



Maroba Aged Care

WINTER MENU 2018



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	Porridge, Assorted Cereals, Hot or Cold Milk, Coffee, Tea, Assorted Breads Margarine or Butter, Spreads, Fresh and Tinned Fruit, Orange Juice or Apple Juice.						
HOT BREAKFAST		Sautee'd Mushrooms on Toast		Scrambled Egg & Chipolata			Poached Egg & Bacon
MORNING TEA	A Selection of Tea, Coffee or Cordial Sweet or Savoury Biscuits						
1st LUNCH MAIN CHOICE	Chicken Parmigiana	Sweet & Sour Pork with Rice	Roast Beef & Onion Gravy	Irish Stew	Crumbed Fish with Lemon and Tartare	Cottage Pie	Roast Chicken with Thyme Stuffing & Gravy
2nd LUNCH MAIN CHOICE	Open Tomato, Ham & Cheese Croissant Melt	Vegetable Ratatouille with Creamy Polenta	Vegetable Lasagne	Homemade Potato & Mince Pie with Gravy	Pumpkin, Sage & Parmesan Tart	Mixed Vegetable & Lamb Stir Fry	Beef & Mushroom Risotto
VEGETABLES	Chips & Mixed Leaf Salad	Cauliflower, Steamed Pumpkin, Peas	Sweet Potato Mash, Broccoli & Roast Potato	Baby Carrots, Peas	Chips, Garden Salad & Lemon	Steamed Potato, Honeyed Carrots, Cross Cut Beans	Roast Potato, Roast Kumera, Brussel Sprouts
DESSERT	Rice Pudding & Cinnamon Cream	Sticky Date Pudding & Butterscotch Sauce & Whipped Cream	Chocolate Cake with Pouring Cream	Apple Crumble & Custard	Tiramisu	Fruit Trifle with Custard	Strawberry Cheesecake & Cream
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Fruit Scones	Choc Chip Cookies	Cup Cakes	Blueberry Muffins	Caramel Slice	Cheese & Crackers	Apricot Biscuits
DINNER SOUP	Vegetable & Barley	Chicken & Sweet Corn	Minestrone	Cream of Mushroom	Red Lentil, Tomato & Carrot	Potato & Leek	Roast Pumpkin
DINNER MAIN CHOICE	Macaroni & Cheese with Garlic Bread	Sausage Roll, Tomato Sauce & Garden Salad	Toasted Sandwich with Seasoned Wedges	Sweet Potato & Leek Filo Quiche with Greek Salad	Sausages with Mash Potato, Peas & Gravy	Spaghetti or Baked Beans on Toast	Toasted Ham and Cheese Muffin Melt with Garden Salad
A Plated Salad is available every day as an alternative to Dinner							
SANDWICH	Assorted Sandwiches Offered						
SALAD	Curried Egg	Ham	Tuna & Mayo	Silverside & Pickle	Egg & Asparagus	Ham & Pineapple	Corned Beef
DESSERT	Ice Cream & Topping	Sliced Peaches & Cream	Crème Caramel	Tinned Fruit Salad	Ice Cream & Topping	Chocolate Panna Cotta	Stewed Apples & Cream
SUPPER	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents						
ALL PUREE & MODIFIED MEAL WILL BE THE SAME OR A VARIATION OF THE MAIN CHOICE AT LUNCH & DINNER MASHED POTATO AND PUREE VEGETABLES AND A SAUCE OR GRAVY							SERVED WITH
NOTE: Fresh fruit will be available at all meals							



Maroba Aged Care

WINTER MENU 2018

Catering Industries



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	Porridge, Assorted Cereals, Hot or Cold Milk, Coffee, Tea, Assorted Breads Margarine or Butter, Spreads, Fresh and Tinned Fruit, Orange Juice or Apple Juice.						
HOT BREAKFAST		Spaghetti on Toast		Poached Egg & Hash Brown			Scrambled Egg & Bacon
MORNING TEA	A Selection of Tea, Coffee or Cordial Sweet or Savoury Biscuits						
1st LUNCH MAIN CHOICE	Grilled Pork Sausages with Onion Gravy	Grilled Fish with White Wine Seeded Mustard Sauce	Pickled Pork with Parsley Sauce	Braised Beef with Garlic Sauce	Steamed Fish & White Sauce	Braised Lamb Chops	Roast Beef w Onion Gravy
2nd LUNCH MAIN CHOICE	Lamb's Fry with Bacon & Gravy	Eggplant Parmigiana	Italian Meatballs with Tomato & Basile Sauce	Quiche Lorraine	Vegetable & Pork Curry & Rice	Mango Chicken	Pumpkin Lasagne
VEGETABLES	Mashed Potato, Peas, Carrot	Quatered Potato, Pumpkin Puree & Steamed Beans	Potato Bake, Broccoli & Cauliflower Mornay	Creamy Potato Mash, Spiced Sweet Potato & Grilled Steamed Spinach	Chips, Garden Salad & Lemon	Potato Mash, Carrots, Cross Cut Beans	Mixed Roasted Vegetables
DESSERT	Caramel Sponge & Cream	Lemon Meringue Pie & Cream	Golden Syrup Pudding & Custard	Black Forrest Cake with Cream	Coffee Cheesecake & Cream	Baked Honey Pears with Vanilla Custard	Blueberry Romanoff
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Jam Drops	Orange Syrup Cake	Pikelets with Jam & Cream	Apple & Custard Muffins	Vegetite Scrolls	Rock Cakes	Iced Cup Cake
DINNER SOUP	Tomato & Basil	Sweet Potato & Thyme	Mulligtawny	Split Pea & Ham	Cream of Cauliflower	Red Lentil & Vegetable	French Onion
DINNER MAIN CHOICE	Calamari with Sweet Chilli Cream Sauce & Chips	Pasta Bolognese & Garlic Bread	Honey Soy Chicken with Fried Rice	Mixed Toasted Sandwiches	Savoury Mince on Toast	Scotched Egg Loaf with Gravy & Mashed Potato	Pasta Spirals with Cheese & Bacon Sauce
A Plated Salad is available every day as an alternative to Dinner							
SANDWICH	Assorted Sandwiches Offered						
SALAD	Ham	Chicken & Mayo	Egg	Corned Beef & Pickle	Ham & Pineapple	Curried Egg	Roast Meat
DESSERT	Jellied Fruit	Ice Cream & Topping	Tinned Fruit Salad	Strawberry Ripple Icecream	Whole Fruit	Stewed Cinnamon Apple	Two Fruits
SUPPER	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents						
ALL PUREE & MODIFIED MEAL WILL BE THE SAME OR A VARIATION OF THE MAIN CHOICE AT LUNCH & DINNER SERVED WITH MASHED POTATO AND PUREE VEGETABLES AND A SAUCE OR GRAVY							
NOTE: Fresh fruit will be available at all meals							



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WINTER MENU 2018

Catering Industries



WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	Porridge, Assorted Cereals, Hot or Cold Milk, Coffee, Tea, Assorted Breads Margarine or Butter, Spreads, Fresh and Tinned Fruit, Orange Juice or Apple Juice.						
HOT BREAKFAST		Baked Beans on Toast		Sautee'd Tomato on Toast			Poached Egg & Bacon
MORNING TEA	A Selection of Tea, Coffee or Cordial Sweet or Savoury Biscuits						
1st LUNCH MAIN CHOICE	Chicken Kiev & Garlic Sauce	Braised Lamb with Rosemary Pan Gravy	Braised Steak in Dianne Sauce	Silverside & White Sauce	Battered Fish Fillets & Tartare	Chicken Cacciatore	Roasted Pork with Apple Gravy
2nd LUNCH MAIN CHOICE	Party Pies & Tomato Sauce	Vegetable Pasta Bake	Pork Sausages & Gravy	Vegetable Fritters	Beef Lasagne	Kidney Bean & Vegetable Casserole	Mixed Vegetable & Beef Stir Fry with Noodles
VEGETABLES	Steamed Potato, Sweet Potato, Peas	Herbed Potato, Wilted Spinach & Roasted Pumpkin Mash	Halved Chats, Honey Carrots, Cabbage	Cauliflower & Broccoli Au Gratin & Crispy Potato Bake	Chips, Garden Salad & Lemon	Parsley Potatoes, Broccoli, Sliced Carrots	Roast Potato, Roast Pumpkin, Peas
DESSERT	Strawberry Panna Cotta & Cream	Cabinet Pudding	Orange Trifle & Custard	French Crepes with Maple Syrup & Whipped Cream	Impossible Pie	Baked Egg Custard	Pavlova with Passionfruit Coulis
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Mixed Berry & Coconut Cake	Custard Tart	Date & Walnut Slice	Iced Carrot Cake	Choc Chip Cookies	Pear & Almond Muffin	Passionfruit Slice
DINNER SOUP	Beef & Vegetable Broth	Chicken Noodle	Broccoli & Cheese	Corn & Basil	Root Vegetable	Potato & Leek	Bacon & Mushroom
DINNER MAIN CHOICE	Curry Sausages & Mash Potato	Cheese, Bacon, Spring Onion & Potato Rosti with Mornay Sauce & Mixed Vegetables	Pumpkin & Chive Omelette with Garden Salad	Ravoili Napoletana	Braised Rissoles with Onion Gravy & Mash Potato	Chicken Casserole with Mixed Vegetables	Boston Beans on Toast
A Plated Salad is available every day as an alternative to Dinner							
SANDWICH	Assorted Sandwiches Offered						
SALAD	Salmon	Chicken & Mayo	Egg	Corned Beef & Pickle	Curried Egg	Roast Meat	Ham & Pineapple
DESSERT	Apricot Fruit Fool	Peaches & Cream	Strawberry Flummery	Tinned Fruit Salad	Ice Cream & Topping	Strawberry Jelly	Two Fruits
SUPPER	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents						
ALL PUREE & MODIFIED MEAL WILL BE THE SAME OR A VARIATION OF THE MAIN CHOICE AT LUNCH & DINNER SERVED WITH MASHED POTATO AND PUREE VEGETABLES AND A SAUCE OR GRAVY							
NOTE: Fresh fruit will be available at all meals							



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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CONTINENTAL BREAKFAST	Porridge, Assorted Cereals, Hot or Cold Milk, Coffee, Tea, Assorted Breads Margarine or Butter, Spreads, Fresh and Tinned Fruit, Orange Juice or Apple Juice.						
HOT BREAKFAST		Hash Brown & Chipolata		Spaghetti on Toast			Scrambled Egg & Bacon
MORNING TEA	A Selection of Tea, Coffee or Cordial Sweet or Savoury Biscuits						
1st LUNCH MAIN CHOICE	Veal Schnitzel & Gravy	Grilled Salmon Fillet with Creamy Leek & Dill Sauce	Roast Chicken & Herb Gravy	Beef Stroganoff	Baked Fish Fillets & Tomato Concasse	Chicken Fillets with Creamy Mushroom Sauce	Roast Lamb & Minted Gravy
2nd LUNCH MAIN CHOICE	Gnocchi Bake	Quiche Florentine	Vegetable Strudel	Chicken Risotto	Crumbed Sausages & Gravy	Yellow Pork Curry & Rice	Ham Steaks
VEGETABLES	Buttered Potatoes, Steamed Beans, Mashed Pumpkin	Mediterranean Mixed Leaf Salad Seeded Mustard Potato Salad	Cauliflower, Steamed Kumeras, Peas	Creamy Garlic Potato Mash, Sauteed Zucchini & Baby Carrots	Chips, Garden Salad & Lemon	Mashed Potato, Sweet Potato, Beans	Roast Potatoes, Roasted Pumpkin, Cauliflower
DESSERT	Bread & Butter Pudding	Golden Syrup Dumplings and Custard	Mixed Berry Romanoff	Lemon Delicious Pudding	Baked Honey & Minted Pears	Baked Rice Custard	Stewed Cinnamon Apple with Vanilla Custard
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Jam & Cream Sponge	Apple & Bran Muffins	Peanut Butter & Oat Slice	Fruit & Strawberry Scrolls	Cheese & Crackers	White Chocolate & Blueberry Muffins	Caramel Slice
DINNER SOUP	Lentil & Vegetable	Ham & Potato	French Onion	Cream of Broccoli	Pumpkin & Yellow Lentil	Minestrone	Hearty Vegetable
DINNER MAIN CHOICE	Pumpkin, Tomato & Basil Pasta Bake with Herb Bread	Bubble & Squeak	Crumbed Calamari with Lemon, Taratare & Chips	Penna Carbonara	Stuffed Potato with Mixed Vegetables	Mediterranean Frittata & Salad	Curry Prawns with Rice
A Plated Salad is available every day as an alternative to Dinner							
SANDWICH	Assorted Sandwiches Offered						
SALAD	Ham	Curried Egg	Salmon	Silverside and Pickle	Chicken	Ham & Chutney	Egg and Asparagus
DESSERT	Apricots & Custard	Ice Cream & Topping	Tinned Fruit Salad	Whole Fruit	Orange Flummery	Trinned Fruit Salad	Jellied Fruit
SUPPER	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents						
ALL PUREE & MODIFIED MEAL WILL BE THE SAME OR A VARIATION OF THE MAIN CHOICE AT LUNCH & DINNER MASHED POTATO AND PUREE VEGETABLES AND A SAUCE OR GRAVY							SERVED WITH
NOTE Fresh fruit will be available at all meals							