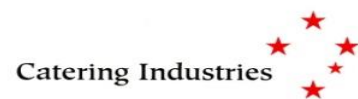




Maroba Aged Care

WINTER 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		Ham and cheese muffin melt		Pancakes w/Maple Syrup			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	Sausages and gravy	Corned beef with white sauce	Chicken kiev	Butter poached fish or crumbed fish	Shepards Pie	Roast Pork with apple sauce
2nd LUNCH MAIN CHOICE	Pork Olive and tomato casserole	Saffron pasta with tomato and shallots	Braised rissoles in garlic and mushroom sauce	Quiche Lorraine	Tomato, olive and caper pasta	Sticky soy chicken wings	Tuna and leek mornay pasta
VEGETABLES	Rice Pilaf and mixed vegetable	Buttered chats, carrots and beans	Mashed potato, braised cabbage and peas	Chive mashed potato, carrots and beans	Hot chips and coleslaw	Potato bake and mixed veg	Roast pumpkin, mashed potato and peas
DESSERT	Eves pudding and custard	Lemon Delicious	Tiramisu cake	Apple Tarte Tatin	Creme caramel	Impossible pie	Honeycomb Panna cotta
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	Potato and leek	Sweetcorn Chowder	Tomato and basil	French onion soup	Sweet Potato and coconut	Creamy pumpkin	Winter vegetable and white bean
DINNER MAIN CHOICE	Beef Lasagne	Assorted toasted sandwiches and potato wedges	Spring rolls on fried rice	Spaghetti bolognese and garlic bread	Farmhouse chicken and vegetable casserole	Chilli con carne with soft taco	Sausages, mash and gravy
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Fruit salad with yoghurt	Spiced pears with custard	Jellied peaches	Ice cream and topping	Two fruits and yoghurt	Banana Custard	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							