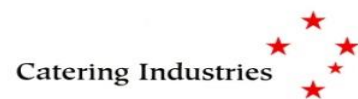




# Maroba Aged Care

## SPRING MENU 2024 - Week 1



WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Porridge, Assorted Cereals, Prunes, Hot or Cold Milk, Coffee, Tea, Assorted Breads Margarine or Butter, Spreads, Fresh and Tinned Fruit, Orange Juice or Apple Juice.						
HOT BREAKFAST		Ham and cheese croissant		Pancakes w/Maple Syrup			Bacon and eggs
MORNING TEA	A Selection of Tea, Coffee or Cordial Sweet or Savoury Biscuits						
1st LUNCH MAIN CHOICE	Tandoori chicken thigh (GF)	Braised rissole in onion gravy (GF)	Irish stew (GF)	Curried prawns (GF)	Butter poached fish or battered fish	Chicken Caesar salad (GF)	Roast Pork with apple sauce (GF)
2nd LUNCH MAIN CHOICE	Honey and soy pork (GF)	Saffron pasta with shallots and tomato	Salmon patties with white sauce	Beef and black bean (GF)	Slow cooked zucchini with chickpeas, feta and pumpkin (GF)	Quiche lorraine	Beef lasagne
VEGETABLES	Rice Pilaf and mixed vegetable	Potato bake, carrots and beans	Mashed potato and mixed greens	Vegetable fried rice	Hot chips and coleslaw	Roast potato, mixed greens	Braised cabbage, roast pumpkin and peas
DESSERT	Cinnamon baked custard with peaches (GF)	Lemon Myrtle pudding	Creamed Rice with diced fruit (GF)	Passionfruit pavlova (GF)	Stickydate pudding	Bread and butter pudding	Spiced apple and rhubarb with custard (GF)
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Date and walnut loaf	Savoury muffin	Almond and amaretto biscuit	Scones with Jam and cream	"Brown Betty" Slice	Spiced ginger biscuits	ANZAC Biscuits
DINNER SOUP	Vegetable and white bean	Tomato	Carrot lentil and ginger	Chicken and sweetcorn	Split pea and ham	French onion	Creamy pumpkin
DINNER MAIN CHOICE	Assorted party pies and sausage rolls	Fried chicken wings with slaw	Cottage pie with vegetables (GF)	Chicken, bacon, garlic and cream pasta with garlic bread	Savoury mince on toast (GF)	Vegetable fritters with greek salad	Toasted sandwiches with chips
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Fresh fruit salad with yoghurt (GF)	Poached meringue with custard (GF)	Strawberry Mousse (GF)	Jellied fruits with yoghurt (GF)	Ice cream sundae	Vanilla panna cotta with strawberry compote (GF)	Pineapple jelly and ice cream (GF)
SUPPER	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 SERVED WITH MASHED POTATO AND PUREE VEGETABLES AND A SAUCE OR GRAVY							
NOTE: Fresh fruit will be available at all meals							