

Mealtimes at STARS

What can you expect for mealtimes at STARS?

Breakfast and Snacks

Our Dietitian Assistants can help you to order your breakfast. This can be done by the Dietitian Assistant on their computer or by yourself through the Patient Engagement System (PES) - a touch screen device in your room that sends your order straight to the kitchen.



Lunch and Dinner

At STARS, we have communal mealtimes in the dining room for lunch and dinner.

Having meals in the dining room is evidenced-based care for people in rehabilitation and should be considered part of your therapy!

It also encourages conversation, cognitive stimulation and practice managing in a real-life setting. Evidence shows that consumers eat and drink better in the dining room, too! Good nutrition is important to fuel your rehabilitation journey.

Our Food Service Officer acts as the Maître D' by inviting you into the dining room, helping you find a seat, supporting you to order your meal and setting you up for your mealtime.



Snacks

There is a tea trolley that comes around at morning tea, afternoon tea and supper time. If you are concerned that you might miss the trolley, the Dietitian Assistants can order you snacks throughout the day as well, or you can order through the Patient Engagement System (PES).

Contact Details

STARS General Enquiries: 07 3647 7111

More Information

