

# NEWSLETTER

## October 2023



**St. Anna's**  
Residential Care Facility



# St Anna's News



Hello Residents, Families and Friends of St Anna's

I would like to welcome all new residents joining the St Annas family in October and personally invite you to provide us with Feedback, we are always looking for ways to improve our services.

I am pleased to share the key takeaways from our first Consumer Advisory Body Meeting held on September 15th. Leeanne Walford, our inaugural chair, led the session, earning praise from those in attendance.

For detailed minutes of the meeting, please refer to the back section of this newsletter. Several promising ideas emerged, and we are committed to implementing them promptly.

During the meeting, I emphasized the significance of Environmental, Social, and Governance (ESG) principles, underlining that each of us bears a responsibility in this regard. This discussion led to a noteworthy revelation about the excessive use of plastic medicine cups, prompting a suggestion to transition to more sustainable paper-based alternatives. Henceforth, we will exclusively procure recyclable paper and bamboo products.

The conversation also turned to our beloved BBQ Wednesdays. It was noted that during pleasant weather, we will host these gatherings outdoors, while still providing the option to dine indoors. Furthermore, we will be introducing Patties and Rissoles to the menu, enhancing the overall experience. The emphasis remains on fostering camaraderie during Wednesday lunches, with the type of cuisine being a secondary consideration. Perhaps we might introduce a Schnitzel Day with an array of delectable sauces. We have formed our First Food Committee which is meeting monthly and provide feedback.

Let's continue to work together to build a community that thrives on collaboration and innovation.

Have a great month of October.

Amanda Birkin

CEO St Anna's Residential and Home Care

## *"Whimsical Chronicles of Tim"*

October had always been a source of hilarious chaos for Tim. It was as if the universe decided to have a little fun at his expense every year without fail.

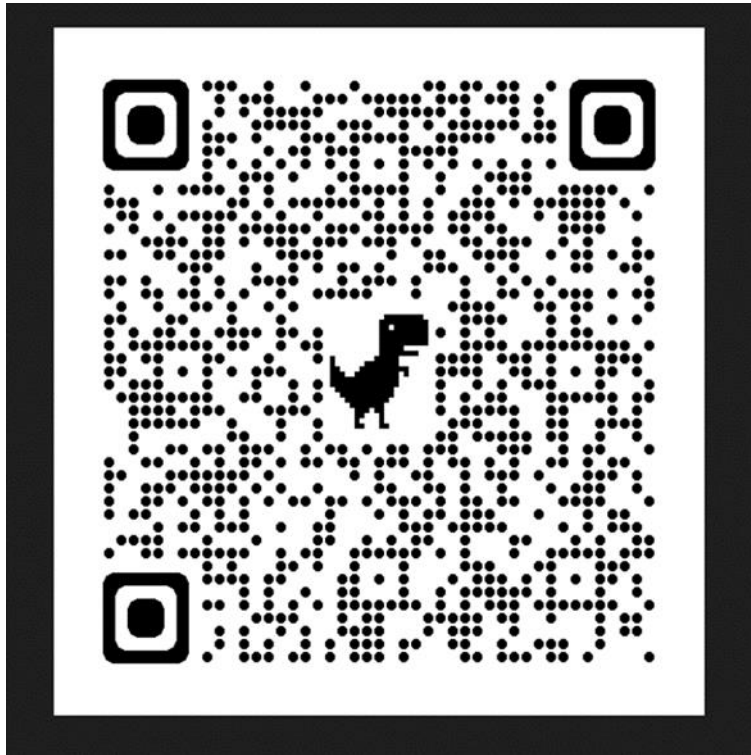
One October morning, Tim woke up to find his alarm clock hadn't gone off. He leaped out of bed, tripped over his own shoelaces, and somehow managed to land face-first into a pile of laundry he'd been meaning to fold for weeks. With a shirt on his head and socks dangling from his ears, he stumbled to the kitchen to find his coffee machine had sprouted a leak, creating a small waterfall directly onto his favourite mug.

Undeterred, Tim decided to embrace the quirks of October and headed out to a pumpkin patch. As he reached for the largest pumpkin he could find, the handle of the wagon he was using to carry the pumpkin broke. The pumpkin rolled down the hill, and Tim found himself in a slapstick chase, arms flailing as he tried to catch it. He finally tackled the runaway pumpkin, panting and covered in mud. A few days later, Tim received an invitation to a Halloween costume party. Eager to make an impression, he spent hours crafting the perfect costume – a giant inflatable dinosaur. The evening of the party arrived, and Tim waddled into the venue wearing his elaborate creation. However, his costume had a mind of its own, and it was nearly impossible to control. Tim bounced around the party like a balloon on a windy day, accidentally knocking over decorations and sending snacks flying. But the real October hilarity peaked when Tim decided to bake pumpkin spice cookies. Armed with a recipe and determination, he mixed ingredients, spilled flour all over the counter, and somehow managed to set off the smoke detector when his first batch turned into charcoal briquettes. Undeterred, he tried again, only to find he'd run out of cinnamon – a crucial spice in pumpkin spice cookies. Improvising, he used chili powder instead, resulting in cookies with an unexpected kick that left his friends wide-eyed and reaching for water.

Despite the comical disasters that seemed to follow Tim during October, he found himself laughing along with the universe. It was as if October had become his own personal sitcom, and he was the star. He began to eagerly anticipate the mishaps, knowing that each one would become another chapter in his annual "October Chronicles."

As the month drew to a close, Tim sat on his couch, surrounded by pumpkins that seemed to have conspired against him. He chuckled to himself, realizing that while his October adventures might be a bit absurd, they were also the moments that made life delightfully unpredictable. With a grin, he raised his glass in a toast to the hilarity that October brought, - join us next month for more from Tim.

*We want your feedback - please scan the code and it will take you directly to our Feedback Form.*



## October Trivia

While some Australians think of Halloween as an American celebration, it's based on a Celtic festival.

Zodiac signs: **Libra and Scorpio**  
Birthstone: **Pink Tourmaline / Opal**  
Flower: **Rhodanthe /marigold and cosmos**

### Quote of the Month

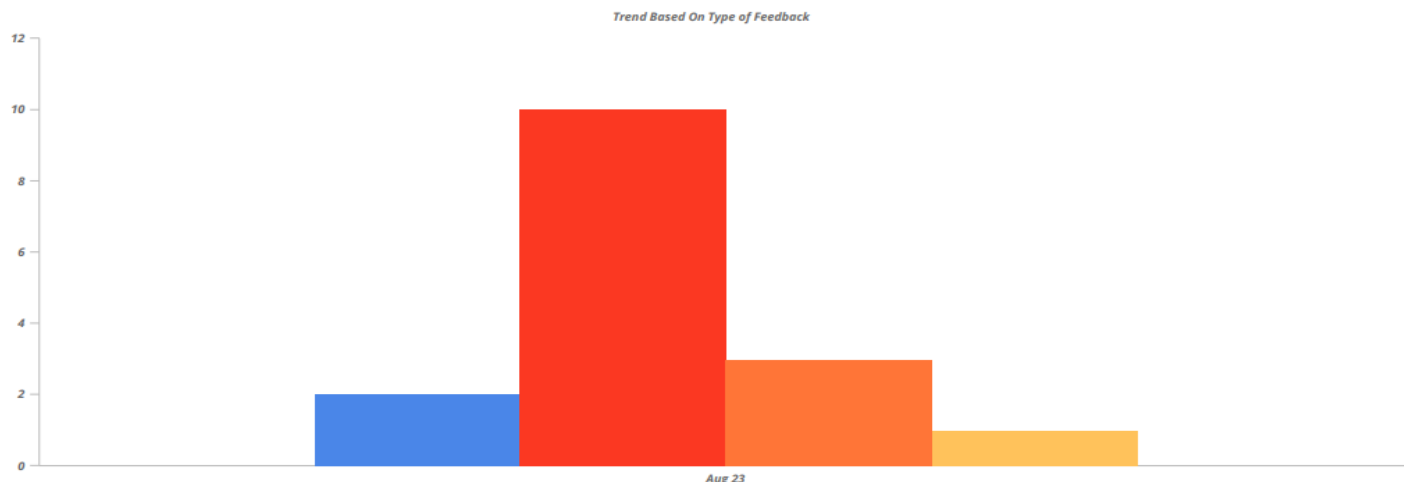
*"All our dreams can  
come true if we have  
the courage to pursue  
them."  
Walt Disney*

# Month in Review

We have received the following Feedback in August

Registers & Forms Template: Feedback & Complaints (External Facing), Feedback & Complaints Form  
 Created At: 01/08/2023 - 31/08/2023  
 Approval Status: Approved  
 Business Unit: St Anna's Residential Care. Include Sub Business Units  
 Type of Feedback: Comment, Compliment, Complaint, Improvement Opportunity

ST ANNA'S  
Residential & Home Care



Type of Feedback	Aug 23
Comment	2
Compliment	10
Complaint	3
Improvement Opportunity	1

Generated by Assurance by CompliSpace on 18/09/2023 Amanda Birkin

Page 1 of 11

## Complaints

1 x regarding weekend movie not being played.

1x Care

1x Verbal Aggression towards staff.

## Comments

1x Food- looking for more wok style food.

1x Racial comments – directed toward staff

## Compliments

1x Entertainer Glen from Swag of Instruments

2x "Love Coffee from Coffee Cart"

2x Palliative Care provided.

1x Care

4x Food

## Improvement Opportunity

Fire Panel - Signage

# Proposed New Aged Care Quality Standards

In March 2021, the Australian Government announced an urgent review of the Aged Care Quality Standards. There has been some consultation with a range of stakeholders to review and strengthen the Quality Standards, which has led to a revised version that they hope will be:

- easier to understand.
- relevant to more aged care services.
- more measurable.
- easier to implement.

There are seven proposed Quality Standards, to replace the current eight.

- |                        |                              |
|------------------------|------------------------------|
| 1. The Person          | 5. Clinical Care             |
| 2. The Organisation    | 6. Food and Nutrition        |
| 3. The Care & Services | 7. The Residential Community |
| 4. The Environment     |                              |





# A little bit of Trivia about Greece

<b>OFFICIAL NAME</b>	Hellenic Republic
<b>CAPITAL CITY</b>	Athens
<b>POPULATION</b>	Over 10 million (2019)
<b>LANGUAGE</b>	Greek
<b>CURRENCY</b>	Euro
<b>GOVERNMENT</b>	Parliamentary Republic
<b>RELIGION</b>	Orthodox Christian
<b>BORDERS WITH</b>	Albania, Bulgaria, Turkey and Republic of Macedonia
<b>NATIONAL DAY</b>	March 25 (Greek Independence Day)
<b>GREEK PHILOSOPHERS</b>	Socrates, Plato, Aristotle, Pythagoras, Democritus
<b>ABUNDANT ISLANDS</b>	Greece has thousands of islands, 227 of which are inhabited. Crete is the largest and most populous island.
<b>MOUNTAINOUS REGION</b>	Greece is one of the most mountainous countries in Europe. The highest mountain is Mount Olympus.
<b>BIRTHPLACE OF DEMOCRACY</b>	Greece is said to be the birthplace of Democracy because city-states like Athens, now the capital of Greece, were the first to elect their leaders and not have kings.
<b>OLYMPIC GAMES</b>	The first Olympic Games were held in the southern city of Olympia in 700 B.C. to honor Zeus, the king of the gods.



## GREEK MYTHOLOGY

Greek Mythology is a body of stories about Gods, Goddesses, heroes, creatures and the rituals of Ancient Greece.

The Ancient Greeks used myths about Gods to help them understand the forces of nature. There were sea gods, woodland gods, sky gods, underwater gods, half-gods and human heroes undertaking courageous or romantic adventures.

The most famous Greek Gods are the 12 Olympians: Zeus, Hera, Aphrodite, Apollo, Ares, Artemis, Athena, Demeter, Dionysus, Hephaestus, Hermes, and Poseidon.

# October Birthdays

*Miss. Sandra Davis*

*Mrs. Marie Iles*

*Mrs. Maria Kritikos*

*Mrs. Lois Potts*





# Happiness Poem

In lives where joy and laughter bloom, Happiness  
dances in every room. With hearts so light, like birds in  
flight, we paint our days with colours bright.  
A tapestry woven with moments sweet, In fields of love  
and friendships replete. Chasing dreams with hopeful  
eyes, Underneath the endless skies.  
With each new dawn, a chance to share, Smiles that  
show how much we care. Through storm or sunshine,  
we embrace, The beauty of life's ever-changing grace.  
Hand in hand, we walk this road, A happy life, in us it's  
bestowed. Treasuring every laugh and song, In this  
journey, together we belong

*I can certainly relate to this poem, can you????*

# Noticeboard



## PET THERAPY

As part of our pet therapy program, we have birds that will be in different areas of the facility daily, please check your program for locations to visit. If you would like a room visit let Lifestyle staff know. We also have our fish aquarium that is located in Iris Dining room. We try our best to have some furry friends visit (dogs, rabbits, miniature horse etc.) As we don't have set days these animals visit Lifestyle staff ensure to let you all know on the day of the visit.

## CULTURAL EVENTS

### Croatian club and Ukrainian club lunches monthly

**Please let staff know if  
you would like to attend**

## CONTINUOUS IMPROVEMENT

### Flooring

We have commenced replacing the flooring in the dining rooms and common areas.

We will let you know when your dining room is going to be affected.

### Outdoor Furniture

We are expecting the delivery of new outdoor furniture and hoping this will be delivered before the warmer weather starts. Our residents have been involved in the colour and fabric choices!

## VOLUNTEERING AT ST ANNAS

Do you have spare time to **VOLUNTEER**. No skills required but if you have a hobby of gardening, craft, and knitting or just enjoy having a chat our residents would love the company. We are also looking for drivers to take residents on an afternoon/morning drive. If you have 1 hour or more to spare and would like to make a big difference in the lives of our residents, please contact Nicole, Jo or Michelle or call St Annas on 8346 0955 and press 2 for Lifestyle.

# Noticeboard



## **LIBRARY SERVICE**

We have a mobile library service that delivers & picks up library books to resident's monthly. If you would like this service, please talk to a Lifestyle staff member.

## **THANK YOU**

We would like to issue a heartfelt thanks to relatives and volunteers who support us day in and day out. You make such a difference and we so very much appreciate your time and energy.

## **SHOW WEEK CELEBRATION**

In the month of September we celebrated Show Week – we will put up the daily activities on the Activity Boards in each area with the time and place for each Show Week activity. Refer to your calendar for related activities and celebrations.

## **ACTIVITIES**

Due to unforeseen circumstances activities may change on your daily program. Lifestyle staff will inform you of any changes, Activities and any changes to program will also be reflected on the white boards in your dining area.

## **HAIRDRESSER**

We have a hairdresser who attends every Tuesday. If you would like an appointment please talk to Lifestyle staff or ask a staff member to write your name down in the hairdressers list.

## **LAUNDRY**

Clothing on our lost property rack is kept in the main laundry. If you have missing items of clothing, please contact staff who are happy to show you the clothing in the laundry.

All Consumer's clothing is required to be labelled. St Anna's RCF does not take responsibility for any lost clothing which is unlabeled.

Labels can be purchased from St Anna's RCF, forms are available at reception or from the housekeeping staff.



*Australian Electoral Commission will be onsite to assist with voting on the 9<sup>th</sup> of October between 9am and 11am*

The question that will be put to voters is whether to alter the Constitution to recognise the First Peoples of Australia by establishing an Aboriginal and Torres Strait Islander Voice.

The Parliament of Australia has agreed to propose adding a new chapter, Chapter IX-Recognition of Aboriginal and Torres Strait Islander Peoples to the Constitution. The chapter would include a new section 129, which would be as follows:

129 Aboriginal and Torres Strait Islander Voice

In recognition of Aboriginal and Torres Strait Islander peoples as the First Peoples of Australia:

- i. there shall be a body, to be called the Aboriginal and Torres Strait Islander Voice;
- ii. the Aboriginal and Torres Strait Islander Voice may make representations to the Parliament and the Executive Government of the Commonwealth on matters relating to Aboriginal and Torres Strait Islander peoples;
- iii. the Parliament shall, subject to this Constitution, have power to make laws with respect to matters relating to the Aboriginal and Torres Strait Islander Voice, including its composition, functions, powers and procedures.

When you receive a ballot paper at the referendum, you should write 'Yes' if you agree with this proposed change to the Constitution, or you should write 'No' if you do not agree.

## *Let's Celebrate Great Staff*

*Each month we recognize staff that perform random acts of kindness.*

*In August the following staff were nominated*

*Golf PCW was nominated for being a great co-worker*



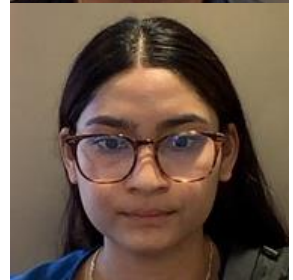
*Anjana RN for helping carer workers during a busy time.*



*Sulav PCW for being calm in a difficult situation.*



*Golf and Anu PCW for cleaning staff room it was noticed and appreciated.*





## CONSUMER ADVISORY BODY MINUTES



### MINUTES OF CONSUMER ADVISORY BODY INAUGURAL MEETING

FRIDAY 15<sup>TH</sup> SEPTEMBER 2023 AT 2PM

1. **Welcome to country** given by Chairperson Leeanne Wallfried
2. **Welcome to the inaugural meeting** of the Consumer Advisory Body given to all present. We thank you for taking the time to be here today.
3. **Outline of the Consumer Advisory Body**
  - a. This Consumer Advisory Body is made up of current Consumers living at St Anna's RCF, their carers and/or close family members who are receiving services from St Anna's RCF.
  - b. The purpose of this Consumer Advisory Body is to provide St Anna's Residential Care Facility's Board and Management with feedback about the Organisation's quality of care and its services. Feedback from these meetings will be forwarded to the Board for their consideration.
4. **Sound recording of meeting** – no objections
5. **Present** – Chairperson Leeanne Wallfried, CEO Amanda Birkin, Consumer Simon Kolaczko's representative Helen Manou, Consumers Sandra Davis, Jennifer Zerner, Jennifer Baker, Olena Kawka, Susan Phillips, Solveig Moody, Michael Dzundza, Lois Potts
6. **Apologies** – Ljubica Belanic

## **7. Feedback on what St Anna's RCF does well**

All present were asked for feedback on what they believe St Anna's RCF does well. Feedback was as follows:

- a. The staff at St Anna's RCF are remarkable and extremely caring. All present felt well cared for.
- b. There is no discrimination at St Anna's RCF.
- c. St Anna's RCF is receiving new admissions via word of mouth – a great marketing tool.
- d. The activities at St Anna's RCF cater well for all Consumers.
- e. Benefit of having a GP with office on site. This was thought to be beneficial and something that is not found at many aged care facilities.

## **8. Feedback on what St Anna's RCF areas of improvement are and issues of concern**

All present were asked for feedback on what areas St Anna's RCF can improve on and their issues of concern.

Feedback was as follows:

- a. It was thought that the ordering of meals is one area of concern for many Consumers. Feedback was given that there are numerous errors that occur and Consumer feedback was that the iPad program was inaccurate. An in depth discussion was had as to whether it was human and/or computer program errors. It was thought that perhaps more ongoing staff training could be given on the way to use this computer program and/or have specific Hospitality staff to be located in each dining area in order to give caring staff more opportunity to tend to Consumer care.
- b. Variation of meals – there were a number of Consumers present who thought that there was not enough meal variation on the menu. An example was the salad given at mealtimes and the query was whether this could be varied. There was also a concern raised about the small size of fruit slices being provided to Consumers.
- c. Group meals one day a week. A discussion was had regarding the menu offered on the group BBQ get together day. It was agreed that this did not need to be a BBQ and could even on occasions be a schnitzel day or even perhaps a Consumer could provide a recipe to be cooked on that day. It was however agreed that it was beneficial to have a day once a week where Consumers could mingle as a whole rather than in their own areas.
- d. One Consumer kindly offered their chook shed to St Anna's RCF. Ms Birkin advised that this would be gratefully received and beneficial to the facility.
- e. Another suggestion was a Garden Club where Consumers could attend to a vegetable and/or flower garden for items to be used in the kitchen and throughout the facility for the benefit of Consumers.
- f. Communication for new Consumers on admission was thought to be lacking and could improve e.g. information on COVID procedures at the time of admission, visiting procedures etc.
- g. Memory support specific area – a discussion was had regarding providing a dedicated memory support area. It was thought that this needed to be carefully considered so as to

keep a safe environment for all Consumers. This would also require the employment of specifically trained staff.

## 9. Other business

**Continuous Improvement** – for the benefit of all present Ms Birkin advised what items were on the facility's continuous improvement plan. These include -

- ❖ CCTV cameras – cameras have been installed in the corridors for the monitoring of the hallways. A survey was distributed amongst Consumers and their representatives regarding cameras in Consumer rooms. This was strongly rejected by Consumers and/or their representatives.
- ❖ The coffee shop at St Anna's RCF is now open Wednesdays Thursdays and Fridays. It is hoped that the opening hours will increase within the coming months. A Barkuma employee who has now had Barista training is employed to specifically tend to this coffee shop.
- ❖ Environmental social and governance sustainability -
  - St Anna's RCF has been looking at the better recycling of materials
  - The changing of the light globes throughout the facility to LED
  - Window tinting to assist with protection from the elements
  - Plastic medication cups – one Consumer suggested perhaps patty pans rather than the plastic cups – paper patty pans can be recycled

Ms Birkin suggested that a consultant be engaged to attend to a sustainable audit for the facility. A discussion was had regarding the name of a suitable consultant and two attendees advised that they may be able to provide names of suitable consultants.

- ❖ Hairdressing salon is thought to be in need of an upgrade so that it is more enticing for Consumers to attend.
- ❖ Outdoor furniture has been purchased for the courtyard area. Consumers were involved in the colour and design of this furniture.
- ❖ Purchase of a 4G telephone with a SIM card attached which looks like a cradle telephone for use by Consumers who may be unable to leave their rooms.
- ❖ New carpets and painting throughout the facility is ongoing. In the bedrooms and dining areas all carpet will be replaced with vinyl planks.

## 10. Next meeting – March 2024

## 11. Close of meeting – all were thanked for their attendance and feedback. The meeting closed at 3.30pm

## *Staff Profile -Nimis trip to Canada*

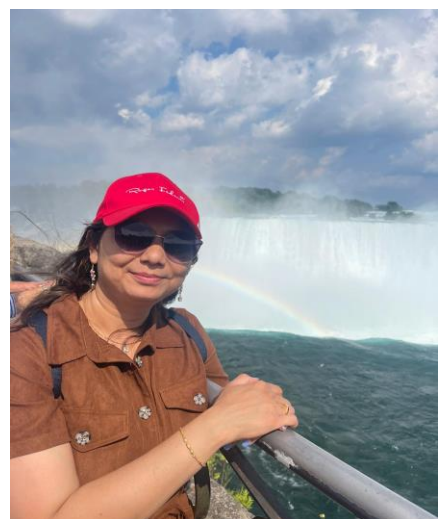
Hello everyone,

As many of you know I went to Canada in August. I went there to meet my brother and his family. I did lot of exploring while I was there. My brother lives in Toronto, so explored some beautiful locations while I was there. I went to CN tower which is 553 metres high which is equivalent to 145 floors. I also went to Niagra Falls which was another breathtaking day trip. Niagra falls has its own beauty and the amount of water flowing is just amazing. I also did a "Voyage to the falls boat tour" which takes you very close to the fall.

I also went to Quebec which is another province of Canada. Quebec's official language is French unlike rest of Canada and capital city is Quebec. All the signboards were in French. People also speak in French unless you request them to speak in English. So I learned how to say "DO you speak English?" in French which is "Vila Parle Anglais?" Quebec has its European touch in their buildings, lifestyle and culture. Montreal is a city of Quebec which is second largest French speaking city in the world. Main attractions were Fairmont Le Chateau, Montmorency falls, Notre dame cathedral of Quebec, Notre- Dame Basilica of Montreal etc.

I also had a chance to do a short trip to Canada's capital city Ottawa. Ottawa is about 5 hrs drive from Toronto. Unlike Quebec, Ottawa is an English speaking city with French as a second language. I visited Parliament of Canada in Ottawa and downtown. There is a place called Thousand island near Ottawa which I visited. It's a very interesting place where there is a collection of 1864 islands and each island has its own little or big house or a sheltered place. These islands can be actually rented and tourists come for a holiday in these islands. This place is located on St Lawrence River and part of it is situated in USA. I did a 1 hr cruise which took us through various island and had a closer look. All those islands were is different sizes, some were big enough to have a bungalow and a kids play ground while others had only just a small house to fit in.

I also had a chance to go to New York, US during this trip which we will talk about some other time. In the end, "we only regret the chances which we didn't take"



## SUDOKO

			2	6		7		1
6	8			7			9	
1	9				4	5		
8	2		1				4	
		4	6		2	9		
	5				3		2	8
		9	3				7	4
	4			5			3	6
7		3		1	8			

answers on page 19 no peeking 😊



## *Shhh !!!! Answers*

4	3	5	2	6	9	7	8	1
6	8	2	5	7	1	4	9	3
1	9	7	8	3	4	5	6	2
8	2	6	1	9	5	3	4	7
3	7	4	6	8	2	9	1	5
9	5	1	7	4	3	6	2	8
5	1	9	3	2	6	8	7	4
2	4	8	9	5	7	1	3	6
7	6	3	4	1	8	2	5	9



## Types of Gemstones

L	I	P	E	A	R	L	A	E	I	A	I	T	D
A	I	E	A	K	P	E	R	I	D	O	T	D	D
R	Q	D	A	R	U	A	Z	U	R	I	T	E	I
U	I	U	L	T	A	N	J	K	A	A	U	S	A
I	Z	N	A	A	A	R	Z	A	G	R	R	A	M
C	R	O	Z	M	R	N	R	I	D	A	T	P	O
I	T	I	T	D	A	E	Z	E	T	E	R	P	N
T	P	O	O	L	Y	R	M	A	I	E	A	H	D
R	R	R	P	D	A	G	I	E	N	J	P	I	Z
I	P	M	P	A	M	A	D	N	K	I	I	R	T
N	L	R	L	L	Z	R	I	E	E	R	T	E	A
E	O	N	Y	X	R	N	E	E	I	O	U	E	E
U	L	A	P	O	R	E	P	S	A	J	L	B	N
A	L	T	S	Y	H	T	E	M	A	X	D	I	Y

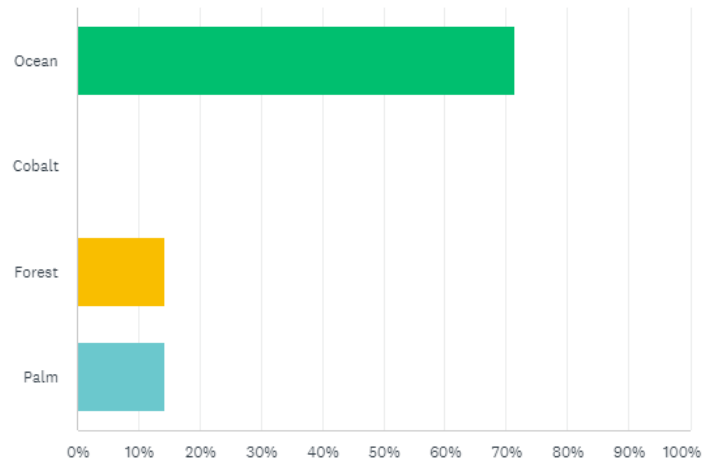
TOPAZ  
 EMERALD  
 KUNZITE  
 AQUAMARINE  
 ONYX  
 AZURITE  
 CITRINE  
 SAPPHIRE  
 AMETHYST  
 JASPER  
 DIAMOND  
 PEARL  
 RUBY  
 GARNET  
 TANZANITE  
 PERIDOT  
 JADE  
 OPAL

Colouring is a healthy way to relieve stress. **It calms the brain and helps your body relax.** This can improve sleep and fatigue while decreasing body aches, heart rate, respiration, and feelings of depression and anxiety.  
Please enjoy our colouring activity.



**Thank you to everyone who voted on the colour of the fabric for  
our new outside furniture.  
The results were tallied.**

Answered: 7 Skipped: 0



As you can see Ocean the light blue colour won. We are hoping to have the furniture delivered by Mid- October.





## DID YOU KNOW

October the 1<sup>st</sup> We've reached the 274<sup>th</sup> day of the year. There are 90 days left until the end of the year.

**Did you know that on this day,** October 1, 1971, Walt Disney World Resort officially opened in Florida?

**Did you know that on this day,** October 2, 1984, three Russian cosmonauts returned from space after spending a record 237 days in orbit?



**Did you know that on this day,** October 6, 2010, Instagram was officially launched.

**Did you know that on this day,** October 10, 1899, Isaac R. Johnson received his patent for the bicycle frame?

**Did you know that on this day,** October 11, 1984, NASA astronaut Kathy Sullivan became the first American woman to walk in space?

**Did you know that on this day,** October 18, 1929, Canada legally declared women as "persons"?

Did you know that on this day, September 26, 1949, the iconic Hollywood sign was changed to how we know it today?

**Did you know that on this day,** October 28, 1858, Macy's opened their first department store in New York?

**Did you know that on this day,** October 30, 1938, The War of the Worlds by H.G. Wells was broadcasted on the radio?

**Did you know that on this day,** October 31, 2011, Earth's population was estimated to reach 7 billion people?



# 30th To 5th October 2023 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<b>30</b> <b>Magical Moments - Active Games   10:30 To 11:30   Iris Lounge</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Resident Drive   01:30 To 02:30   Meet in Foyer</b>  <b>Scategories   02:30 To 03:30   PK Room</b>	<b>31</b> <b>Flower Arranging   01:30 To 02   Iris</b>  <b>Bingo   02:30 To 03:30   PK Room</b>  <b>Chi Ball   10:30 To 11   PK Room</b>	<b>01</b> <b>Walking Group   10 To 10:30   Peter Kurko Room</b>  <b>Shared Lunch   12 To 01   Peter Kurko Room</b>  <b>Movie Afternoon   02:30 To 03:30   PK Room</b>
Thursday	Friday	Saturday
<b>02</b> <b>Magical Moments - Beauty Hour   10:30 To 11:30   Iris Lounge</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Sing Along   02:30 To 03:30   PK Room</b>	<b>03</b> <b>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</b>  <b>Prayer Group   11:30 To 12   Peter Kurko Room</b>  <b>Bingo   02:30 To 03:30   Peter Kurko Room</b>	<b>04</b> <b>Bingo   02 To 03   Peter Kurko Room</b>
Sunday		
<b>05</b>  <b>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</b>		

**Disclaimer:** Due to unforeseen circumstances activities may be subject to change. 1-1 social engagement provided daily.

# 2nd To 8th October 2023 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<b>02</b>  <b>Labour Day</b>  Movie Afternoon   02 To 03:30   PK Room	<b>03</b>  Music and Movement   11 To 11:30   PK Room  Chi Ball   01:30 To 02:30   Iris  Consumer Meeting   02:30 To 03:30   PK Room	<b>04</b>  Walking Group   10 To 10:30   Peter Kurko Room  Shared Lunch   12 To 01   Peter Kurko Room  Virtual Quiz   02:30 To 03:30   PK Room
Thursday	Friday	Saturday
<b>05</b>  Ukrainian Cultural Video   10 To 10:30   PK Room  Movie Afternoon   02 To 03:30   Iris	<b>06</b>  Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge  Prayer Group   11:30 To 12   Peter Kurko Room  Ukrainian Memories   01:30 To 03   Iris  Mens Group   02:30 To 03:30   PK Room	<b>07</b>  Bingo   02 To 03   Peter Kurko Room
Sunday		
<b>08</b>  Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room		

**Disclaimer:** Due to unforeseen circumstances activities may be subject to change. 1-1 social engagement provided daily.

# 9th To 15th October 2023 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<b>09</b> Polling booth   09 To 11   PK Room  Cultural dance Video   10:30 To 11:30   Poppy  Resident Drive   01:30 To 02:30   Meet in Foyer  Cooking   02:30 To 03:30   PK Room	<b>10</b> Coles Online Shopping   09 To 09   Consumer Room  Roman Catholic Service   11 To 11:30   PK Room  Drumming Group RSA   01:30 To 02:30   Sunflower  Bingo   02:30 To 03:30   PK Room	<b>11</b> Craft   10:30 To 12   Iris  Oktober Fest Themed Lunch   12 To 01   PK Room  Travel The World   02:30 To 03:30   PK Room
Thursday	Friday	Saturday
<b>12</b> Polish Cultural Video   10:30 To 11:30   Poppy  Magical Moments - Beauty Hour   10:30 To 11:30   Iris Lounge  Music and Movement   11:30 To 12   Peter Kurko Room  Bocce   02:30 To 03:30   PK Room	<b>13</b> Polish Cultural Video   10:30 To 11:30   Poppy  Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge  Prayer Group   11:30 To 12   Peter Kurko Room  Bingo   02:30 To 03:30   Peter Kurko Room	<b>14</b> Bingo   02 To 03   Peter Kurko Room
Sunday		
<b>15</b> Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room		

**Disclaimer:** Due to unforeseen circumstances activities may be subject to change. 1-1 social engagement provided daily.

# 16th To 22nd October 2023 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<b>16</b> <b>Magical Moments - Active Games   10:30 To 11:30   Iris Lounge</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Resident Drive   01:30 To 02:30   Meet in Foyer</b>  <b>Scategories   02:30 To 03:30   PK Room</b>	<b>17</b> <b>Chi Ball   10:30 To 12   PK Room</b>  <b>Gardening   11 To 11:30   Pergola</b>  <b>Bingo   02:30 To 03:30   PK Room</b>	<b>18</b> <b>Walking Group   10 To 10:30   Peter Kurko Room</b>  <b>Shared Lunch   12 To 01   Peter Kurko Room</b>  <b>Movie Afternoon   02:30 To 03:30   PK Room</b>
Thursday	Friday	Saturday
<b>19</b> <b>Magical Moments - Beauty Hour   10:30 To 11:30   Iris Lounge</b>  <b>Ukrainian Catholic Service   11 To 12   PK Room</b>  <b>Pamper Group   02:30 To 03:30   PK Room</b>	<b>20</b> <b>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</b>  <b>Prayer Group   11:30 To 12   Peter Kurko Room</b>  <b>Baby Shower   02:30 To 03:30   PK Room</b>	<b>21</b> <b>Bingo   02 To 03   Peter Kurko Room</b>
Sunday		
<b>22</b>  <b>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</b>		

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# 23rd To 29th October 2023 - Lifestyle Calendar



Monday	Tuesday	Wednesday
<b>23</b> <b>Magical Moments - Active Games   10:30 To 11:30   Iris Lounge</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Resident Drive   01:30 To 02:30   Meet in Foyer</b>  <b>Cooking   02:30 To 03:30   PK Room</b>	<b>24</b> <b>Coles Online Shopping   09 To 09   Consumer Room</b>  <b>Chi Ball   10:30 To 12   PK Room</b>  <b>Drumming Group RSA   01:30 To 02:30   Sunflower</b>  <b>Bingo   02:30 To 03:30   PK Room</b>	<b>25</b> <b>Walking Group   10 To 10:30   Peter Kurko Room</b>  <b>Shared Lunch   12 To 01   Peter Kurko Room</b>  <b>Sing Along   02:30 To 03:30   PK Room</b>
Thursday	Friday	Saturday
<b>26</b> <b>Magical Moments - Beauty Hour   10:30 To 11:30   Iris Lounge</b>  <b>Music and Movement   11:30 To 12   Peter Kurko Room</b>  <b>Radicool Reptile visit.   02 To 03   PK Room</b>	<b>27</b> <b>Magical Moments- Balloon Tennis   10:30 To 11   Iris Lounge</b>  <b>Prayer Group   11:30 To 12   Peter Kurko Room</b>  <b>Bingo   02:30 To 03:30   Peter Kurko Room</b>	<b>28</b> <b>Bingo   02 To 03   Peter Kurko Room</b>
Sunday		
<b>29</b> <b>Songs Of Praise on ABC TV   11:30 To 11:30   Consumer Room</b>		

**Disclaimer:** Due to unforeseen circumstances activities may be subject to change. 1-1 social engagement provided daily.



# Weekly Menu Display



St Annas Aged Care							
Summer Menu 2023 Copy For Display							
Week1							
week1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast 1	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Breakfast 2		Scrambled Eggs With Bacon			Pouched Eggs With Spinach And Grilled Tomato		
Morning Tea							
Morning Tea 1	Assorted Biscuits Cheese Jatz, Chips Fresh Fruit Bacon & Cheese Crumpets	Assorted Biscuits Cheese Jatz, Chips Fresh Fruit Mini Quiches	Assorted Biscuits Cheese Jatz, Chips Fresh Fruit Party Pies	Assorted Biscuits Cheese Jatz, Chips Fresh Fruit Homemade Pizza Supreme	Assorted Biscuits Cheese Jatz, Chips Fresh Fruit Mini Ham And Cheese Croissants	Assorted Biscuits Cheese Jatz, Chips Fresh Fruit Vegemite And Cheese Scrolls	Assorted Biscuits Cheese Jatz, Chips Fresh Fruit Buttered Raisin Bread
Lunch							
Lunch Main Meal	Beef Meatloaf Served With Creamy Mushroom Sauce	Crumbed Lemon And Chilli Fish Fillet With Tartare	Bbq Lunch Beef Sausages Marinated Chicken Fillet, Gravy	Chicken Cordon Bleu ( Chicken Fillet Filled With Cheese And Ham) Mustard Gravy	Battared Fish Fillet With Tartare Sauce.	Lamb And Sweet Potato Coconut Curry	Roast Turkey With Sage Stuffing Served With Golden Roast Gravy
Lunch Alternative Meal	Tandoori Chickpea Curry With Garlic Naan Bread	Stuffed Capsicums (beef And Rice) Tomato Sauce	Spinach And Fetta Cheese Pastry (pita/spanakopita)	(zagrebacki Odresak) Stuffed Field Mushrooms Served With Potato Salad	Savoury Chicken With Rice	Zucchini,mushroom And Ricotta Lasagna Served With Napoli Sauce	Beef And Mushroom Piroshki With Egg
Lunch Alternative Meal 2	Parsley, Buttered Potato Steamed Garlic Rice	Creamy Mash Potato And Oven Fried Chips	Creamy Cheese Potato Bake	Mash Potato	Chips Mash Potato	Mash Potato Steamed Rice	Roast Potatoes
Lunch Alternative Meal 3	Sauerkraut Mixed Steamed Veg	Broccoli Beans And Carrots With Olive Oil And Garlic	Peas In Tomato	Brussel Sprouts With Cheese Sauce, Steamed Pumpkin	Spinach With Olive Oil And Carrots	Broccoli, Beans, Carrots, With Garlic Butter	Roast Pumpkin, Green Beans With Onion And Red Capsicum
Lunch Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad
Lunch Sandwich	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Lunch Dessert	Berry Cheesecake	Apple Strudel & Ice Cream	Mango Vanilla Mousse	Fruit Compote With Custard	Pavlova With Cream And Berries	Strawberry, Rhubarb Sponge Pudding	Passionfruit Slice
Ice Cream							
Fruit							
Afternoon Tea							
Afternoon Tea 1	Fruit Muffin, Cheese And Jatz, Fresh Fruit Platter	Cake Of The Day, Cheese And Jatz, Fresh Fruit Platter	Scones Jam And Cream, Cheese And Jatz, Fresh Fruit Platter	Nutella Croissants Fruit Muffin, Cheese And Jatz, Fresh Fruit Platter	Fruit Muffins, Cheese And Jatz, Fresh Fruit Platter	Scones With Jam And Cream, Cheese And Jatz, Fresh Fruit Platter	Cake Of The Day, Cheese And Jatz, Fresh Fruit Platter
Dinner							
Dinner Soup	Chickpea Vegetable, Red Lentil And Pea Soup	Green Split Pea And Bacon Soup	Cauliflower, White Bean And Potato Soup	Creamy Pumpkin And Red Lentil Soup	Chicken Noodle And Vegetable Soup	Beef Bean And Vegetable Soup	Beef Meatball Vegetable Rice Soup
Dinner Main Meal	Home Made Quiches - Vego	Chicken Vegetable Loaf	Beef Broccolini Noodle Stir Fry	Grilled Marinated Pork Spare Ribs	Braised Stake And Onion Sauce	Pork And Cabbage Dumplings With Butter Sweet Chilli Sauce Served With Sour Cream	Creamy Seafood And Vegetable Sauce

## Weekly Menu Display

St Annas Aged Care		Summer Menu 2023 Copy For Display						Week1
week1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Dinner Alternative Meal	Potato Salad	Fried Rice With Egg Strips	Vegetable Noodle Stir Fry	Mash Potato	Mash Potato	Roast Zucchini And Sauer Kraut	Penne Pasta	
Dinner Alternative Meal 2	Cauliflower Bake With Cheese Sauce			Braised Cabbage And Carrot Combo	Ratatouille Baked Vegetables		Vegetable Stir Fry	
Dinner Alternative Meal 3	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	
Dinner Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad	Chef Salad	
Dinner Sandwich	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	
Dinner Dessert	Fruit& Greek Yoghurt	Cherry Tiramisu	Peach And Mango Yoghurt	Lemon Passionfruit Slice	Nutella Pancakes With Cream And Berry Sauce	Apricots And Custard	Lemon Curd Tart With Strawberries And Cream	
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	

## Weekly Menu Display

St Annas Aged Care								Summer Menu 2023 Copy For Display								Week2	
week2		Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday			
Breakfast																	
Breakfast 1		Continental Breakfast		Continental Breakfast		Continental Breakfast		Continental Breakfast		Continental Breakfast		Continental Breakfast		Continental Breakfast			
Breakfast 2				Scrambled Eggs, Bacon						Pouch Eggs, Grilled Tomato And Spinach							
Morning Tea																	
Morning Tea 1		Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz, Bacon, Cheese Muffins		Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz, Mini Quiches		Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz, Party Pies		Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz, Homemade Pizza Supreme		Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz, Mini Ham And Cheese Croissants		Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz, Vegemite And Cheese Scrolls		Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz, Buttered Raisin Bread			
Lunch																	
Lunch Main Meal		Beef Schnitzel Parmigiana( Topped With Tomato And Cheese)		Beef And Pork Cabbage Rolls With Kranski, Spek And Sauerkraut		Bbq - Beef Sausages Bbq Chicken Fillet		Hungarian Beef Goulash		Battered Fish Fillets Tartare Sauce		Braised Beef And Vegetables		Roast Lamb With Gravy And Mint Sauce			
Lunch Alternative Meal		Lambs Fry (liver) & Bacon With Onion And Gravy		Chicken And Leek Pie		Vegetable Burger White Bean And Tomato Salsa		Chickpea, Sweet Potato And Fetta Pastry Rolls. Garlic Bread		Chicken Schnitzel With Gravy		Deruni / Hash Browns (potato Pancakes) Sour Cream		Spinach & Ricotta Ravioli With Napoli Sauce			
Lunch Alternative Meal 2		Baked Half Potaot		Mash Potato Or Polenta		Creamy Cheese Potato Bake		Mash Potato Or Buttered Macaroni		Chips Or Mash Potato		Baby Potatoes With Parsley And Butter		Roast Potatoes			
Lunch Alternative Meal 3		Broccoli Garlic Butter Honey Carrots		Vegetable Medley		Grilled Tomato Beans		Peas And Carrots		Cheesy Vegetable Bake		Brussel Sprouts And Honey Roasted Carrots		Roast Zucchini And Roast Potatoes			
Lunch Salad		Chefs Salad		Chefs Salad		Chefs Salad		Chefs Salad		Chefs Salad		Chefs Salad		Chefs Salad			
Lunch Sandwich		Assorted Sandwiches		Assorted Sandwiches		Assorted Sandwiches		Assorted Sandwiches		Assorted Sandwiches		Assorted Sandwiches		Assorted Sandwiches			
Lunch Dessert		Cinnamon Donuts		Strawberry Cake With Passion Fruit Sauce And Ice Cream		Jelly Fruit & Ice Cream Or Ice Cream In A Cone		Carrot Cake With Custard		Mini Pavlova Topped With Cream And Berries		Cinnamon Jam Fritters With Ice Cream		Peach Cheese Cake			
Ice Cream																	
Fruit																	
Afternoon Tea																	
Afternoon Tea 1		Fresh Fruit Platter, Cheese And Jatz, Fruit Muffins		Fresh Fruit Platter, Cheese And Jatz, Cake Of The Day		Fresh Fruit Platter, Cheese And Jatz, Scones Jam And Cream		Fresh Fruit Platter, Cheese And Jatz, Nutella Croissants		Fresh Fruit Platter, Cheese And Jatz, Fruit Muffins		Fresh Fruit Platter, Cheese And Jatz, Scones, Jam And Cream		Fresh Fruit Platter, Cheese And Jatz, Cake Of The Day			
Dinner																	
Dinner Soup		Creamy Pumpkin Soup		Italian Bean Pasta Soup		Green Pea And Hock Soup		Minestrone Soup		Lamb And Barley Soup		Borscht ( Beetroot Soup)		Zucchini Bean Carrot Soup			
Dinner Main Meal		Lamb Kofta With Garlic Yoghurt Sauce		Beef Stroganoff (creamy Mushroom And Beef Stew With Sour Cream)		Calamari Rings With Ginger, Coriander And Tomato Salsa		Pork Vegetable Spring Rolls		Beef Keilbasi Sausage, Paprikash With Potato, Capsicum.		Ukrainian Macaroni ( Cheese, Bacon, Cottage Cheese, And Eggs)		Chicken And Mushroom Casserole			
Dinner Alternative Meal		Pita Bread		Penne Pasta Vegetarian Pasta		Chickpea Vegetable Casserole		Vegetable Stir Fry		Homemade Baked Bean On Toast				Buttered Gnocchi			

## Weekly Menu Display

St Annas Aged Care		Summer Menu 2023 Copy For Display						Week2
week2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
<b>Dinner Alternative Meal 2</b>	Potato Salad Baked Zucchini And Red Capsicum Bake	Peas, Corns, Capsicum, Carrot	Garlic Buttered Rice Broccoli And Cauliflower Cheese Bake	Five Bean Red Onion Salad	Sautéed Spinach	Braised Red And White Cabbage	Vegetable Cheese Bake	
<b>Dinner Alternative Meal 3</b>	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	
<b>Dinner Salad</b>	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	
<b>Dinner Sandwich</b>	Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef	
<b>Dinner Dessert</b>	Fruit Yoghurt	Fudgy Yoghurt Brownie	Peaches And Greek Yoghurt	Banana Walnut Cake	Apple Cinnamon Rhubarb Crumble With Custard	Coffee And Vanilla Tiramisu	Strawberry Mousse Topped With Blueberry And Whipped Cream	
<b>Ice Cream</b>	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	
<b>Fruit</b>								

## Weekly Menu Display

St Annas Aged Care Summer Menu 2023 Copy For Display Week3							
week3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast 1	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Breakfast 2		Scrambled Eggs With Bacon			Pouched Eggs, Grilled Tomato And Spinach		
Morning Tea							
Morning Tea 1	Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz Bacon And Cheese Crumpets	Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz Mini Savoury Muffins	Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz Party Pies	Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz Homemade Pizza Supreme	Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz Mini Ham And Cheese Croissants	Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz Vegemite Cheese Scrolls	Assorted Biscuits, Fresh Fruit, Chips, Cheese And Jatz Buttered Raisin Bread
Lunch							
Lunch Main Meal	Braised Stake Creamy Mushroom Sauce	Beef And Potato Goulash	Bbq Lunch - Beef Sausages Marinated Chicken	Moroccan Beef & Green Beans Served With Cous Cous	Crumbed Fish Fillets And Chips, Served With Tartare Sauce	Lamb Plov ( Lamb Cooked With Prunes And Rainsins)	Roast Pork
Lunch Alternative Meal	Broccolini Zucchini And Fetta Pie	Grilled Buttered Fish	Lentil Vegetable Curry And Rice	Chicken Kiev ( Garlic Butter Stuffed Chicken)	Pelmeni / Tortellini ( Small Beef Filled Pasta) Served With Creamy Bacon Sauce	Savoury Fetta Cheese Pie (burek, Or Tiropita)	Beef Lasagna
Lunch Alternative Meal 2	Mashed Potato	Chips	Creamy Cheese Potato Bake	Mash Potato Or Rice	Mash Potato	Mash Potato Or Garlic, Parsley, Pilaf Rice	Roast Potat
Lunch Alternative Meal 3	Spinach Cheese & Carrot	Peas, Honey Carrots	Broccoli, Cauliflower And Carrots	Sauerkraut And Vegetable Bake	Brussel Sprouts Roast Pumpkin	Braised Cabbage Steamed Carrot	Roast Mix Vegetables
Lunch Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad
Lunch Sandwich	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Lunch Dessert	Strawberry Vanilla Swirl Mousse	Cherry Babka Cake	Peaches And Yoghurt	Apple Cinnamon Pudding Served With Custard	Sticky Date Pudding Served With Butterscotch Sauce	Nakysnyky (pancakes Filled With Cream Cheese & Strawberry Jam Baked	Yoghurt Fruit Puffs Served With Ice Cream
Ice Cream							
Fruit							
Afternoon Tea							
Afternoon Tea 1	Fruit Plater, Cheese And Jatz Fruit Muffin	Fruit Plater, Cheese And Jatz Cake Of The Day	Fruit Plater, Cheese And Jatz Scones With Jam And Cream	Fruit Plater, Cheese And Jatz Nutella Croissants	Fruit Plater, Cheese And Jatz Fruit Muffins	Fruit Plater, Cheese And Jatz Scones With Jam And Cream	Fruit Plater, Cheese And Jatz Cake Of The Day
Dinner							
Dinner Soup	Thick Vegetable Soup	Lamb And Barley Vegetable Soup	Curry Red Lentil Soup Served With Greek Yoghurt	Beef Vegetable Soup	Bean And Pasta Soup	Creamy Chicken And Sweet Corn Soup	Spring Pea Soup
Dinner Main Meal	Crumbed Chicken And Parmesan Tenderloins	Spaghetti Bolognaise	Vegetable Samosa With Tomato Chutney	Tuna Mornay With Vegetables	Sauerkraut With Smokey Pork Sausage	Beef Sliders With Cheese And Sliced Tomato	Beef Mushroom And Sundried Tomato Casserole
Dinner Alternative Meal	Potato Wedges	Garlic Bread	Curried Vegetables	Homemade Bake Beans On Toast	Polenta	Cven Fired Chips	Rice Pilaf

# Weekly Menu Display

St Annas Aged Care Summer Menu 2023 Copy For Display Week3							
week3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Dinner Alternative Meal 2	Pea In Creamy Sauce	Broccoli	Cheesy Cauliflower	Green Beans	Vegetables In Napoli Sauce	Bean And Corn Salad	Roast Beetroot Braised Cabbage
Dinner Alternative Meal 3	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef	Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef
Dinner Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad
Dinner Sandwich	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches	Supper Sandwiches
Dinner Dessert	Berry Mousse Cake	Trifle Sponge, Fruit In Jelly, Custard And Whipped Cream	Chocolate And Walnut Cake With Hazelnut Cream	Fruit Compote And Custard	Madeira Cake And Ice Cream	Donuts	Fruit And Ice Cream
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit



# Weekly Menu Display



St Annas Aged Care							
Summer Menu 2023 Copy For Display							
week4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast							
Breakfast 1	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast	Continental Breakfast
Breakfast 2		Scrambled Eggs And Bacon			Pouched Eggs, Tomatoes, Spinach		
Morning Tea							
Morning Tea 1	Assorted Biscuits Fresh Fruit Cheese And Jatz Bacon And Cheese On Crumpet	Assorted Biscuits Fresh Fruit Cheese And Jatz Mini Quiches	Assorted Biscuits Fresh Fruit Cheese And Jatz Party Pies	Assorted Biscuits Fresh Fruit Cheese And Jatz Homemade Pizza Supreme	Assorted Biscuits Fresh Fruit Cheese And Jatz Mini Ham And Cheese Croissants	Assorted Biscuits Fresh Fruit Cheese And Jatz Vegemite And Cheese Scrolls	Assorted Biscuits Fresh Fruit Cheese And Jatz Buttered Raisin Bread
Lunch							
Lunch Main Meal	Braised Lamb Loin Chops	Potato And Cream Cheese Varenyki (dumplings Served With Caramelised Onion & Sour Cream	Bbq Lunch - Beef Sausages Marinated Chicken	French Beef And Onion Casserole Served With Tomato Bruschetta( Tomato, Garlic, Olive Olive Oil On Continental Toast)	Crumbed Fish Fillet With Tartare Sauce	Pastitsio (greek Pasta Bake) (pasta And Meat Sauce With Topped With Bechamel Sauce)	Roast Beef Served With Horseradish Cream Sauce
Lunch Alternative Meal	Battered Hoki Fillets Tartare Sauce	Beef & Pork Meatloaf Braised In Tomato Vegetable Sauce	Kolokithokeftede Zucchini, Fetta Fritters Served With Cucumber Garlic Yogurt Sauce	Vegetable Fried Rice With Egg Strips	Chicken Schnitzel With Gravy	Creamy Pork & Lentil Casserole	Butter Chicken Curry With Garlic Flat Bread Rice
Lunch Alternative Meal 2	Baby Potato With Parsley Butter Oven Fried Rosemary Chips	Mash Potato Polenta	Creamy Cheese & Cream Potato Bake	Mash Potato	Mash Potato Or Chips	Baby Potato With Garlic Parsley Butter	Roast Potato With Thyme Or Mash Potato
Lunch Alternative Meal 3	Roasted Mediterranean Vegetables	Sauerkraut Vegetable Medley	Spinach Paprikash Carrot	Broccoli, Beans & Carrots With Parsley Butter	Brussel Sprouts Roasted Pumpkin	Roast Zucchini Honey Butter Carrots	Green Beans Roast Pumpkin
Lunch Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad	Chefs Salad
Lunch Sandwich	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches	Assorted Sandwiches
Lunch Dessert	Berry Almond Muffins Served With Greek Yoghurt	Fruit Compote Served With Custard	Fruit, Jelly & Ice Cream	Banana Caramel Cream Pie Fruit Salad & Ice Cream	Vanilla Strawberry Swirl Mousse Cups	Sticky Date Pudding With Butterscotch Sauce	Passionfruit Cheesecake & Custard
Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream	Ice Cream
Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit	Fruit
Afternoon Tea							
Afternoon Tea 1	Fresh Fruit Plater Cheese And Jatz Fruit Muffin	Fresh Fruit Plater Cheese And Jatz Cake Of The Day	Fresh Fruit Plater Cheese And Jatz Scones Jam And Cream	Fresh Fruit Plater Cheese And Jatz Nutella Croissants	Fresh Fruit Plater Cheese And Jatz Fruit Muffins	Fresh Fruit Plater Cheese And Jatz Scones Jam And Cream	Fresh Fruit Plater Cheese And Jatz Cake Of The Day
Dinner							
Dinner Soup	Beef Bean Nooodle Soup	Chicken Vegetable Noodle Soup	Creamy, Coconut Pumpkin Soup With Red Lentils	Lamb And Barley Soup	Minestrone Soup	Bacon, Vegetable And Green Pea Soup.	Kapusniak (sauerkraut Soup) Or Creamy ,potato Leek Soup

## Weekly Menu Display

St Annas Aged Care								Summer Menu 2023 Copy For Display								Week4	
week4	Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday				
Dinner Main Meal	Chicken Vegetable Sausage Roll		Pork Vienna Sausage Or Vienna Hotdog With Cheese And Sauce		Grilled Buttered Fish		Creamy Chicken Mushroom Leek Mornay		Beef Crepes Topped With Tomato Salsa, Cheese, Served With Sour Cream & Avocado		Tomato Vegetable Cheese Quiche		Irish Beef Stew (beef, With Vegetables Cooked In A Sauce)				
Dinner Alternative Meal	Vegetable Risotto		Homemade Bake Beans On Toast		Potato Salad (potato Gherkin, Carrot Mayonnaise)		Mash Potato Or Penne Pasta		Five Bean Mix Salad		Garlic Bread		Crusty Rolls With Butter				
Dinner Alternative Meal 2	Broccoli Cheese		Braised Cabbage With Mushroom		Stuffed Field Mushrooms		Roasted Brussel Sprouts With Onion		Vegetable Toss		Sauteed Spinach						
Dinner Alternative Meal 3	Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef		Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef		Salad Plate Choice Of -tuna, Egg, Ham, Roast Beef		Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef		Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef		Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef		Salad Plate Choice Of - tuna, Egg, Ham, Roast Beef				
Dinner Salad	Chefs Salad		Chefs Salad		Chefs Salad		Chefs Salad		Chefs Salad		Chefs Salad		Chefs Salad				
Dinner Sandwich	Supper Sandwiches		Supper Sandwiches		Supper Sandwiches		Supper Sandwiches		Supper Sandwiches		Supper Sandwiches		Supper Sandwiches				
Dinner Dessert	Jelly Fruit Trifle		Creamy Rice Pudding		Apple Strudel With Custard		Passionfruit Cheese Cake With Custard		Mango Yoghurt With Fruit		Pavlova Topped With Cream And Berry Sauce		Cherries With Yoghurt Or Icecream				
Ice Cream	Ice-cream		Ice-cream		Ice-cream		Ice-cream		Ice-cream		Ice-cream		Ice-cream				
Fruit	Fruit		Fruit		Fruit		Fruit		Fruit		Fruit		Fruit				

## SUMMER MENU

The following pages include a sample Summer Menu, and we would like to know what you think regarding meals you would like to see on the menu, if you have any recipes you would like to contribute or any new ideas on how we can continue to provide the best meals here at St Anna's please let us know.



Do you think the sample Summer Menu has enough Variety? *(please circle yes or no)*

YES

NO

If No, what would you include?

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We spoke about mealtime changes at the last Resident Meeting and it was agreed to have meals later and to efficiently space out the times so the lunch, afternoon tea, dinner and supper are scheduled more effectively, to encourage a better dining experience and appetite as we enter into the warmer months.

Do you have any suggestions regarding this change?

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Please fill in this questionnaire and return to the Front Desk or give to any staff member to return to the Front Desk.