

# Make the most of spring

Take advantage of the warmer weather and all things spring to delight your aged care residents



## Dine al fresco

Take advantage of spring and the milder temperatures with meals served outside in a semi-shaded area.

Keep table decorations uncluttered and simple. For example, low vases with a posy of flowers and a table runner will add to a lovely feeling of spring.



## Lazy afternoon tea

Let your residents linger over a nourishing mid-meal with a selection of finger food. Present a mix of sweet and savoury foods that are easy to eat.

Create attractive platters so residents can try a variety of different foods. Include traditional sandwiches for the less adventurous.

Keep urns of delicious iced tea readily available so residents can easily keep topping up their cups and stay hydrated.



## Spring supper

As the weather warms, cold soups are the perfect way to end the day. Take advantage of balmy evenings to serve refreshing soups with crisp flavours. Add colour and contrast with garnishes to make soups visually appealing.



## Delicious dessert

Desserts with fruit, ice-cream or cold jelly are of course great refreshing options for summer. Mousses and custards are always popular. Served with fresh berries, they are also enjoyed in the warmer months. Try adding minted yoghurt to a fruit salad and serve in generous portions for a healthy end to any meal.

