



Maroba Aged Care SPRING MENU 2024 - Week 4



WEEK 4	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		Ham and cheese muffin melt		Hash browns and baked tomato			Bacon and Eggs
MORNING TEA	Sweet or Cream biscuits						
1st LUNCH MAIN CHOICE	Chicken and vegetable yellow curry (GF)	Salmon fillet with butter sauce (GF)	Chicken schnitzel with creamy mushroom sauce (GF)	BBQ DAY Marinated chicken thigh, pork chipolata (GF)	Butter poached fish or battered fish	Beef and vegetable casserole (GF)	Roast lamb with mint sauce (GF)
2nd LUNCH MAIN CHOICE	Roast pumpkin, feta and spinach tart	Italian meatballs with tomato sauce (GF)	Lamb casserole (GF)		Beef lasagne	Braised chicken wings (GF)	Spring vegetable quiche
VEGETABLES	Steamed rice and mixed vegetable	Potato bake, beans and carrots	Mashed potato, carrots and peas	Pasta salad, greek salad	Hot chips and coleslaw	Mashed potato and mixed vegetables	Roast potato, roast pumpkin and peas
DESSERT	Peach cobbler	Pavlova with fruit salad (GF)	Crepes with strawberries chocolate sauce	Chocolate and caramel cheesecake	Bread and butter pudding	Creamed Rice and peaches	Vanilla baked custard (GF)
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Caramel Tarts with cream	Savoury pinwheels	Scones with jam and cream	Coconut shortbread	Blueberry friands	Banana Muffin	Corn relish dip and clix
DINNER SOUP	Winter vegetable soup	Potato and leek	Cream of cauliflower	Chicken and sweetcorn	Roast pumpkin	Split pea and ham	Tomato
DINNER MAIN CHOICE	Poached fish with vegetables and white sauce	Chicken asparagus, tomato and leek quiche with salad	Southern fried chicken with slaw	Shepards Pie (GF)	House made sausage roll with tomato chutney and mash	Toasted sandwiches and potato wedges	Curried sausages with mashed potato (GF)
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Vanilla panna cotta with strawberry coulis (GF)	Ice cream cone	Spiced apricots with ice cream (GF)	Stewed cinnamon apples with yoghurt (GF)	Buttermilk pudding (GF)	Banana Split (GF)	Port wine jelly (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							