



Maroba Aged Care

Winter MENU 2024



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		Toasted crumpets with spreads		Banana bread with cinnamon butter			Bacon and Eggs
MORNING TEA	Sweet or Cream biscuits						
1st LUNCH MAIN CHOICE	Chicken parmigiana	Deville lamb and potato casserole	Pickled pork with white sauce	BBQ DAY Marinated chicken thigh, chipolatas	Butter poached fish and battered fish	Peanut satay chicken	Roast beef with horesradish sauce
2nd LUNCH MAIN CHOICE	Pasta and beans with halloumi and pesto	Roast pumpkin spinach and feta quiche	Pork pattie with creamy paprika sauce		Beef and black bean	Roast vegetable bake	Beef cottage pie
VEGETABLES	Sweet potato chips and garden salad	Mashed potato carrots and peas	Potato bake, steamed greens	Pasta salad, greek salad	Hot chips and coleslaw	Fried rice with mixed veg	Roast potato, roast pumpkin and peas
DESSERT	Vanilla panna cotta with mango compote	Lime flummery	Chocolate mousse	Lemon Curd Tart with berry compote	Jelly and fruit trifle	Three milks cake with chantilly cream	Orange and almond cake with orange syrup
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Triple chocolate cookie	Scones with jam and cream	Strawberry lamington	Cinnamon palmier	Hummingbird cake	Jam drops	Clix and dip
DINNER SOUP	Tomato and Basil	Pork and country veg	Curried split pea	Sweet potato and coconut	Cream of cauliflower	Chicken and sweetcorn	Roast pumpkin
DINNER MAIN CHOICE	Braised beef Diane with mash and veg	Crispy fried chicken wings and wedges	Ham and pineapple pizza, garlic bread and salad	Beef lasagne	Chicken, asparagus, tomato and leek quiche with salad	Deville sausages mashed potato and vegetables	Curried prawns on rice
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Ice Cream & Topping	Cinnamon stewed apple	Jellied peaches	Ice cream cone	Poached pears with custard	Jellied Fruits	Fruit Salad with Vanilla Yoghurt
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							