



Maroba Aged Care

SUMMER MENU 2024



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		Roast tomato and onions on toast			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)	Slow cooked lamb burger	Corned beef with white sauce	Turkey breast with cranberry sauce	Butter poached fish or crumbed fish	Chicken rissoles with tomato sauce (GF)	Apple and honey glazed Ham (GF)
2nd LUNCH MAIN CHOICE	Teriyaki beef (GF)	Beef sausages (GF)	Quiche Lorraine	Devilled lamb casserole	Hoisin Pork (GF)	Tuna and leek mornay pasta	Roast chickpea with vegetables (GF)
VEGETABLES	Rice Pilaf and mixed vegetable	Chips and garden salad	Mashed potato, braised cabbage and peas	Mashed potato, zucchini and carrot	Hot chips and coleslaw	Potato bake and mixed veg	Roast pumpkin, mashed potato and peas
DESSERT	Warm chocolate brownie (GF)	Traditional Tiramisu	Three milks cake with cream	White chocolate and blueberry cake	Custard tart	Impossible pie (GF)	Lemon Delicious
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Chocolate lamington	Vegemite and cheese scroll	Scones with Jam and cream	Nutella Muffin	Grandma's Chocolate Cake	Cheese and crackers	Raspberry and white choc muffin
DINNER SOUP	Potato and leek	Sweetcorn Chowder	Tomato and basil	French onion soup	Creamy sweet potato	Creamy pumpkin	Vegetable and white bean
DINNER MAIN CHOICE	Crumbed calamari rings and salad	Chicken casserole with mash	Beef Lasagne	Spring rolls on fried rice	Lamb Massaman curry (GF)	Spaghetti bolognese with garlic bread	Assorted toasted sandwiches and potato gems
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)	Honeycomb Panna cotta (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							