



Maroba Aged Care SUMMER MENU 2024



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		Ham and cheese croissant		Hash browns and baked tomato			Bacon and Eggs
MORNING TEA	Sweet or Cream biscuits						
1st LUNCH MAIN CHOICE	Chicken parmigiana	Barramundi fillet with butter sauce (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)	Braised lamb with rosemary and tomato	Pork pattie with creamy paprika sauce (GF)		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, roast beetroots and beans	Corn on the cob, cabbage and noodle salad	Hot chips and coleslaw	Fried rice with mixed veg	Roast potato, roast pumpkin and peas
DESSERT	Banana and orange Filo tart	Jelly and fruit trifle	Chocolate and caramel cheesecake	Summer fruit Mille Feuille	Carrot cake with cream cheese icing	Orange and almond cake with orange syrup (GF)	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	Apple and cinnamon muffin	Fruity cornflake biscuit	Caramel Slice	Caramel pecan scroll	Jam Drop
DINNER SOUP	Tomato and Basil	Pork and country veg	Curried split pea	Sweet potato	Mushroom	Chicken and sweetcorn	Roast pumpkin
DINNER MAIN CHOICE	Braised beef Diane with mash and vegies (GF)	Chicken, tomato and asparagus risotto (GF)	Salt and pepper squid with salad (GF)	Shepards pie (GF)	Gnocchi with bacon and cream sauce	Devilleed sausages mashed potato and vegetables (GF)	Crispy fried chicken wings with wedges
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Chocolate mousse (GF)	Mango and cherry fruit salad (GF)	Creamed rice with two fruits(GF)	Ice cream cone	Strawberry panna cotta (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							