



Maroba Aged Care

SPRING MENU 2024 - Week 3

Catering Industries



WEEK 3	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		Pancakes with Maple syrup		House made baked beans			Bacon and eggs
MORNING TEA	A Selection of Tea, Coffee or Cordial Sweet or Savoury Biscuits						
1st LUNCH MAIN CHOICE	Butter chicken and vegetable curry (GF)	Beef cheeseburger	Corned beef with white sauce	Chicken kiev	Butter poached fish or crumbed fish	Chicken rissoles with tomato sauce (GF)	Apple and honey glazed Ham (GF)
2nd LUNCH MAIN CHOICE	Roast chickpea with vegetables (GF)	Quiche Lorraine	Sweet and sour chicken drumsticks (GF)	Pork Sausages (GF)	Farmhouse chicken and vegetable casserole (GF)	Tuna and leek mornay pasta	Vegetable Pattie
VEGETABLES	Rice Pilaf and mixed vegetable	Chips and garden salad	Mashed potato, braised cabbage and peas	Chive mashed potato, carrots and beans	Hot chips and coleslaw	Potato bake and mixed veg	Roast pumpkin, mashed potato and peas
DESSERT	Eves pudding and custard	Lemon Delicious	Traditional Tiramisu	Apple and caramel tart	Warm chocolate brownie	Impossible pie (GF)	Honeycomb Panna cotta (GF)
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Chocolate lamington	Vegemite and cheese scroll	Sour cream dip with clix	Raspberry and white choc muffin	Grandma's Chocolate Cake	Scones with Jam and cream	Cheese and crackers
DINNER SOUP	Potato and leek	Sweetcorn Chowder	Tomato and basil	French onion soup	Sweet Potato and coconut	Creamy pumpkin	Winter vegetable and white bean
DINNER MAIN CHOICE	Beef Lasagne	Assorted toasted sandwiches and potato gems	Lamb Massaman curry(GF)	Chilli con carne with soft taco	Chicken rice and ginger porridge (GF)	Spaghetti bolognese with garlic bread	Spring rolls on fried rice
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Creamed rice with two fruits (GF)	Banana Custard (GF)	Berry Mousse (GF)	Fruit salad and yoghurt (GF)	Creme caramel (GF)	Spiced pears with custard (GF)	Ice cream cone
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							