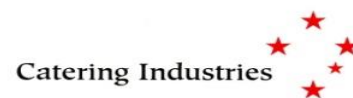




Maroba Aged Care

Spring 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)		Pancakes with maple syrup			Bacon and eggs
MORNING TEA	Cheese and crackers	"Brown Betty" Slice	Peanut Butter Cookie	Berry friands	Triple chocolate cookies	Pikelet with jam and cream	ANZAC Biscuits
1st LUNCH MAIN CHOICE	"VIP DAY" Medditerranean style Snapper fillet, with tomatoes, capers, lemon and herbs	Seared greek spiced lamb strips (GF)	Pork in plum sauce (GF)	Baked mushroom with garlic and herb butter (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	Chicken sausages (GF)	Mild chicken Korma (GF)	Chicken rissole (GF)	Chickpea and vegetable fritters with tomato relish	Grandma's Meatloaf (GF)	Beef rissole (GF)
Vegetarian Option	Vegetable Parmigiana	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	Herb roasted potatoes, carrots and green beans (GF)	Fried singapore noodles with asian vegetables	Sweet potato mash, crispy brussel sprouts and peas (GF)	Hot chips and coleslaw (GF)	Mashed potato, mixed greens and carrots (GF)	Braised cabbage, roast potatoes, pumpkin and peas (GF)
DESSERT	Apricot Danish with ice cream	Apple and cherry Strudel	Condensed milk coffee cake	Mixed berry cheesecake (GF)	Sultana Cake with custard	Banana and chocolate cake	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	Broccoli and Kale Soup	Carrot lentil and ginger soup	French onion	Sweet potato
DINNER MAIN CHOICE	Beef lasagne with vegetables	Salmon, asparagus and spring vegetable pasta bake	Chicken and spring vegetable casserole, with mashed potato (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)	Mixed fruit and sorbet (GF)	Creamed rice and fruits (GF)	Tapioca pudding with strawberry(GF)	Baked vanilla custard	Passionfruit panna cotta (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							



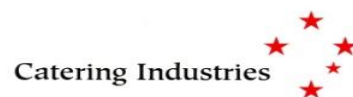
Maroba Aged Care Spring Menu 2026



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		Ham and cheese croissant		Crispy hash browns			Bacon and Eggs
MORNING TEA	Fruity cornflake biscuit	Scones with jam and cream	Banana and biscoff muffin	Custard slice	Triple chocolate cookie	Cheese and crackers	Jam Drop
1st LUNCH MAIN CHOICE	"VIP DAY" Crumbed Lamb Cutlets with gravy	Sweet and sour pork (GF)	Beef mushroom and redwine pie	Plowmans lunch, sliced cold meat and cheeses	Butter poached fish or battered fish	Roast Turkey breast (GF)	Roast beef with horesradish sauce (GF)
2nd LUNCH MAIN CHOICE		Mongolian chicken (GF)	Pickled pork neck with white sauce		Vegetarian lasagne	Beef rissole (GF)	Cheesy vegetable frittata (GF)
Vegetarian option		Vegetable pattie with creamy mustard sauce	Vegetarian chicken tender		Vegetable pie	Vegetarian Sausages	Vegetarian lasagne
VEGETABLES	Creamy potato bake, broccoli and cauliflower (GF)	Fried rice and green leafy veg (GF)	Mashed potato, carrots and corn on the cob (GF)	Pickled vegetables, bread roll, relish and butter	Hot chips and coleslaw (GF)	Mashed potato, carrot batons and snow peas	Roast potato, roast carrots and peas (GF)
DESSERT	Crepes with chocolate sauce and berries (GF)	Orange and almond cake with orange syrup (GF)	Nanna Wright's apple and butterscotch pie	"Eton Mess" meringue, whipped cream and berry compote (GF)	Chocolate tart with double cream	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	Pea and ham soup	Tomato soup	Sweet potato	Cauliflower	Spiced lentil soup	Chicken and sweetcorn	Roast pumpkin
DINNER MAIN CHOICE	Southern fried chicken with slaw	Chicken, bacon and vegetable pasta bake	Crumbed fish with mash and vegetables	Massaman chicken curry with rice and vegetable (GF)	Cottage pie with vegetable(GF)	Beef tortellini 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							
	Fruit Salad with Vanilla Yoghurt (GF)	Bread and buter pudding with custard	Creamed rice with two fruits(GF)	Ice cream cone	Strawberry panna cotta (GF)	Chocolate Mousse (GF)	Orange Jelly with ice cream (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							



Maroba Aged Care Spring Menu 2026



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	Peanut Butter cookie	Cheese and crackers	Grandma's Chocolate Cake	Chocolate lamington
1st LUNCH MAIN CHOICE	"VIP DAY" Grilled barramundi with white wine and dill sauce (GF)	Beef rissole (GF)	Corned beef with white sauce	Grandma's Meatloaf (GF)	Butter poached fish or battered fish	Honey Baked Ham (GF)	Roast Pork with apple sauce and crackling (GF)
2nd LUNCH MAIN CHOICE	Chicken rissole (GF)	Chicken parmigiana	Irish Stew (GF)	Baked mushroom with garlic butter (GF)	Chickpea and vegetable fritter with tomato relish	Lamb and rosemary sausages (GF)	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	Sweet potato chips, asian salad with capsicum, bean shoots, cabbage and spring onions (GF)	Roast potatoes, with green beans and carrots (GF)	Mashed potato, zucchini and pumpkin (GF)	Creamy sweet potato bake, cauliflower and broccoli (GF)	Hot chips and coleslaw	Mashed potato, braised cabbage and peas	Roast potatoes and mixed root vegetables
DESSERT	Three milks cake	Bread and butter pudding with custard	Banana and caramel cheesecake	Traditional Tiramisu	Passionfruit curd tart	Passionfruit pavlova (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	Cream of broccoli soup	Cauliflower	Creamy pumpkin	Pea and Ham
DINNER MAIN CHOICE	Spring rolls on fried rice with dipping sauce	Savoury mince on toast (GF)	Lorraine's tuna and vegetable bake	Curried sausages (GF)	Spinach and cheese ravioli, with tomato sauce, parmesan and garlic bread	Shepards pie with vegetables (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)	Honeycomb Panna cotta (GF)	Stewed apple with rhubarb compote	Fruit salad and yoghurt (GF)	Raspberry Jelly and Ice cream (GF)	Baked custard	Ice cream cone
SUPPER							
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							



Maroba Aged Care Spring Menu 2026



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		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	"VIP DAY" Pork loin chop (GF)	Chicken schnitzel burger	Beef Bourguignon (GF)	Sweet and sour pork OR Butter chicken	Butter poached or battered fish	Portugese Chicken breast (GF)	Roast lamb with mint sauce (GF)
2nd LUNCH MAIN CHOICE	Chicken rissole with herbed tomato sauce (GF)	Lamb rissole (GF)	Chicken skewers (GF)		Vegetarian lasagne	Beef and thyme sausages (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
VEGETABLES	Mashed potato, roast sweet potato and beans	Rockette, beetroot, tomato and pear salad, with hot chips	Mashed potato, broccoli and carrots	Stir friend hokkien noodles and leafy greens	Hot chips and coleslaw	Mashed potato, silverbeet and spinach	Roast potato, roast pumpkin and peas
DESSERT	Seasonal fruit crumble with ice cream	Crepes with chocolate sauce and berries (GF)	Mum's Hasty Chocolate cake	Caramel tarts with cream	"Red Velvet" Cake with cream cheese icing	Sticky date pudding	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	Creamy pumpkin and coconut	Potato and leek	Cream of chicken soup	Sweet potato	Tomato	Split pea and ham	Chicken and sweetcorn
DINNER MAIN CHOICE	Southern fried chicken with slaw	Crumbed fish with mash and vegetables	Garlic Chicken balls, with chips and salad	Creamy Carbonara Pasta and garlic bread	Chicken and vegetable quiche and salad	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						
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							