



Maroba Aged Care

Autumn Menu 2026



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 tomatoes (GF)		Breakfast chipolatas (GF)			Bacon and eggs
MORNING TEA	Cheese and crackers	"Brown Betty" Slice	Pumpkin Scones	Berry friands	Triple chocolate cookies	Pikelet with jam and cream	ANZAC Biscuits
1st LUNCH MAIN CHOICE	"VIP Day" Grilled whiting fillets, with caper, tomato, garlic almond and herb butter sauce or Vegetable Parmigiana Vegetable Parmigiana	Chicken with ginger and lemongrass (GF)	Beef mushroom and redwine pie	Parmesan crusted Italian 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		Satay Lamb Strips (GF)	Pickled pork neck	Lamb Kofta (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	Sweet potato chips, asian salad with capsicum, bean shoots, cabbage and spring onions	"Pad Thai" style noodles with mixed vegetable (GF)	Mashed potato, peas and carrots (GF)	Fried white beans, broccoli and roast pumpkin (GF)	Hot chips and coleslaw (GF)	Mashed potato, mixed greens and carrots (GF)	Braised cabbage, roast potatoes, pumpkin and peas (GF)
DESSERT	Warm chocolate brownie (GF)	Creamed rice with caramelised mango (GF)	Bread and butter pudding with custard	Caramel and chocolate cheesecake (GF)	Autumn Fruit crumble with ice cream	Spiced Plum Cake with citrus icing	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	Creamy celeriac soup	Pea and Ham	French onion	Sweet potato
DINNER MAIN CHOICE	Beef lasagne with vegetables	Crumbed prawn cutlets with chips and salad	Mild Chicken and vegetable "Laksa" with noodles (GF)	Pizza, Margarita and Ham and Pineapple with garlic bread	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							



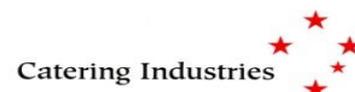
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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Breakfast	Porridge, Prunes, Assorted Cereals, Hot or Cold Milk, Coffee, Tea, Assorted Breads Margarine or Butter, Spreads, Fresh and Tinned Fruit, Orange Juice or Apple Juice.						
HOT BREAKFAST		Crispy hash browns		Ham and cheese croissant			Bacon and Eggs
MORNING TEA	Fruity cornflake biscuit	Scones with jam and cream	Banana and chocolate muffin	Grandma's Chocolate Cake	Custard Slice	Cheese and crackers	Jam Drop
1st LUNCH MAIN CHOICE	Crumbed Lamb Cutlets with gravy	Mild Beef Curry (GF)	Grandma's Meatloaf (GF)	BBQ DAY Marinated chicken skewers, pork sausages	Butter poached fish or battered fish	Roast Turkey breast (GF)	Roast beef with horesradish sauce (GF)
2nd LUNCH MAIN CHOICE	Chicken rissole with creamy mustard sauce	Sweet and sour chicken (GF)	Baked mushroom with garlic butter (GF)		Vegetarian lasagne	Beef rissole (GF)	Cheesy autumn vegetable 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	Creamy potato mash, spinach and carrots	Steamed rice and mixed vegetables	Creamy potato bake, zucchini and beans	Corn on the cob, pasta salad and caramelised onion	Sweet potato chips and coleslaw (GF)	Mashed potato and pumpkin, asparagus (GF)	Roast potato, roast carrots and peas (GF)
DESSERT	Crepes with chocolate sauce and berries (GF)	Orange and almond cake with orange syrup (GF)	Rhubarb and almond tart	Condensed milk coffee cake	"Eton Mess" meringue, whipped cream and berry compote (GF)	Carrot cake with cream cheese icing	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	Cauliflower	Sweet potato	Pea and ham soup	Spiced lentil soup	Chicken and sweetcorn	Roast pumpkin
DINNER MAIN CHOICE	Southern fried chicken with slaw	Mixed roast vegetable and bacon pasta bake	Miso chicken and vegetable noodle with broth (GF)	Crumbed fish with mash and vegetables	Savoury Mince on toast (GF)	Beef ravioli with creamy tomato sauce and garlic bread	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 (GF)		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) Apple and honey glazed ham (GF) Vegetable parmigiana Lyonnaise potato, steamed broccoli and cauliflower gratin (GF) Traditional Tiramisu	Pulled beef burger	Corned beef with white sauce	Chicken parmigiana	Butter poached fish or battered fish	Beef Stroganoff (GF)	Roast Pork with apple sauce and crackling (GF)
2nd LUNCH MAIN CHOICE		Chick pea and vegetable fritter with tomato chutney	Irish Stew (GF)	Greek lamb rissole (GF)	Zucchini, bacon and corn slice (GF)	Crumbed lambs brains with garlic butter	Mixed vegetable quiche
Vegetarian option		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		Sweet potato chips and coleslaw	Potato bake, zucchini and pumpkin	Sweet potato mash, autumn greens (GF)	Hot chips and coleslaw	Mashed potato, braised cabbage and peas	Roast potatoes and mixed root vegetables
DESSERT		Bread and butter pudding with custard	Orange and banana "pappillote" tart	Three milks cake	Passionfruit curd Mille Fueille	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	Ham and white bean	Cauliflower	Creamy pumpkin	Pea and Ham
DINNER MAIN CHOICE	Spring rolls on fried rice with dipping sauce	Cottage pie with vegetables (GF)	Mum's smoked pork and chicken stew with autumn vegetables (GF)	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
<i>Breakfast</i>	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		Lambs Fry and bacon		French toast			Bacon and Eggs
MORNING TEA	Scones with jam and cream	Banana Muffin	Caramel Tarts with cream	Passionfruit slice	Mars bar slice	Cornbread muffin	Jam Drop
1st LUNCH MAIN CHOICE	Mexican spiced chicken thigh (GF)	Curried Prawns (GF)	Moroccan lamb pie (GF)	BBQ Day, thick chicken sausages, beef rissole	Butter poached or battered fish	Satay Pork (GF)	Roast lamb with mint sauce (GF)
2nd LUNCH MAIN CHOICE	Beef rissole (GF)	Char Siu Pork	Mixed vegetable fritter		Vegetarian lasagne	Panang Chicken Curry (GF)	Spring vegetable quiche
<i>Vegetarian option</i>	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	Steamed rice and mixed vegetables	Herbed cous cous, wilted greens and carrot	Corn on the cob, potato salad, and caramelised onion	Sweet Potato chips and coleslaw	Stir friend hokkien noodles and leafy greens	Roast potato, roast pumpkin and peas
DESSERT	Cinnamon sugar crisps with ice cream and berry sauce	"Red Velvet" Cake with cream cheese icing	French vanilla cheesecake with berries	Pineapple upside down cake with caramel sauce	Mum's Hasty Chocolate cake	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	Creamy pumpkin and coconut	Chicken and sweetcorn	Tomato	Split pea and ham	Sweet potato
DINNER MAIN CHOICE	Southern fried chicken with slaw	Crumbed fish with mash and vegetables	Miso chicken and vegetable noodles with broth (GF)	Creamy Carbonara Pasta and garlic bread	Sausage roll with mash and vegetables	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)	Creamed Rice with peaches (GF)	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							