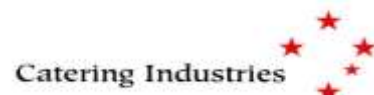




Maroba Aged Care

Autumn Menu 2025



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	"VIP DAY" Grilled barramundi with white wine and dill sauce (GF) Apple and honey glazed ham (GF) Vegetable parmigiana Lyonnaise potato, steamed broccoli and cauliflower gratin (GF)	Slow cooked lamb burger	Corned beef with white sauce	Turkey breast with cranberry sauce (GF)	Butter poached fish or crumbed fish	Butter chicken and vegetable curry (GF)	Roast Pork with apple sauce and crackling (GF)
2nd LUNCH MAIN CHOICE		Quiche Lorraine	Moroccan lamb pie	Tuna Mornay	Beef rissole cooked in onion gravy (GF)	Beef and Black bean	Chicken rissoles with tomato sauce (GF)
Vegetarian option		Mixed vegetable quiche	barley and black bean curry	lentil and vegetable mornay	Vegetable pattie with white sauce	tomato and lentil pasta bake	fetta and tomato quiche
VEGETABLES		Chips and garden salad	Mashed potato, braised cabbage and peas	Sweet potato mash, brussel sprouts and carrot	Hot chips and coleslaw	Rice Pilaf and mixed vegetable (GF)	Mixed roast root vegetables
DESSERT	Traditional Tiramisu	Warm chocolate brownie (GF)	Three milks cake with cream	White chocolate and blueberry cake	Apple strudel	Impossible pie (GF)	Lemon Delicious
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	"Brown Betty" fruit slice	Vegemite and cheese scroll	Scones with Jam and cream	Nutella Muffin	Grandma's Chocolate Cake	Cheese and crackers	Chocolate lamington
DINNER SOUP	Potato and leek	Sweetcorn Chowder	Tomato and basil	Chicken Noodle soup	Creamy sweet potato	Creamy pumpkin	Pea and Ham
DINNER MAIN CHOICE	Spaghetti bolognaise and garlic bread	Lamb Massaman curry and rice(GF)	Pasta with bacon, tomato and cream sauce and garlic bread	Pulled pork with soft taco and salad	Spring rolls on fried rice with dipping sauce	Deville lamb casserole with mash (GF)	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)	Spiced apples and custard (GF)	Fruit salad and yoghurt (GF)	Raspberry Jelly and Ice cream (GF)	Honeycomb Panna cotta (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							