



Maroba Aged Care

Summer Menu 2025/26



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		Roast mushrooms with garlic butter (GF)		Pancakes with maple syrup			Bacon and eggs
MORNING TEA	Cheese and crackers	"Brown Betty" Slice	Pumpkin Scones	Berry friands	Triple chocolate cookies	Caramel slice with cream	ANZAC Biscuits
1st LUNCH MAIN CHOICE	"VIP Day" Grilled whiting fillets, with caper, tomato, garlic almond and herb butter sauce	Crispy chicken schnitzel burger	Beef mushroom and redwine pie	Paprika baked chicken thigh (GF)	Butter poached fish or battered fish	Chicken Caesar salad (GF)	Roast Pork with apple sauce and crackling (GF)
2nd LUNCH MAIN CHOICE	or Vegetable Parmigiana Vegetable Parmigiana	Middle eastern lamb rissole (GF)	Pork Sausages (GF)	Roast beetroot, tomato, cauliflower and cous cous salad (GF)	Chickpea and vegetable fritters with tomato relish (GF)	Beef and thyme sausages (GF)	Beef rissole (GF)
Vegetarian Option		Vegetarian chicken burger	Vegetarian Sausages	Vegetarian chicken tenders	Chickpea and vegetable fritters with tomato relish (GF)	Vegetarian Ceaser salad	Vegetarian "beef" pattie
VEGETABLES		Creamy bacon and onion potato bake, honey glazed carrots and garlic sauteed silverbeet	Sweet potato chips and slaw (GF)	Mashed potato, broccoli and roast pumpkin (GF)	Corn on the cob, wilted spinach and kale and sweet potato mash (GF)	Hot chips and coleslaw (GF)	Mashed potato, mixed greens and carrots (GF)
DESSERT	Stickydate pudding with butterscotch sauce	Lemon curd tart with cream	Mango and lime cake	Caramel and chocolate cheesecake (GF)	Creamed rice with caramelised mango (GF)	Warm chocolate brownie (GF)	Passionfruit pavlova (GF)
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee
DINNER SOUP	Cauliflower	Tomato	Pumpkin	Sweet potato	Pea and Ham	French onion	Cauliflower
DINNER MAIN CHOICE	Beef lasagne with vegetables	Crumbed prawn outlets with chips and salad	Chicken, chorizo, bean and vegetable cassoulet with turkish bread (GF)	Beef ravioli with red wine, bacon and tomato sauce	Savoury mince on toast (GF)	Chicken, bacon, garlic and cream pasta with garlic bread	Toasted sandwiches with chips
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Fresh fruit salad with yoghurt (GF)	Pineapple Jelly and ice cream (GF)	Ice cream cone	Two fruits with raspberry sorbet (GF)	Tapioca pudding with strawberry (GF)	Baked vanilla custard	Vanilla panna cotta with strawberry compote (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							



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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		Crispy hash browns		Ham and cheese croissant			Bacon and Eggs
MORNING TEA	Fruity cornflake biscuit	Scones with jam and cream	Apple and cinnamon muffin	Grandma's Chocolate Cake	Custard Slice	Cheese and crackers	Jam Drop
1st LUNCH MAIN CHOICE	"VIP DAY" Minute Salisbury Steak	Curried Prawns (GF)	Minced lamb filo pie	BBQ DAY Marinated chicken skewers, pork and fennel sausages (GF)	Butter poached fish or battered fish	Butter Chicken (GF)	Roast beef with horseradish sauce (GF)
2nd LUNCH MAIN CHOICE	Chicken rissole with creamy mustard sauce	Sticky chicken wings in rice wine and soy (GF)	Baked mushroom with garlic butter (GF)		Vegetarian lasagne	Korean bbq pork	Cheesy sweet potato frittata (GF)
Vegetarian option	Vegetable pattie with creamy mustard sauce	Vegetarian chicken tender	Vegetable pie	Vegetarian Sausages	Vegetarian lasagne	Yellow lentil curry with fried rice	Cheesy sweet potato frittata
VEGETABLES	Potato puree and wilted greens (GF)	Fried rice and mixed vegetables	Sweet potato mash, asparagus and carrots	Corn on the cob, pasta salad and caramelised onion	Sweet potato chips and coleslaw (GF)	Fried rice with mixed veg (GF)	Roast potato, roast pumpkin and peas (GF)
DESSERT	Crepes with chocolate sauce and berries (GF)	Carrot cake with cream cheese icing	Apricot and coconut dessert slice	Condensed milk coffee cake	"Eton Mess" meringue, whipped cream and berry compote (GF)	Orange and almond cake with orange syrup (GF)	Caramel tart with whipped cream
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee
DINNER SOUP	Tomato and Basil	Pork and country veg	Sweet potato	Pea and ham soup	Mushroom	Chicken and sweetcorn	Roast pumpkin
DINNER MAIN CHOICE	Southern fried chicken with slaw	Roast beetroot risotto, spinach and tomato and garlic bread	Pasta with roast pumpkin, spinach and bacon sauce	Crumbed fish with mash and vegetables	Savoury Mince on toast (GF)	Devilled sausages mashed potato and vegetables (GF)	Toasted sandwiches with sweet potato chips
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Pineapple Flummery (GF)	Toasted Banana bread	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							



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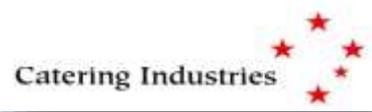


WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Breakfast	Porridge, Assorted Cereals, Prunes, Hot or Cold Milk, Coffee, Tea, Assorted Breads Margarine or Butter, Spreads, Fresh and Tinned Fruit, Orange Juice or Apple Juice.							
HOT BREAKFAST		Roast tomatoes		Pancakes w/Maple Syrup			Bacon and eggs	
MORNING TEA	"Brown Betty" fruit slice	Vegemite and cheese scroll	Scones with Jam and cream	Nutella Muffin	Triple chocolate cookies	Cheese and crackers	Chocolate lamington	
1st LUNCH MAIN CHOICE	"VIP DAY" Grilled barramundi with white wine and dill sauce (GF)	Mini cheeseburger with pickles	Pickled pork with white sauce	BBQ Pork riblets	Butter poached fish or battered fish	Beef Stroganoff (GF)	Roast Pork with apple sauce and crackling (GF)	
2nd LUNCH MAIN CHOICE		Apple and honey glazed ham (GF)	Lamb rissole with yoghurt sauce (GF)	Irish Stew (GF)	Honey and soy chicken thigh (GF)	Zucchini, bacon and corn slice (GF)	Crumbed lambs brains with garlic butter	Mixed vegetable quiche
Vegetarian option		Vegetable parmigiana	Vegetarian chicken schnitzel	tomato and lentil pasta bake	barley and black bean curry	Vegetable pattie with white sauce	lentil and vegetable mornay	Mixed vegetable quiche
VEGETABLES		Lyonaise potato, steamed broccoli and cauliflower gratin (GF)	Sweet potato chips and coleslaw	Potato bake, zucchini and pumpkin	Fried hokkien noodles with asian greens	Hot chips and coleslaw	Mashed potato, braised cabbage and peas	Roast potatoes and mixed root vegetables
DESSERT	Traditional Tiramisu	Bread and butter pudding with custard	Orange and banana "pappillote" tart	Three milks cake	Passionfruit curd tart	Impossible pie (GF)	Warm chocolate brownie (GF)	
A Plated Sandwich or Salad is available every day as an alternative to Lunch								
AFTERNOON TEA	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	
DINNER SOUP	Potato and leek	Sweetcorn Chowder	Tomato and basil	Chicken Noodle soup	Cauliflower	Creamy pumpkin	Pea and Ham	
DINNER MAIN CHOICE	Spring rolls on fried rice with dipping sauce	Mixed vegetable and bacon pasta bake	Slow cooked beef and beans with soft taco and slaw	Garlic Chicken balls, with chips and salad	Spinach and cheese ravioli, with tomato sauce, parmesan and garlic bread	Curried sausages 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								



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WEEK 4	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, Apple Juice, Cranberry Juice, Pear Juice and Prune Juice.						
HOT BREAKFAST		Ham and cheese muffin melt		Lamb's fry and bacon			Bacon and Eggs
MORNING TEA	Scones with jam and cream	Banana Muffin	Cornbread muffin	Passionfruit slice	Mars bar slice	Caramel Tarts with cream	Jam Drop
1st LUNCH MAIN CHOICE	"VIP Day" Mexican spiced chicken breast (GF)	Sweet and sour pork (GF)	Moroccan lamb pie (GF)	BBQ Day, thick chicken sausages, field mushroom "steaks" (GF)	Butter poached or battered fish	Peanut satay chicken (GF)	Roast lamb with mint sauce (GF)
2nd LUNCH MAIN CHOICE	Beef rissole (GF)	Lamb massaman (GF)	Mixed vegetable fritter		Vegetarian lasagne	Beef panang curry (GF)	Spring vegetable quiche
Vegetarian option	Eggplant lasagne	barley and vegetable casserole	Vegetarian chicken burger	Baked mushroom with garlic butter	Vegetarian lasagne	Yellow curry with rice and lentils	Spring vegetable quiche
VEGETABLES	Mexican red rice, corn ribs with sour cream and cheese, green beans	Stir friend hokkien noodles and leafy greens	Pearl cous cous, wilted greens and carrot	Corn on the cob, potato salad, and caramelised onion	Hot chips and coleslaw	Fried rice and asian leafy vegetables	Roast potato, roast pumpkin and peas
DESSERT	Cinnamon sugar crisps with ice cream and berry sauce	"Red Velvet" Cake with cream cheese icing	Creamed Rice with peaches	Pineapple upside down cake with caramel sauce	Pumpkin pie with double cream	Crepes with chocolate sauce and berries (GF)	Vanilla baked custard (GF)
A Plated Sandwich or Salad is available every day as an alternative to Lunch							
AFTERNOON TEA	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee	Assorted biscuits with tea and coffee
DINNER SOUP	Mixed vegetable soup	Potato and leek	Sweet potato	Chicken and sweetcorn	Roast pumpkin	Split pea and ham	Tomato
DINNER MAIN CHOICE	Southern fried chicken with slaw	Crumbed fish with mash and vegetables	Miso chicken and vegetable noodles with broth (GF)	House made sausage roll with mash and gravy	Ham and pineapple pizza with garlic bread	Shepards pie with chunky mixed vegetables (GF)	Toasted sandwiches and potato wedges
A Plated Salad or Sandwich is available every day as an alternative to Dinner							
DESSERT	Fruit salad with yoghurt (GF)	Banana Split (GF)	Hazelnut mousse (GF)	Chocolate Bavarian	Vanilla panna cotta with strawberry coulis (GF)	Ice cream cone	Port wine jelly (GF)
SUPPER	A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents						
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NOTE Fresh fruit will be available at all meals							