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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.





Slow Cooked Beef and Onion Stew with Sweet Potato Mash
Or

Fish with Sweet Lemon Sauce & Steamed Rice

Served with

Roast Carrots & Steamed Broccoli

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Caramel Almond Cake with Whipped Cream
Or
Fresh Sliced Fruit

Dinner

Mushroom & Asparagus Soup

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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

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French Vanilla Yoghurt with Berry Compote or Fresh Sliced Fruit



Creamy Braised Pork with Bacon and Mushrooms or Chicken Meatloaf with Tomato Chutney

Served with

Creamy Potato Mash with Fresh Chives, Honey Carrots and Minted Peas

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Poached Pears, Ginger Syrup and Ice Cream or Fresh Sliced Fruit

Dinner

Chicken and Asparagus Soup

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Mini Cheeseburger or Tuna and Potato Cake with Capsicum Relish

Served with

Chips and Mixed Garden Salad

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Warm Orange Marmalade Cake and Custard or Two Fruits



Roast Pork with Apple Cider Gravy or Mild Lamb Curry with Steamed Rice

Served with
Roast Baby Potatoes, Roast Pumpkin and Peas

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Orange and Raisin Bread & Butter Pudding or Fresh Sliced Fruit

Dinner

Sweet Potato and Carrot Soup

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Sticky Honey Chicken on Scented Steamed Rice or Stuffed Potato with Bacon, Cheese and Sour Cream

Served with Braised Curried Cauliflower & Green Peas

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Warm Poached Fruits & Custard or Fruit Jelly



Beef Rissoles with Creamy Mushroom Sauce or Chicken and Vegetable Pasties

Served with Whipped Potato, Cauliflower and Zucchini with Herbs

Chocolate and Mixed Berry Trifle or Fresh Sliced Fruit

Dinner

Chicken & Sweetcorn Soup

Pumpkin & Ricotta Ravioli with Creamy Sage Sauce or Baked Smoked Ham and Cheese Croissant

Served with

Caesar Salad with Egg and Bacon

Chocolate Profiteroles with Chocolate Sauce or Fresh Fruit Salad

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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

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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



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



Roast Beef and Yorkshire Pudding with Pan Gravy
or
Oven-baked Lemon & Mustard Chicken

Served with Roasted Herbed Potato, Roast Parsnip & Beans

> Pavlova and Marinated Strawberries or Fresh Sliced Fruit

Dinner

Creamy Tomato Soup

Field Mushroom, Sundried Tomato & Cheese Omelette or

Crumbed Lamb Steak with Pepper Sauce

Served with Sweet Potato Chips, Grilled Tomato and Fried Onions

> Peaches and Raspberries with Ice Cream or Fresh Fruit Plate



Our Food Philosophy

Menus

Aegis Chefs and Dietitians collaborate to create menus which are nutritious, flavoursome and of the highest quality. Our menus are resident focused with choices at every meal. All meals are freshly prepared each day by our qualified in-house chefs using local, seasonal produce.

Dining

In addition to menus with meal choices Aegis offers residents additional dining options, including in-room service, courtyard dining and private dining rooms where residents can enjoy meals with family and friends.

Service

Aegis prides itself on the high level of service it offers its residents and everything we do is designed to enhance their lifestyle. Residents can not only enjoy their home within our home but they are also encouraged to participate in a social program of activities to maximise their physical and mental wellbeing.

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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