote*

Or

*Fresh Sliced Fruit*



# Wednesday

## Lunch

*Roast Pork with Apple Cider Gravy*

OR

*Mild Lamb Curry with Steamed Rice*

Served with

*Roast Baby Potatoes, Roast Pumpkin and Peas*



*Orange and Raisin Bread & Butter Pudding*

OR

*Fresh Sliced Fruit*

## Dinner

*Sweet Potato and Carrot Soup*



*Sticky Honey Chicken on Scented Steamed Rice*

OR

*Stuffed Potato with Bacon, Cheese and Sour Cream*

Served with

*Braised Curried Cauliflower & Green Peas*



*Warm Poached Fruits & Custard*

OR

*Fruit Jelly*

# *Thursday*

## **Lunch**

*Beef Rissoles with Creamy Mushroom Sauce*

OR

*Chicken and Vegetable Pasties*

Served with

*Whipped Potato, Cauliflower and Zucchini with Herbs*

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*Chocolate and Mixed Berry Trifle*

OR

*Fresh Sliced Fruit*

## **Dinner**

*Chicken & Sweetcorn Soup*

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*Pumpkin & Ricotta Ravioli with Creamy Sage Sauce*

OR

*Baked Smoked Ham and Cheese Croissant*

Served with

*Caesar Salad with Egg and Bacon*

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*Chocolate Profiteroles with Chocolate Sauce*

OR

*Fresh Fruit Salad*

# Friday

## Lunch

*Baked or Battered Fish with Tartare Sauce*

OR

*Ploughman's Plate*

Served with

*Chips, Broccoli and Diced Pumpkin Salad*



*Lemon Coconut Cake with Lemon Sauce and Cream*

OR

*Fresh Sliced Fruit*

## Dinner

*Cauliflower & Cheddar Soup*



*Braised Chicken & Sage Patties with Tomato Chutney*

OR

*Tomato & Cheese Toasted Sandwich*

Served with

*Diced Sautéed Potatoes and Sautéed Garlic Beans with Bacon*



*Fig and Honey Mousse*

OR

*Ice Cream and Topping*



# Saturday

## Lunch

*Pork & Apricot Stew*

OR

*Vegetable and Cheese Omelette with Sweet Capsicum Sauce*

Served with

*Sweet Potato Mash, Cauliflower Cheese and Silver Beet with Garlic Butter*

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*Toasted Cinnamon Waffles with Berry Sauce*

OR

*Fresh Sliced Fruit*

## Dinner

*Creamy Tomato Soup*

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*Field Mushroom, Sundried Tomato & Cheese Omelette*

OR

*Crumbed Lamb Steak with Pepper Sauce*

Served with

*Sweet Potato Chips, Grilled Tomato and Fried Onions*

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*Peaches and Raspberries with Ice Cream*

OR

*Fresh Fruit Plate*

# Sunday

## Lunch

*Roast Beef and Yorkshire Pudding with Pan Gravy*

OR

*Oven-baked Lemon & Mustard Chicken*

Served with

*Roasted Herbed Potato, Roast Parsnip & Beans*

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*Pavlova and Marinated Strawberries*

OR

*Fresh Sliced Fruit*

## Dinner

*Creamy Tomato Soup*

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*Field Mushroom, Sundried Tomato & Cheese Omelette*

OR

*Crumbed Lamb Steak with Pepper Sauce*

Served with

*Sweet Potato Chips, Grilled Tomato and Fried Onions*

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*Peaches and Raspberries with Ice Cream*

OR

*Fresh Fruit Plate*



# PRiDE

Positive contribution

Respect for ourselves and each other

integrity in our decisions and actions

Dignity is a fundamental right of every person

Excellence in everything we do

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