

chartwells autumn residential menu 2021-vs 3

week 1-22 March	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	spinach, cheddar, egg & avocado breakfast quesadilla	continental	boiled eggs with sourdough toast soldiers	continental	breakfast burritos with refried beans, guacamole & tomato salsa	poached eggs with oven roasted tomatoes & grilled bacon
chefs special		chartwells smoothie		homemade banana bread		pancakes with maple syrup	buttermilk berry breakfast cake with whipped mascarpone
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						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	tandoori chicken with raita, salad, cos lettuce & steamed basmati rice	home-made beef steak pies with shortcrust pastry top	sandwich day	thai style fried rice with wok tossed shredded chicken, bean sprouts, asian vegetables & thai basil	moroccan lamb kebabs with yoghurt flat breads, tzatziki & harissa couscous	mexican nachos with beef or chicken, beans, blackened corn, guacamole, salsa & corn chips	sticky pork chow mein with wombok, peppers & snow peas
vegetarian option	tandoori root vegetables with raita, salad, cos lettuce & steamed basmati rice	home-made vegetable & lentil pies with shortcrust pastry top		thai style fried rice with wok tossed shredded tofu, bean sprouts, asian vegetables & thai basil	moroccan vegetable kebabs with yoghurt flat breads, tzatziki & harissa couscous	mexican nachos with beans, blackened corn, guacamole, salsa & corn chips	sticky vegetable & chickpea chow mein with wombok, peppers & snow peas
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
sandwich/ myo salad	shaved ham, poached chicken, turkey, roasted beef or corn beef tuna / salmon, hard boiled eggs sliced cheddar cheese, light cheese, sliced tomato lettuce rocket, baby spinach red onion carrot roasted capsicums & cucumber						
fruit	seasonal fresh fruit will be available throughout the day -menus and seasonal items subject to seasonal changes						

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week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	bbq night			italian pasta night – penne pasta with pan seared chicken & sun-dried tomatoes rigatoni carbonara farfalle pasta, green peas, asparagus, crème fraiche, tarragon shaved parmesan lemon & parsley pangratatto garlic baguettes			
	chicken & thyme sausages minute steaks with basil pesto lamb & apple sausages with tomato relish	coconut lamb curry with sweet potato, green beans,pappadums	garlic & rosemary studded roast lamb with pan gravy		salmon parcels with parsley sauce	loaded Idaho baked potato, bowls, seared chicken, grilled bacon, shredded vegetables, cheddar & sour cream	roast chicken with lemon, lime & thyme
vegetarian	okonomiyaki tray bake with cabbage, shallots, kimchi & kewpie mayo	spelt flour pizza with tomato, ricotta, basil & caramelised onion	laksa with, hokkien noodles, green beans, chinese broccoli & tofu	israeli whole baked cauliflower with ginger & turmeric	summer vegetable parcels with parsley sauce	loaded Idaho baked potato, shredded vegetables, tofu, cheddar, sour cream	oven roasted sweet potatoes with feta, olives, lite sour cream & sundried tomatoes
salad	tabouleh couscous salad with parsley, mint, tomatoes, cucumber, crumbled feta & lemon vinaigrette	roasted cauliflower & farro salad with mint, spanish onion & red wine vinegar dressing	moroccan chickpea salad with turmeric & paprika roasted beets & pumpkin, coriander, ginger & cherry tomatoes	roasted nicoise salad with green beans, roasted tomatoes & crumbled feta	italian style chopped salad with roma tomatoes, bocconcini, olives & balsamic dressing	caesar salad with poached eggs, baby cos lettuce, shaved parmesan & caesar dressing	red salad with red quinoa, red cabbage, radicchio, baby beetroot leaves, radish & spiced 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	twice baked potatoes steamed beans cauliflower cheese bake	brown rice & quinoa zucchini & eggplant provencale fennel slaw	sweet potato mash steamed autumn vegetables autum seasonal vegetables	roasted sweet potato wedges autumn ratatouille chargrilled corn cobs, butter & salt	ginger & coriander couscous pan seared broccolini, spring onions, sticky soy	idaho potatoes garlic & herb rolls	steamed chat potatoes with rosemary & sea salt butternut squash hash with kale & bacon crumb
the dessert station	coconut meringues with autumn fruit salad	soft serve ice cream fairy floss & toppings	mini donuts with cinnamon sugar & vanilla bean custard	autumn fruit salad with cinnamon spiced yoghurt	tiramisu with mascarpone, cocoa & berries	mini frozen yoghurt tubs	soft serve with m & m's & toppings
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential menu 2021-vs 3

week 2- 29 march	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	scrambled egg, spinach & feta wrap	continental	the green goddess breakfast toastie on grain bread with poached egg, smashed avocado, spinach & nut-free pesto	continental	breakfast omelettes with cheddar, tomato & herbs cinnamon french toast bites, whipped mascarpone	ham & cheese filled bakery croissants raspberry, apple & oat muesli muffins
		chartwells smoothie tuesday!		coconut quinoa porridge with banana & cinnamon			breakfast fried rice boxes with egg omelette, chicken strips, bean sprouts & spring vegetables
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						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	seafood paella with prawns, calamari, fish strips & lemon cheeks	chargrilled lime chicken tacos with shredded vegetables, smashed avocado & salsa	sandwich day	chicken leek & seeded mustard pie with wholemeal pastry tops	pulled pork brioche sliders with apple chutney & slaw	american style sticky beef ribs with smashed herb potatoes (vegetarian option available)	pasta primavera with char grilled chicken, garden peas, zucchini, shaved parmesan (vegetarian option available)
vegetarian option	vegetarian paella with green beans, sweet potato, broad beans & lemon cheeks	chargrilled lime vegetarian tacos with black beans, shredded vegetables, smashed avocado & salsa		autumn vegetable, lentil & seeded mustard pies with wholemeal pastry tops	pulled jackfruit brioche sliders with apple chutney & slaw	vegan ribs with smashed herb potato	summer vegetable pasta primavera with garden peas, zucchini, dried tomato and shaved parmesan
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
sandwich/ myo salad	shaved ham, poached chicken, turkey, roasted beef or corn beef tuna / salmon, hard boiled eggs sliced cheddar cheese, light cheese, sliced tomato lettuce rocket, baby spinach red onion carrot roasted capsicums & cucumber						
fruit	seasonal fresh fruit will be available throughout the day						

chartwells autumn residential menu 2021-vs 4-goldstein

week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	meat free monday	beef ragu with pappardelle pasta & shaved parmesan	thai green chicken curry with coconut milk, green beans & mushrooms	pork meatballs with coconut rice	goan fish curry with saffron rice	burger shack – chargrilled cajun chicken breast burgers with chipotle aioli	mustard & garlic studded roast beef with pan gravy
		italian kale & borlotti beans braise with tomatoes, croutons & basil cream	tuscan risotto, sundried tomatoes, spinach, artichokes, parmesan	spiced persian red lentils with roasted cauliflower steaks	mexican baked potatoes with kidney beans, charred corn, tomato, guacamole & tobasco	parmesan & herb crumbed eggplant schnitzels with apple slaw	panko crumbed fish burgers with autumn slaw & lemon aioli
vegetarian						chickpea falafels burgers with tahini	lebanese rice with fried cauliflower, broken egg, sumac & coriander
salad	roasted autumn vegetable salad with fennel, red onions, butternut pumpkin, lemon & paprika dressing	puttanesca salad bowl with zucchini, celery, cherry tomatoes, red onion, nut-free pesto & sourdough croutons	roasted broccoli salad with sesame, ginger dressing, snow peas, edamame & avocado	autumn detox salad with roasted parsnip, sweet potato, beetroot, carrot, garlic dressing & toasted pepitas	cauliflower & garbanzo bean salad with shredded kale, salad onion, pepitas & lime dressing	the burger salad bar - shredded lettuce, tomatoes, pickles, cheddar, charred onions etc	chopped salad with parmesan & 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	sweet potato roesti oven roasted carrot medley steamed bok choy	parmesan roasted potatoes apple & fennel salad green bean & chickpea medley	steamed coconut rice wok tossed asian vegetables with sesame seeds	jacket spuds green dukkha beans sweet corn cobbs	layered potato bake ginger & sesame steamed vegetables	oven roasted potato wedges american slaw with cabbage, mayonnaise & shredded vegetables	traditional roast potatoes steamed autumn vegetables
the dessert station	upside down pear cake with cinnamon yoghurt	soft serve ice cream with toffee crunch	autumn fruit cups with greek yoghurt	our own pineapple, star anise & passionfruit crush	apple & blackberry clafoutis pots	frozen yoghurt pots	soft serve ice cream with m & m's & 100- 1000's- & toppings
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential menu 2021-vs 4-goldstein

week 3-5 april	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	our own pikelet stacks with smashed berries & grated apples	continental	zucchini fritters with poached eggs & sautéed mushrooms	continental	fried eggs on thick cut sourdough toast with our own spiced baked beans	poached eggs on thick cut sourdough toast with grilled bacon
chefs special		chartwells smoothie tuesday!		raspberry yoghurt mini muffins		buttermilk scones with blueberries & coconut	toasted thick cut fruit loaf
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						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	wok tossed cantonese style egg noodles with spiced chicken strips, asian vegetables, soy & oyster sauce	ploughman’s lunch with shaved honey glazed ham off the bone	sandwich day	shredded lamb & rosemary shepherd’s pie with sweet potato top	minute steak grain sandwiches with caramelised onions	slow cooked pork fajitas with blackened corn salsa, hot salsa & light sour cream (vegetarian option available)	build your own chicken pho with rice noodles & autumn herbs (vegetarian option available)
vegetarian option	wok tossed cantonese style egg noodles with spiced tofu strips, asian vegetables, soy & oyster sauce	quinoa & vegetable burgers with relish, salad & pickled vegetables		chickpea & root vegetable pies with sweet potato top	chargrilled vegetables grain sandwiches with caramelised onions	tempeh fajitas with blackened corn salsa, hot salsa & light sour cream	build your own pho with rice noodles, autumn herbs
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
sandwich/ myo salad	shaved ham, poached chicken, turkey, roasted beef or corn beef tuna / salmon, hard boiled eggs sliced cheddar cheese, light cheese, sliced tomato lettuce rocket, baby spinach red onion carrot roasted capsicums & cucumber						
fruit	seasonal fresh fruit will be available throughout the day						

chartwells autumn residential menu 2021-vs 4-goldstein

week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	meat free monday	italian style meatloaf with red pepper tapenade & roasted cherry tomato jam	beef wellingtons pastry parcels	crispy roasted pork belly, coconut sugar, star anise & ginger sticky sauce	oven baked parmesan & sage seasonal basa	pan-asian - yakatori beef sticks	slow roasted lamb shoulder with red wine jus
						chicken pad thai with thin rice noodles, eggs & bean shoots	
vegetarian	moroccan cauliflower, chickpea & quinoa bake with cumin & coriander yoghurt	soba noodles with shredded vegetables, tofu & ginger shallot sauce	vegetarian kung-pao sweet potato with whole roasted chillies, ginger, lentils & basmati rice	zucchini, feta & chickpea fritters with raita & coriander chutney	spinach & ricotta ravioli with roasted pumpkin sauce & garlic sourdough pangrattato	vegetarian green curry with chilli, coconut milk & vegetables	traditional mac ‘n cheese roast pumpkin & goat’s cheese filo parcel
salad	middle eastern fattoush salad with cucumber, mint, parsley, radish, peppers, white wine vinegar dressing & toasted pita crisps	nori bowls with buckwheat, quinoa, smoked salmon, radish, avocado, nori & black sesame seeds	asian quinoa slaw salad with sesame & rice vinegar dressing, toasted black sesame seeds & wombok	tofu poke bowl with brown rice, cucumber, radish, red cabbage, coriander, avocado & soy marinated tofu	vietnamese noodle salad with chilli, coriander, cucumber, lemongrass, fish sauce & lime dressing & vermicelli noodles	soba noodle salad with nori, shredded cabbage, edamame, toasted black sesame seeds & ginger dressing	risoni salad with asparagus, lemon, peas, basil, mint & ricotta 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	crispy parmesan potatoes autumn vegetables with coriander butter	sweet potato & burnt sage wedges steamed broccoli & carrot strips	rough smashed potatoes pea medley with garden peas, snow peas & sugar snaps	roasted potatoes zucchini, squash & green beans with lemon thyme	sesame roasted sweet potatoes bok choy with garlic, honey & soy roasted maple carrots	special fried rice with egg omelette, bean sprouts, asian vegetables & sticky soy	roasted smashed potatoes brown butter honey roasted carrots hoisin glazed zucchini
the dessert station	lemon curd & jelly with ginger crumb	soft serve ice cream with popping candy	roasted rhubarb crème brule	brown sugar & vanilla syrup cake with apple compote	vanilla ice-cream cones with our own berry sauce, sprinkles	mango pudding pots	soft serve ice cream with sprinkles & 100-1000’s
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential menu 2021-vs 4-goldstein

week 4-12 april	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	grilled banana oatmeal pancakes with honey	continental	fried eggs with grain toast, oven baked tomatoes & wilted spinach	continental	brunch – pizza wholemeal scrolls with tomato sugo, basil & mozzarella	brunch – the chartwells sunday breakfast – fried eggs, roasted tomatoes, pan seared potatoes & grilled bacon
chefs special		chartwells smoothie tuesday!		vanilla chai breakfast quinoa bowls with apple, pear, cinnamon		soft boiled egg breakfast bowls with avocado, tomato, nut free dukkha & shredded spinach chicken cacciatore with steamed jasmine rice	chocolate bakery croissants minute lamb steak wraps with couscous tabbouleh & hummus
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						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	calamari po boy slider with mayo pickles and slaw	chartwells beef sausage rolls with tomato jam	sandwich day	honey glazed pork with asian greens & rice noodles	tempura fried fish with hand cut chips	chicken cacciatore with steamed jasmine rice (vegetarian option available)	minute lamb steak wraps with couscous tabbouleh & hummus (vegetarian option available)
vegetarian option	chickpea falafel cakes with tahini dressing, shredded salad, coriander & flat bread	sweet potato & feta sausage rolls with tomato jam		honey glazed tofu with asian greens & rice noodles	tempura fried vegetables with hand cut chips	seared tofu cacciatore with steamed jasmine rice	seiten wraps with cous cous & tabbouleh & hummus
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
sandwich/ myo salad	shaved ham, poached chicken, turkey, roasted beef or corn beef tuna / salmon, hard boiled eggs sliced cheddar cheese, light cheese, sliced tomato lettuce rocket, baby spinach red onion carrot roasted capsicums & cucumber						
fruit	seasonal fresh fruit will be available throughout the day						

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week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	meat free monday	chicken paella with tomatoes, smoked paprika & lemon	pork vindaloo with green beans & steamed jasmine rice	chinese five spiced beef with bok choy, wombok & peppers	mexican baked white fish with cilantro sauce	american diner – american hot dog with ketchup, shredded cheese, pickles & onion	roast pork with crackling & pan gravy
						pulled bbq beef brisket sliders with spicy bbq sauce	
vegetarian	vegan cacciatore, capsicum, basil, kalamata olives, chick peas, rigatoni pasta	open faced mushroom pesto burgers, spinach, roasted capsicum, crumbled feta	leafy green vegetable stir-fry with brown rice, soy marinated tofu & fresh ginger	spiced cauliflower, chickpea & garden pea fritters with smoked paprika yoghurt sauce	autumn vegetable risotto with sun dried tomatoes & shaved parmesan	buffalo chicken wings ranch dressing & onion rings crispy cauliflower with ranch dressing & onion rings	vegetarian biryani, cardamom, green beans, cauliflower vegetarian lasagne with ricotta & spinach
salad	greek salad with kalamata olives, oregano dressing, cucumber & roma tomatoes	rocket, pear & parmesan salad	basmati rice salad with edamame, cucumber, coriander, ginger, pinto beans & sesame oil & lime dressing	blood orange & shaved fennel salad with currants, red wine & balsamic vinegar dressing	raw vegetable salad with sunflower seeds, pepitas, sesame seeds & honey & sherry dressing	american slaw with ranch dressing	roasted vegetable 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	taco seasoned roast potatoes mexican street corn cobs coriander roasted tomatoes	chinese style green vegetables	steamed basmati rice chargrilled zucchini, eggplant & tomato medley	potato galette roasted green beans, mushrooms & caramelised onions	cheese & garlic studded wholemeal pull-a-parts garden salad with rocket, avocado, cucumber, capsicum & salsa verde dressing	hand cut potato chips	semolina roasted potatoes steamed autumn vegetables
the dessert station	coconut cake with mint syrup	soft serve chocolate-ice-cream with salted caramel popcorn crunch	autumn apple, mint & brown sugar granola crumble with vanilla bean custard	vanilla & cinnamon poached pears with greek yoghurt	fresh fruit salad cups with passionfruit	chocolate chip ice-cream sandwiches	soft serve ice cream with butterscotch
special dietary requirements	all special dietary requirements will be met for each meal service						