

chartwells winter residential menu 2021 – goldstein vs 2

week 1- 7 june to 13 june	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	toasted egg, bacon & cheese sandwiches	continental	corn & zucchini fritters with avocado salsa	continental	- poached eggs with oven roasted tomatoes & grilled bacon pancakes with maple syrup	- breakfast burgers with fried eggs, haloumi, grilled tomatoes & cheddar - toasted cinnamon bagels with honeyed cream cheese & blueberries
special		chartwells smoothie tuesday! spinach smoothie with pineapple & mango		breakfast blueberry 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 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	winter beef steak pies with wholemeal star pastry tops	pan seared chicken & mushroom fettuccine with shaved parmesan	sandwich day cajun chicken, rosemary shredded beef, smoky chorizo hummus, avocado, chipotle mayo	yum cha vegetable spring rolls, chicken & beef dim sum, fried rice & Asian greens	thai red lamb curry with steamed basmati rice	chicken & beef lasagne rich home-made tomato sauce, cheesy topping	beef enchiladas
vegetarian option	winter vegetable pies with wholemeal star pastry tops	pan seared mushroom fettuccine with shaved parmesan	falafel, chilli soy tofu, tempeh burger	chilli bean tacos with salsa, shredded salad, guacamole & light sour cream	thai red sweet potato curry with chickpeas & steamed basmati rice	vegetarian lasagne, roast winter vegetables, black olives, home-made tomato sauce	vegetarian enchiladas re fried beans, salsa & nut free pesto
soup	ginger pumpkin soup with chili, lime & coriander		pea & ham soup with green split peas, leek & garden peas		roasted tomato & red pepper soup with 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, roast beef, tuna / salmon, hard boiled eggs, sliced cheddar cheese, light cheese, sliced tomato, lettuce, rocket, baby spinach. red onion, carrot, roasted vegetables, cucumber etc						
fruit	seasonal fresh fruit will be available throughout the day						

chartwells winter residential menu 2021 – goldstein vs 2

week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	coriander lamb stir-fry with bok choy, peppers & peas	pizza night selection of pepperoni, beef & caramelized onions, bbq chicken garlic bread	slow cooked lamb with winter vegetables & herb dumplings	mustard, horseradish & parsley crusted roast beef with pan gravy	oven roast barramundi with a caponata	japanese dinner assorted sushi rolls assorted steamed gyoza with chilli dipping sauce yakatori chicken skewers	garlic & rosemary studded roast chicken with pan gravy
vegetarian	cauliflower & chickpea stir fry with coriander tofu & yoghurt sauce	mexican tortilla re fried bean pizza, guacamole & tomato 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	vegetarian gyoza with chilli dipping sauce yakatori vegetarian skewers, tofu, capsicum, mushroom, zucchini	cannelloni with ricotta, baby spinach, tomato sugo & shaved parmesan
salad	barley salad with tomatoes, mint, red onion & lemon vinaigrette	caesar 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	basmati rice, honey glazed carrot batons	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 broccoli with toasted sesame seeds wok tossed bok choy with teriyaki sauce	roasted semolina potatoes garden peas, corn & 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	chocolate mousse & strawberries	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

week 2- 14 june to 20 june	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	breakfast fried rice with mushrooms, light soy & egg omelette strips	continental	japanese hotcakes with blueberries & natural yoghurt	continental	fried eggs with grilled bacon, beef sausages & oven roasted tomatoes	eggs benedict on toasted english muffins
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						
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 tandoori chicken, pulled pork, beef meat balls	traditional lamb cornish pasties with swede, turnip, parsnip & tomato chilli jam	hoisin pork ribs with apple cider slaw	lebanese spiced lamb, flat bread, mint coriander	spaghetti carbonara 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 burger	traditional vegetable cornish pasties with swede, turnip, parsnip & tomato chilli jam	hoisin tofu steaks with apple cider slaw	vietnamese lemongrass vegetable stir-fry with flat rice noodles & broccolini	oven roasted pumpkin risotto with peas & parmesan
soup	minestrone with tomatoes, borlotti beans, vegetables & shaved parmesan		carrot & turmeric soup with fresh ginger, coconut oil & garlic		beef & vegetable soup with shredded beef, winter vegetables & fresh 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, roast beef, tuna / salmon, hard boiled eggs, sliced cheddar cheese, light cheese, sliced tomato. Lettuce. rocket, baby spinach. red onion, carrot, roasted vegetables, cucumber etc						
fruit	seasonal fresh fruit will be available throughout the day						

chartwells term 3 winter residential menu 2021

week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	lemon & ginger beef stir-fry with basmati rice	salt & pepper calamari with lime aioli	roast turkey with marmalade & cranberry glaze	chicken tikka masala with yoghurt, flatbreads	panko crumbed fish strips with aioli, fat chips and slaw	greek dinner greek beef pastitsio lemon & oregano spiced chicken souvlaki	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, cauliflower or traditional with shaved parmesan	chickpea & vegetable koftas with minted yoghurt sauce	vegetarian paella with chickpeas, green beans, peas, & peppers	sticky tofu fried rice with sambal oelek	pumpkin & broad bean arancini
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	oven roasted fat chips winter slaw with lime vinaigrette	roasted winter spuds balsamic roasted brussels sprouts thyme roasted pumpkin wedges	steamed coconut rice mustard seed green beans lime grilled corn cobbettes	chargrilled vegetable medley	lemon & oregano roasted potatoes ratatouille with eggplant, roasted tomatoes & charred peppers	hasselback potatoes baked parmesan zucchini strips
the dessert station	rhubarb, pear & blackberry coconut crumble	soft serve ice cream with candied fruits & chocolate sprinkles toppings	sticky date pudding with butterscotch sauce	winter fruit salad vanilla bean custard	bread butter pudding with custard	greek custard tarts	soft serve ice cream with home-made meringue and chocolate toppings sauce
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells term 3 winter residential menu 2021

week 3- 21 June to 27 th June	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	spinach, feta & avocado toasted quesadillas	continental	breakfast omelettes with tomatoes, peppers & spinach	continental	potato roesti with fried egg & wilted spinach lemon, yoghurt & poppyseed bread	the chartwells big breakfast with poached eggs, hash browns, grilled bacon toasted bagels
special		chartwells smoothie tuesday! power smoothies with kale, berries & greek yoghurt		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						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	italian chicken meatballs with tomato sugo, risoni & shaved parmesan	bacon & egg savoury tart	sandwich day lemon & oregano chicken, chorizo, cheddar beef	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	vegetarian plant-based sausages, roast tempeh, chargrilled vegetables	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	lamb shank & quinoa soup with kale, lemon & coriander		spiced cauliflower soup with yoghurt		vegetable laksa with chili, lemongrass, palm sugar & turmeric, shredded vegetables & rice noodles		
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, roast beef, tuna / salmon, hard boiled eggs, sliced cheddar cheese, light cheese, sliced tomato. Lettuce. rocket, baby spinach. red onion, carrot, roasted vegetables, cucumber etc						
fruit	seasonal fresh fruit will be available throughout the day						

chartwells term 3 winter residential menu 2021

week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	chargrilled rump steak with rosemary jus sauce	balinese grilled coconut & turmeric chicken chops	moroccan beef strips with vine ripened tomato relish	mustard, marmalade & honey glazed ham	grilled salmon with a lemon beurre blanc	indian dinner – lamb rogan josh tandoori chicken flatbread pizza with yoghurt & spinach leaves roasted cauliflower dhal naan bread mango chutney raita pappadums	roast beef with yorkshire puddings & red wine 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 wholemeal tart		teriyaki tofu kebabs with mushrooms, zucchinis & wok tossed rice
salad	snow pea, sugar snap pea & 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 winter vegetables	jacket potatoes stir fried green vegetables	steamed saffron rice wok tossed garden peas, snow peas & sugar snaps	steamed new potatoes grilled corn on the cob peas with pancetta & mint	oven roasted potato wedges traditional americian slaw	indian spiced rice gunpowder potatoes tandoori roasted winter vegetable medley	garlic roasted potatoes winter ratatouille 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& custard	marble mousse	deconstructed puff pastry apple pie whipped cream	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

week 4- 28 june to 4 th july		mon		tue		wed		thu		fri		sat		sun	
breakfast															
residential breakfast		continental		roasted red pepper & egg tarts		continental		soft boiled eggs with toasted english muffins		continental		- smoked salmon scrambled eggs with toasted sourdough rolls - zucchini & cheddar buttermilk scones with relish		shakshuka with poached eggs pear & raspberry loaf	
special				chartwells smoothie tuesday!				navel 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													
fruit		seasonal fresh fruit will be available throughout the day													
lunch															
hot option		chicken tacos with mexican beans, guacamole, salsa, slaw & shredded mozzarella		pulled beef sliders with slaw & sticky bbq sauce		sandwich day shaved pork, asian soy chicken, sloppy joe beef		pork & fennel sausage rolls with tomato relish		thai chicken strips with wok tossed vermicelli noodles & thai sweet chilli dipping sauce		beef 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		re fried bean medley, tacos with, guacamole, salsa, slaw & shredded mozzarella		tempeh sliders with slaw & sticky bbq sauce		vegetarian, grilled soy-ginger tofu & zucchini, jack fruit sloppy joe		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 & autumn vegetables				tomato, vegetable & red lentil soup				hot & sour lime soup with lemongrass, beef broth, ginger, beef strips & fresh ginger					
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, roast beef, tuna / salmon, hard boiled eggs, sliced cheddar cheese, light cheese, sliced tomato. Lettuce. rocket, baby spinach. red onion, carrot, roasted vegetables, cucumber etc													
fruit		seasonal fresh fruit will be available throughout the day													

chartwells term 3 winter residential menu 2021

week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	herb crusted pork schnitzel with apple & cabbage salad	chargrilled balsamic chicken strips	beef wellingtons with pan gravy & beetroot chutney	lamb biryani with mango chutney, & pappadums	chargrilled lemon pepper fish strips	saturday bbq – sticky ketjup manis chicken kebabs grilled lamb & rosemary sausages with caramelised onions	lemon, lime & thyme roast chicken with pan gravy
	vegetarian ramen bowl with bok choy, tofu, shredded nori & light soy sauce	free form ratatouille tart with eggplant, tomato & zucchini	vegetable tofu & noodle teriyaki stir-fry	pea & feta risotto with shaved parmesan & baby spinach leaves	sweet potato & quinoa stack with rosemary potatoes, fresh lemon & basil	bbq pulled jackfruit burgers vegetarian sausage rolls with spicy relish	roasted zucchini & eggplant curry with basmati, chickpeas & chutney
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	potato mash spicy corn kernels with peppers sautéed with silver beet	roast garlic sweet potato charred broccoli with cracked black pepper & lemon	thyme steamed beans twice baked potato creamy cauliflower bake	saffron rice honey & ginger glazed carrots & peas	rough smashed potatoes sautéed silverbeet & broccoli hoisin glazed eggplant strips	jacket potatoes with light sour cream & slaw bbq sweet corn cobettes with cracked black pepper	roasted winter vegetables zucchini & yellow squash gratin oven roasted tomatoes
the dessert station	flourless pear & berry cake with greek yoghurt	soft serve ice cream with caramel sauce and 100 1000's toppings	winter berry crumble	winter poached fruit with spiced mascarpone	chartwells baked alaska	sticky date pudding	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						