



# Maroba Aged Care

## WINTER MENU 2021

Catering Industries



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>CONTINENTAL BREAKFAST</b>	Porridge, Assorted Cereals, Hot or Cold Milk, Coffee, Tea, Assorted Breads Margarine or Butter, Spreads, Fresh and Tinned Fruit, Orange Juice or Apple Juice.						
<b>HOT BREAKFAST</b>		Scramble Egg & Hash Brown		Sauteed Tomato & Onion on Toast			Poached Egg & Bacon
<b>MORNING TEA</b>	A Selection of Tea, Coffee or Cordial Sweet or Savoury Biscuits						
<b>1st LUNCH MAIN CHOICE</b>	Mango Coconut Curry Chicken	Pork Casserole	Roast Lamb with Mint Jelly	BBQ DAY	Lemon Pepper & Butter Baked Fish	Smoked Texan BBQ glazed chicken	Roast Pork with Apple Sauce
<b>2nd LUNCH MAIN CHOICE</b>	Spinach, Tomato & Cheddar Quiche	Individual Beef Pie	Vegetable Pasties		Hawaain Ham Steak	Crumbed Vegetable Pattie Parmigiana	Braised Beef & Onion
<b>VEGETABLES</b>	Mash Potato, sweet Potato & Butter Beans	Buttered Potato, Beans and Pumpkin Puree	Cauliflower, Steamed Kumera, Peas	Selection of Salads	Chips, Coleslaw Salad & Lemon	Mashed Potato, Sweet Potato, Beans	Roast Potatoes, Roasted Pumpkin, Cabbage
<b>DESSERT</b>	Cheesecake of the day	Mixed Berry and Rhubarb Crumble	Pavlova	Pineapple, Pear, Almond & Cinnamon Struddle	Ice Cream Cone	Bread & Butter Pudding	Honey Cinnamon Baked Fruits
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
<b>AFTERNOON TEA</b>	Traditional Shortbread	Cheese & Tomato Sao's	Stawberry Lamington	Savory Muffin of the Day	Ginger Nut Cookie	Clix & Dip	Date & Walnut Loaf
<b>DINNER SOUP</b>	Broccoli & Cheese	Ham & Potato	French Onion	Potato & Leek	Pumpkin & Yellow Lentil	Minestrone	Spring Vegetable
<b>DINNER MAIN CHOICE</b>	Sausage Rolls Mash Peas & Gravy	Braised Honey Soy Chicken with Vegetable Rice	Mini Hotdog & Seasoned Wedges	Spaghetti Bolignaise & Garlic Bread	Pork Sausage Casserole	Mixed Toasted Sandwiches	Cottage Pie
A Plated Salad is available every day as an alternative to Dinner							
<b>SANDWICH</b>	Assorted Sandwiches Offered						
<b>SALAD</b>	Ham	Curried Egg	Salmon	Silverside and Pickle	Chicken	Ham & Chutney	Egg and Asparagus
<b>DESSERT</b>	Stewed Spiced Apple	Ice Cream & Topping	Peaches & Cream	Cut Fruits	Spiced Apricots with Yoghurt	Jellied Fruits	Apple & Berry Custard
<b>SUPPER</b>	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents						
ALL PUREE & MODIFIED MEALS WILL BE THE SAME OR A VARIATION OF THE MAIN CHOICE AT LUNCH & DINNER WITH MASHED POTATO AND PUREE VEGETABLES AND A SAUCE OR GRAVY							
NOTE Fresh fruit will be available at all meals							