

chartwells winter residential menu 2021 – goldstein vs 7.4 2nd repeat

week 1- 5 JULY TO 11 JULY 2021 WEEK 1 REPEAT							
breakfast							
residential breakfast	continental	mexican scrambled eggs & toad in a hole	continental	corn & zucchini fritters with avocado salsa	continental	- poached eggs with oven roasted tomatoes & grilled bacon pancakes with maple syrup (self serve)	- breakfast burgers with fried eggs, haloumi, grilled tomatoes & cheddar - toasted cinnamon bagels with honeyed cream cheese & blueberries
special		chartwells smoothie tuesday!		breakfast sesame oatmeal date sultana muesli bar			
continental breakfast station	continental breakfast will include the following items: selection of 5 breakfast cereals including corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fiber white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water toastie station mon wed fri breakfast only						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	winter beef steak pies with wholemeal star pastry tops	pan seared chicken & mushroom fettuccine with shaved parmesan	sandwich day spicy chicken, rosemary shredded beef, falafel, tofu tempeh	Yum cha	thai red lamb curry with steamed basmati rice	oven roasted pumpkin, chicken, caramelised onion & mozzarella cheese pizza	beef enchiladas
vegetarian option	winter vegetable pies with wholemeal star pastry tops	pan seared mushroom fettuccine with shaved parmesan	chargrilled zucchini & eggplant with caramelised onions & relish	chilli bean tacos with salsa, shredded salad, guacamole & light sour cream	thai red sweet potato curry with chickpeas & steamed basmati rice	vegetarian pizza options eggplant zucchini roast vegetables with lentils	vegetarian enchiladas re fried beans, salsa & nut free pesto
soup	ginger pumpkin soup with chili, lime & coriander		pea soup with green split peas, leek & garden peas		roasted tomato & red pepper soup with shaved parmesan		
sandwich bar							
fruit	seasonal fresh fruit will be available throughout the day- seasonal changes in menu items may occur						

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week 1-5 th july to 11 july 2021 revised	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	coriander lamb stir-fry with bok choy, peppers & snow peas	jamacian jerk beef with coconut rice	slow cooked lamb with winter vegetables & herb gnocchi	mustard, horseradish & parsley crusted roast beef with pan gravy	oven roast barramundi with olive caponata	japanese dinner – assorted sushi rolls assorted steamed gyoza with chilli dipping sauce yakatori chicken skewers okonomiyaki - japanese pancakes with cabbage, eggs, vegetables & kewpie mayonnaise	garlic & rosemary studded roast chicken with pan gravy
vegetarian	cauliflower & chickpea stir fry with coriander tofu & yoghurt sauce	refried bean quesadillas with guacamole & salsa	black bean & quinoa veggie burgers with rocket & dijon mustard & honey yoghurt	bangkok coconut curry with broccoli, chickpeas, cabbage, rice noodles, ginger & fresh lime	beetroot & feta tartlets with balsamic dressed rocket leaves		cannelloni with ricotta, baby spinach, tomato sugo & shaved parmesan
salad	barley salad with tomatoes, mint, red onion & lemon vinaigrette	red cabbage & shaved parmesan salad	roasted winter root vegetable salad with carrots, sweet potatoes, celeriac & balsamic vinegar dressing	shaved brussel sprout salad with shaved parmesan & apple cider dressing	fattoush salad with roasted cumin yoghurt dressing	japanese soba noodle salad with edamame beans, shredded vegetable & mirin dressing	ancient grain salad with freekah, parsley, currants & lime dressing
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	broccoli & cheese bake with pangrattato twice baked potatoes steamed beans	special fried rice with egg omelette, vegetables & sticky soy wok tossed vegetables	rough mashed potatoes garlic roasted carrots parmesan roasted cauliflower	traditional roasted vegetable medley green beans with balsamic roasted cherry tomatoes & garlic pangratatto	oven roasted potato wedges wok tossed asian greens	japanese sticky rice broccolini with toasted sesame seeds wok tossed bok choy with teriyaki sauce	roasted semolina potatoes garden peas, snow peas & bean trio
the dessert station	vanilla bean custard with berries & snow sugar dust	soft serve ice cream with toppings, honeycomb, sprinkles	whole baked apples with sultanas, spice & brown sugar	self-saucing banana & malt pudding	poached winter fruits with honey greek yoghurt	dark chocolate mousse	soft serve ice cream with toppings, marshmallow & chocolate sauce
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells term 3 winter residential menu 2021 vs 7.3

week 2-	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	breakfast fried rice with mushrooms, light soy & egg omelette strips	continental	lotus root hotcakes with blueberries & natural yoghurt	continental	fried eggs with grilled bacon, beef sausages & oven roasted tomatoes chia pudding	eggs benedict on toasted english muffins banana bread
special		chartwells smoothie tuesday! strawberry smoothie		winter oatmeal with berries & prunes			
continental breakfast station	continental breakfast will include the following items: selection of 5 breakfast cereals including corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water toastie station mon wed fri						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	oven roasted chicken & pumpkin risotto with crisp pancetta, peas & parmesan	vietnamese beef bahn mi baguettes with pickled carrot, cucumber & kewpie mayonnaise	sandwich day herb chicken, chorizo, beef meat balls	traditional lamb cornish pasties with swede, turnip, parsnip & tomato chilli jam mash, smashed peas	hoisin pork spareribs with apple cider slaw	lebanese spiced lamb, flat bread, mint coriander	spaghetti carbonaro with crisp bacon, mushrooms & shredded parmesan
vegetarian	oven roasted pumpkin risotto with peas & parmesan	vietnamese vegetarian bahn mi baguettes with pickled carrot, cucumber & kewpie mayonnaise	pumpkin sesame falafel, grilled haloumi , jack fruit	vegetable sausage rolls, swede, turnip, parsnip & tomato chilli jam mash with smashed peas	hoisin tofu steaks with apple cider slaw	vietnamese lemongrass vegetable stir-fry with flat rice noodles & broccolini	vegetarian cabanara with mushroom, peas & parmesan
soup	minestrone with tomatoes, borlotti beans, vegetables & shaved parmesan, nut free pesto		carrot & turmeric soup with fresh ginger, coconut oil & garlic		vegetable soup with shredded winter vegetable ,fresh herbs		dinner rolls
sandwich bar mon to fri lunch only	myo-assorted sliced meats, ham, sliced beef, sliced cheese, tomato, sliced bread						
fruit	seasonal fresh fruit will be available throughout the day- seasonal changes in menu items may occur						

chartwells term 3 winter residential menu 2021 vs 7.3

week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	lemon & ginger beef stir-fry with basmati rice	honey & soy chicken drumsticks with black & white sesame seeds	pasta night assorted ravioli, beef & sugo sauce, creamy chicken gnocchi nut free pesto garlic bread	chicken tikka masala with yoghurt parathas	salt & pepper squid, potato wedges	moroccan spiced beef with chickpeas	slow roasted garlic & rosemary studded lamb shoulder with pan gravy
vegetarian	thai green vegetable curry with sweet potato, jackfruit & edamame beans	mac 'n cheese – pumpkin, chickpeas, with shaved parmesan	spinach & ricotta ravioli, pumpkin sauce garlic bread	tofu tikk masala	sticky tofu fried rice with sambal oelek		spinach & feta spanakopita with tzatziki
salad	pearl couscous salad with balsamic roasted tomatoes & honey lemon yoghurt	asian quinoa salad with shredded vegetables, spring onions, sesame seeds, bean sprouts & sesame ginger dressing	lentil tabbouleh with puy lentils, cherry tomatoes, parsley, mint & olive oil & lemon dressing	winter kale & wild rice salad with wasabi dressing	balsamic roasted potato salad with rocket, mushrooms & balsamic dressing	greek salad with spinach, kalamata olives, crumbled feta, roma tomatoes, cucumber & greek dressing	roasted winter vegetable salad with yoghurt dressing
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	steamed carrots & garden peas with lemon butter	mac'cheese steamed peas & beans with lime	balsamic roasted brussels sprouts thyme roasted pumpkin wedges	steamed coconut rice green beans lime grilled corn cobbettes	mustard seed green beans	greek olive cous cous ratatouille with eggplant, roasted tomatoes & charred peppers	mixed roast potatoes, pumpkin baked parmesan zucchini
the dessert station	portuguese custard tarts	soft serve ice cream with candied fruits & chocolate sprinkles toppings	white chocolate cupcakes fancy cream cheese icing	mango sorbet	bread & butter pudding with custard	rhubarb coconut crumble	soft serve ice cream with home-made meringue and toppings sauce
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells term 3 winter residential menu 2021 vs 7.3

week 3-	mon	tue	wed	the	fri	sat	sun
breakfast							
residential breakfast	continental	spinach, feta & avocado toasted, smashed egg quesadillas	continental	scrambled eggs with tomatoes, peppers & spinach	continental	kimchi & egg potato hash, kewpie mayo, wilted spinach lemon, yoghurt & poppyseed muffins	the chartwells big breakfast with poached eggs, hash browns, grilled bacon
special		chartwells smoothie tuesday! power smoothies		breakfast cous cous			
continental breakfast station	continental breakfast will include the following items: selection of 5 breakfast cereals including corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water toastie station mon wed fri						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	meatballs with tomato sugo, risoni & shaved parmesan	chicken & beef pies sweet potato mash, smashed peas	sandwich day lemon & oregano chicken, chorizo,	chicken cacciatore with steamed jasmine rice	minute steak burgers with caramelised onions, beetroot, relish & shredded lettuce	sweet potato & kidney bean, beef chilli tortillas, fresh tomato salsa, shredded cheese & light sour cream	the chartwells grilled maple chicken brioche burgers with slaw & garlic aioli
vegetarian	italian vegetarian chickpea meatballs with tomato sugo, risoni & shaved parmesan	mushroom & eggplant savoury tart	sandwich day, jack fruit, plant- based sausages, tofu, tempeh	panko & coconut crumbed eggplant with lemon aioli & oven roasted potato wedges	charred vegetable & haloumi burgers with caramelised onions, beetroot, relish & shredded lettuce	panko & coconut crumbed eggplant with lemon aioli & oven roasted potato wedges	charred vegetable & haloumi burgers with caramelised onions, beetroot, relish & shredded lettuce
soup	quinoa soup with kale, & coriander & white beans		spiced cauliflower soup with yoghurt		vegetable laksa with chili, lemongrass, palm sugar & turmeric, shredded vegetables & rice noodles		
sandwich bar mon to fri lunch only	myo-assorted sliced meats, ham, smoky beef, sliced cheese, tomato, sliced bread VARIES						
fruit	seasonal fresh fruit will be available throughout the day- seasonal changes on some items may occur						

chartwells term 3 winter residential menu 2021 vs 7.3

week 3	mon	tue	wed	thu	fri-theme	sat-theme	sun
dinner							
main course	chargrilled rump steak with rosemary jus sauce	balinese grilled coconut & turmeric chicken cutlet	beef sausages with vine ripened tomato relish	mustard, marmalade & honey glazed pork	cinco de mayo mexican bonanza mole chicken, tacos, chicken beef, vegetarian, black & white chilli rice, refried beans	indian dinner – lamb rogan josh tandoori chicken roasted cauliflower dhal naan bread mango chutney raita pappadums	roast beef with yorkshire puddings & jus
	vegetarian	black bean & vegetable winter cottage pie with cheddar crumble top	zucchini, eggplant & feta lasagne	lebanese rice with lentils & toasted cauliflower	potato, rosemary & goats' cheese tart		vegetarian tacos mushrooms, zucchinis & refried beans
salad	garden pea salad with broad beans, torn bread & lemon vinegar dressing	rigatoni pasta salad with grilled haloumi, roma tomatoes, beans, parsley & lime vinaigrette	greek farro salad with rocket, chickpeas, cucumber & oregano dressing	power salad with quinoa, avocado, spinach, tomatoes & olive oil vinaigrette	pickled cucumber, tofu & soba noodle salad with ginger, coriander & shallots	indian chopped salad with chickpeas, salad onion, spinach leaves, coriander & roasted cumin yoghurt dressing	beetroot, orange, feta & mint salad
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	crispy parmesan potatoes steamed, carrots green beans	balinese fried rice stir fried green vegetables bok choy, womb ok, choy sum	sweet potato mash steamed zucchini, and kale	roast chat potato corn on the cob broccoli & cherry tomatoes	black and white mexican chilli ratatouille	indian spiced rice tandoori roasted vegetables	garlic roasted potatoes braised carrots, chard & fennel
the dessert station	carrot cake with tart lemon icing	soft serve ice cream with m & m's strawberry toppings	winter fruit crumble studded with cranberries	rainbow yoghurt sorbet	churros with chocolate sauce	indian donuts with rose sugar syrup	soft serve ice cream with sprinkles & salt caramel popcorn toppings
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells term 3 winter residential menu 2021 vs 7.3

week 4-	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	roasted red pepper & egg cups	continental	soft boiled eggs with toasted english muffins	continental	- smoked salmon scrambled eggs with toasted sourdough rolls - zucchini & cheddar buttermilk scones with relish	- our own spicy baked beans with poached eggs - banana, bread
special		chartwells smoothie tuesday!		orange, bran, chia seed & buckwheat muffins			
continental breakfast station	continental breakfast will include the following items: selection of 5 breakfast cereals including corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water toastie station mon wed fri						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	chicken with caccatorie sauce brown rice with garlic & thyme	pulled beef sliders with slaw & sticky bbq sauce	sandwich day chorizo, beef meat balls, tandoori chicken	sausage rolls with tomato relish, mash, glazed carrots	thai chicken strips with wok tossed vermicelli noodles & thai sweet chilli dipping sauce	beef /chicken tortellini with oven roasted tomato sugo & shaved parmesan bruschetta with chargrilled winter vegetables & crumbled feta	chicken fried rice with egg omelette, grilled bacon strips, water chestnuts, peppers & sticky soy baskets of prawn crackers
vegetarian	cannellini & tofu caccatorie brown rice with garlic & thyme	pulled jackfruit sliders with slaw & sticky bbq sauce	vegetarian, tofu, tempeh, roast basil vegetables	fennel, apple & feta sausage rolls with tomato relish	thai tofu strips with wok tossed vermicelli noodles & thai sweet chilli dipping sauce	pumpkin tortellini oven roast tomato & peas	vegetarian fried rice with egg omelette tofu and shredded vegetables, chestnuts, peppers, sticky soy
soup	chicken noodle soup with bay leaves & winter vegetables		tomato, vegetable & red lentil soup		pumpkin soup with basil parmesan croutons		
sandwich bar mon to fri lunch only	myo sandwich -assorted sliced meats, ham , sliced beef , sliced cheese , tomato , sliced bread						
fruit	seasonal fresh fruit will be available throughout the day- seasonal changes of some items may occur						

chartwells term 3 winter residential menu 2021 vs 7.3

week 4	mon	tue	wed	thu	fri	sat	sun theme day
dinner							
main course	pizza night garlic bread	lamb leg chops & minted jelly	beef tagine pan gravy & beetroot chutney	pork schnitzel with apple chutney	fish & chips	french night chicken coc au vin	4 th july American hot dog and buffalo chicken wings loaded fries
						french vegetarian gougere	
vegetarian	vegetarian pizza garlic bread	free form ratatouille tart with eggplant, tomato & zucchini	vegetable tofu & noodle teriyaki stir-fry	vegetarian ramen bowl, bok choy , tofu, mixed a sian greens	crumbed chilli tofu & chips		vegetarian sausages
salad	israeli couscous salad with sweet potato, fennel seeds, shaved fennel, rocket & olive oil vinaigrette	sweet corn & black bean salad with coriander, red onion & lime & chilli dressing	chickpea, broad bean, zucchini & ricotta salad with preserved lemon dressing	cos leaf salad with shaved parmesan, poached egg, ciabatta croutons & caesar dressing	red kidney bean salad with coriander, chickpeas, edamame beans & dijon vinaigrette	cobb salad with roasted sweet potato, boiled eggs, mustard dressing & cos leaves	tex mex barley salad with sweet corn, tomatoes, salad onions, coriander & guacamole dressing
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	garlic green beans & blistered cherry tomatoes	lemon roasted potatoes balsamic brussel sprouts cracked black pepper & lemon	creamy potatoes bake roasted cauliflower & broccoli with lemon & garlic	honey & glazed carrots, zucchini jacket potato	sautéed silverbeet & broccoli hoisin glazed eggplant	french vegetables and potato	roasted winter vegetables zucchini & yellow squash gratin oven roasted tomatoes
the dessert station	chartwells baked alaska	soft serve ice cream with caramel sauce and 100 1000'stoppings	coconut cake with mint syrup cream	peters ice cream selection	sticky date pudding with caramel sauce	apple tarte tatin with crème fraiche	soft serve ice cream with toppings, dried berries and chocolate fudge sauce
special dietary requirements	all special dietary requirements will be met for each meal service- seasonal changes may occur on some food items						