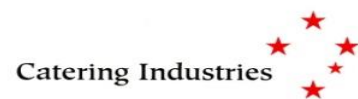




Maroba Aged Care

WINTER MENU 2024



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		Ham and cheese croissant		Pancakes w/Maple Syrup			Bacon and eggs
MORNING TEA	A Selection of Tea, Coffee or Cordial Sweet or Savoury Biscuits						
1st LUNCH MAIN CHOICE	Sticky chinese and indian glazed chicken	Braised rissole in onion gravy	Irish Stew	Tandoori chicken thigh	Butter poached fish or crumbed fish	Quiche Lorraine	Roast Pork with apple sauce
2nd LUNCH MAIN CHOICE	Pork casserole	Slow cooked zucchini and pumpkin with feta and breadcrumb	Salmon patties with white sauce	Curried prawns	Eggplant and lamb lasagne	Chicken Caesar salad	Mediterranean Vegetable bake
VEGETABLES	Rice Pilaf and mixed vegetable	Buttered potato, carrots and beans	Mashed potato and mixed greens	Vegetable fried rice	Hot chips and coleslaw	Potato salad, mixed greens	Braised cabbage, roast pumpkin and peas
DESSERT	Self saucing chocolate pudding	Apple and pear baked custard	Creamed Rice with peaches	Passionfruit pavlova	Stewed honey fruits with yoghurt	Bread and butter pudding	Spiced apple and rhubarb with custard
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Date and walnut loaf	Savoury muffin	Sour cream dip with clix	Scones with Jam and cream	Choc caramel mud cake	Spiced ginger biscuits	Coconut shortbread
DINNER SOUP	Winter vegetable and white bean	Chicken and sweetcorn	Carrot lentil and ginger	Cream of cauliflower	Split pea and ham	French onion	Creamy pumpkin
DINNER MAIN CHOICE	Savoury Mince on toast	Assorted party pies and sausage rolls	Toasted sandwiches with chips	Chicken, bacon, garlic and cream pasta with garlic bread	Honey soy chicken pieces with rice	Crumbed calamari with salad and chips	Cottage pie with vegetables
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Ice cream and topping	Poached meringue with custard	Strawberry Mousse	Jellied fruits with yoghurt	Ice cream sundae	Vanilla panna cotta with strawberry compote	Pineapple jelly and ice cream
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							