



# Maroba Aged Care

## Autumn Menu 2025



WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Breakfast</b>	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.						
<b>HOT BREAKFAST</b>		Ham and cheese muffin melt		Hash browns and baked tomato			Bacon and Eggs
<b>MORNING TEA</b>	<i>Sweet or Cream biscuits</i>						
<b>1st LUNCH MAIN CHOICE</b>	"VIP DAY" Moroccan chicken supreme (GF)	Italian meatballs with tomato sauce (GF)	Chicken and leek pie	BBQ DAY Roast chicken thigh, pork chipolata (GF)	Fishermans Basket and poached fish	Chicken and vegetable yellow curry (GF)	Roast lamb with mint sauce (GF)
<b>2nd LUNCH MAIN CHOICE</b>		Pork and apple rissole (GF)	Poached fish with butter sauce (GF)		Beef rissole with onion gravy	Lamb skewers with yoghurt sauce (GF)	Mongolian Pork (GF)
<b>Vegetarian option</b>		Eggplant lasagne	barley and vegetable casserole	roast pumpkin and feta tart	tofu and vegetable skewer	vegetable pie	Yellow curry with rice and lentils
<b>VEGETABLES</b>	Sesame seed topped pumpkin, creamy potato puree and steamed broccoli (GF)	Potato bake, beans and cauliflower	White bean mash, carrots and broccoli	Corn on the cob, potato salad, coleslaw and caramelised onion	Hot chips and coleslaw	Steamed rice and mixed vegetable	Roast potato, roast pumpkin and peas
<b>DESSERT</b>	"Red Velvet" Cake with cream cheese icing	Pavlova with fruit salad (GF)	Crepes with chocolate sauce and berries	Honey and marscapone fruit tart	Pumpkin pie with cream	Creamed Rice and peaches (GF)	Vanilla baked custard (GF)
<b>A Plated Sandwich or Salad is available every day as an alternative to Lunch</b>							
<b>AFTERNOON TEA</b>	Caramel Tarts with cream	Gingerbread cookie	Scones with jam and cream	Grandmas chocolate slice	Mars bar slice	Banana Muffin	Jam Drop
<b>DINNER SOUP</b>	Mixed vegetable soup	Potato and leek	Sweet potato	Chicken and sweetcorn	Roast pumpkin	Split pea and ham	Tomato
<b>DINNER MAIN CHOICE</b>	Irish stew with mashed potato (GF)	Chicken asparagus, tomato and leek quiche with salad	House made sausage roll with gravy and mash	Shepards pie with chunky mixed vegetables (GF)	Curried sausages with mashed potato (GF)	Toasted sandwiches and potato wedges	Southern fried chicken with slaw
<b>A Plated Salad or Sandwich is available every day as an alternative to Dinner</b>							
<b>DESSERT</b>	Fruit salad with yoghurt (GF)	Banana Split (GF)	Vanilla panna cotta with strawberry coulis (GF)	Stewed cinnamon apples with custard (GF)	Hazelnut mousse (GF)	Ice cream cone	Port wine jelly (GF)
<b>SUPPER</b>	<b>A Selection of Tea, Coffee or Milo. A sandwich selection and biscuits will be available for diabetic residents</b>						
<b>ALL PUREE &amp; MODIFIED MEALS WILL BE THE SAME OR A VARIATION OF THE MAIN CHOICE AT LUNCH &amp; DINNER SERVED WITH MASHED POTATO AND PUREE VEGETABLES AND A SAUCE OR GRAVY</b>							
<b>NOTE Fresh fruit will be available at all meals</b>							