



# Maroba Aged Care

## SPRING MENU 2024 - Week 2



WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Porridge, Prunes, 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		Roast tomato and onions on toast		Banana bread with cinnamon butter			Bacon and Eggs
MORNING TEA	Sweet or Cream biscuits						
1st LUNCH MAIN CHOICE	Chicken parmigiana	Deville lamb casserole (GF)	Beef, mushroom and red wine pie	BBQ DAY Marinated chicken thigh, beef rissole	Butter poached fish and battered fish	Peanut satay chicken (GF)	Roast beef with horesradish sauce (GF)
2nd LUNCH MAIN CHOICE	Pork Sausages (GF)	Pork pattie with creamy paprika sauce (GF)	Pasta with white beans and pesto		Lamb kofta with yoghurt sauce (GF)	Honey soy pork with hokkien noodle	Seasonal vegetable bake
VEGETABLES	Sweet potato chips and garden salad	Mashed potato carrots and peas	Potato bake, steamed greens	Potato salad, cabbage and noodle salad	Hot chips and coleslaw	Fried rice with mixed veg	Roast potato, roast pumpkin and peas
DESSERT	Vanilla panna cotta with mango compote (GF)	Orange and almond cake with orange syrup (GF)	Jelly and fruit trifle	Banana and orange Filo tart	Chocolate and cherry cheesecake	Three milks cake with chantilly cream	Lemon Curd Tart with berry compote
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Triple chocolate cookie	Scones with jam and cream	Strawberry lamington	Fruity cornflake biscuit	Caramel Slice	Jam drops	Cinnamon roll
DINNER SOUP	Tomato and Basil	Pork and country veg	Curried split pea	Sweet potato and coconut	Mushroom	Chicken and sweetcorn	Roast pumpkin
DINNER MAIN CHOICE	Braised beef Diane with mash and vegies (GF)	Ham and Pineapple pizza with garlic bread and salad	Salmon and asparagus quiche with salad	Shepards pie (GF)	Gnocchi with bacon and cream sauce	Deville sausages mashed potato and vegetables	Crispy fried chicken wings with wedges
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Chocolate mousse (GF)	Cinnamon stewed apple (GF)	Jellied peaches (GF)	Ice cream cone	Poached pears with custard (GF)	Lime Flummery (GF)	Fruit Salad with Vanilla Yoghurt (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							