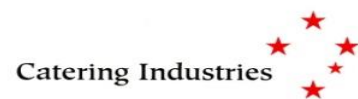




Maroba Aged Care

SUMMER MENU 2024



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		Banana bread with cinnamon butter		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	Mongolian beef (GF)	Pork sausages (GF)	Mediterranean braised chicken (GF)	Honey and soy pork (GF)	Slow cooked zucchini with chickpeas, feta and pumpkin (GF)	Quiche lorraine	Beef meatballs with creamy sauce (GF)
VEGETABLES	Rice Pilaf and mixed vegetable (GF)	Potato and sweet potato bake, asparagus and carrot (GF)	Mashed potato and mixed greens (GF)	Vegetable fried rice (GF)	Hot chips and coleslaw (GF)	Roast potato, mixed greens (GF)	Braised cabbage, roast pumpkin and peas (GF)
DESSERT	Cinnamon baked custard with peaches (GF)	Honey and cream sponge roll	Creamed Rice with diced fruit (GF)	Banana and chocolate cake	Stickydate pudding	Warm chocolate brownie (GF)	Passionfruit pavlova (GF)
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Date and walnut loaf	"Brown Betty" Slice	Cinnamon roll	Scones with Jam and cream	Orange and poppyseed muffin	Spiced ginger biscuits	ANZAC Biscuits
DINNER SOUP	Vegetable and white bean	Tomato	Carrot	Corn Chowder	Split pea and ham	French onion	Creamy pumpkin
DINNER MAIN CHOICE	Finger food assortment and chips	Fried chicken wings with slaw	Vegetable, bacon and tomato pasta bake	Vegetable fritters with greek salad	Savoury mince on toast (GF)	Chicken, bacon, garlic and cream pasta with garlic bread	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)	Tapioca pudding (GF)	Vanilla panna cotta with strawberry compote (GF)	Ice cream sundae (GF)	Strawberry Mousse (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							