



Maroba Aged Care

Autumn Menu 2025



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		Roast mushrooms with garlic butter (GF)		Pancakes w/Maple Syrup			Bacon and eggs
MORNING TEA	A Selection of Tea, Coffee or Cordial Sweet or Savoury Biscuits						
1st LUNCH MAIN CHOICE	"VIP DAY" Beef brisket with red wine Jus Cherry tomato and filo tart Cherry tomato and filo tart Creamy bacon and onion potato bake, honey glazed carrots and garlic sauteed zucchini	Chicken parmigana	Pickled pork and white sauce	Irish Stew (GF)	Butter poached fish or battered fish	Chicken Caesar salad (GF)	Roast Pork with apple sauce and crackling (GF)
2nd LUNCH MAIN CHOICE		Beef rissole with onion gravy (GF)	Beef and garlic sausages (GF)	Sweet and sour pork (GF)	Chicken pattie with creamy mustard sauce (GF)	Beef meatballs with creamy sauce (GF)	Quiche Lorraine
Vegetarian Option		Vegetarian sausages	Chick pea and beetroot curry	Oriental stir fry with tofu	Vegetable pattie with creamy mustard sauce	Vegetarian Ceaser salad	Mixed vegetable quiche
VEGETABLES		Sweet potato chips and salad	Mashed potato and crispy brussel sprouts (GF)	Vegetable fried rice (GF)	Hot chips and coleslaw (GF)	Mashed potato, mixed greens and carrots (GF)	Braised cabbage, roast pumpkin and peas (GF)
DESSERT		Stickydate pudding with butterscotch sauce	Cinnamon baked peaches with custard (GF)	Apple and Apricot Crumble	Creamed rice with fruit (GF)	Banana and Chocolate cake	Warm chocolate brownie (GF)
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Cheese and crackers	"Brown Betty" Slice	Scones with Jam and cream	Triple chocolate cookies	Orange and poppyseed muffin	Cheese and crackers	ANZAC Biscuits
DINNER SOUP	Creamy mushroom	Tomato	Chicken Noodle soup	Corn Chowder	Pea and Ham	French onion	Creamy pumpkin
DINNER MAIN CHOICE	Fried chicken wings with slaw	Savoury mince on toast (GF)	Vegetable, bacon and tomato pasta bake	Home made Meatlovers pizza with garlic bread	Vegetable fritters with greek salad	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)	Pineapple Jelly and ice cream (GF)	Tapioca pudding with strawberry(GF)	Spiced apples with rhubarb (GF)	Ice cream sundae (GF)	Mandarin and cinnamon cake	Vanilla panna cotta with strawberry compote (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							