



Maroba Aged Care

Autumn Menu 2025

Catering Industries



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	"VIP DAY" Tuscan Garlic Salmon with Tomato & Basil (GF) or Vegetable Parmigiana Vegetable Parmigiana	Tandoori Chicken thigh (GF)	Beef, mushroom and red wine pie	BBQ DAY Marinated chicken thigh, beef chipolata (GF)	Butter poached fish and battered fish	Peanut satay chicken (GF)	Roast beef with horesradish sauce (GF)
2nd LUNCH MAIN CHOICE		Chick pea and beetroot curry (GF)	Apple and Honey Glazed Ham (GF)		Pork Sausages (GF)	Honey soy pork with hokkien noodle	Cheesy sweet potato frittata (GF)
Vegetarian option		Chick pea and beetroot curry (GF)	Vegetable pie	Tofu and vegetable skewer	Vegetarian sausages	Yellow lentil curry with fried rice	Cheesy sweet potato frittata
VEGETABLES	Potato puree and wilted greens (GF)	Rice pilaf and mixed vegetable (GF)	Potato bake, zucchini and pumpkin	Corn on the cob and pasta salad	Hot chips and coleslaw	Fried rice with mixed veg	Roast potato, roast pumpkin and peas
DESSERT	Crepes with chocolate sauce and berries	Jelly and fruit trifle	Pineapple upside down tart	Apple and Cherry pie	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	Fruity cornflake biscuit	Scones with jam and cream	Apple and cinnamon muffin	Cheese and crackers	Caramel Slice	Baklava	Jam Drop
DINNER SOUP	Tomato and Basil	Pork and country veg	Sweet potato	Pea and ham soup	Mushroom	Chicken and sweetcorn	Roast pumpkin
DINNER MAIN CHOICE	Braised beef Diane with mash and vegies (GF)	Beef Lasagne with garden salad	Beef and bean nachos (GF)	Chicken, mushroom and sage risotto and garlic bread(GF)	Shepards pie with broccoli and cauliflower (GF)	Devilleed sausages mashed potato and vegetables (GF)	Sticky chicken wings with rice and vegetables (GF)
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Lime Flummery (GF)	Stewed fruit with yoghurt (GF)	Creamed rice with two fruits(GF)	Ice cream cone	Strawberry panna cotta (GF)	Chocolate Mousse (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							