

# TKC chartwells spring residential menu 2022

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	french toast with maple syrup banana & blueberry	continental	poached eggs with roast tomatoes & wilted spinach	continental	sweet corn fritters with balsamic roasted tomatoes & grilled bacon	poached eggs with hash browns
special - optional		Chartwell’s smoothie Tuesday! banana chia smoothie		spring fruit salad with toasted granola crumb quinoa		apple studded pikelets	porridge with roast rhubarb
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						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	spring chicken pies with thyme, seeded mustard & pastry tops	Mongolian chicken rice noodle with soy, red chillies, fresh ginger & wombok	myo hot sandwiches – select from a range of proteins, salad, breads & condiments or make one of the options below – pulled beef or pulled chicken burgers - fried lentil patties with spiced hummus & green tahini	Thai green beef curry with cucumber Thai basil salad, jasmine rice & crunch station	lamb souvlaki wraps with yoghurt, tomato, shredded lettuce	chicken panang curry with stir- fried vegetables, steamed rice & Asian greens	chargrilled chicken fillet Turkish bread sandwiches with relish, sweet chilli aioli & salad
vegetarian option	spring vegetable & lentil pies with thyme, seeded mustard & pastry tops	Mongolian spiced rice noodle with tofu, soy, red chillies, fresh ginger & wombok		Thai green vegetable curry with lentils, cucumber Thai basil salad, jasmine rice & crunch station	greek marinated vegetable & black bean wraps with yoghurt, tomato & shredded lettuce	tofu panang curry with stir-fried vegetables, steamed rice & asian greens	chargrilled vegetable & fetta Turkish bread sandwiches with relish, sweet chilli aioli & salad
fruit	seasonal fresh fruit will be available throughout the day						
toasties	toastie bar will be available on Monday, Tuesday, Thursday and Friday						

# TKC chartwells spring residential menu 2022

week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	<i>Beef &amp; black bean stir-fry with hokkien noodles, capsicum and bok choy</i>	<b>pasta night –</b>  Italian beef meatballs with roasted tomato sugo, risoni & shaved parmesan	moroccan lamb tagine with cauliflower, chickpeas & apricots	tempura fish with tartare sauce & grilled lemon cheeks	spaghetti Bolognese with shaved parmesan	<b>vietnamese dinner -</b>  vietnamese roast chicken with nuoc cham dipping sauce	garlic & rosemary studded roast beef with pan juices
	tofu & vegetable stir-fry with rice noodles	vegan plant-based meatballs with roasted tomato sugo, risoni	moroccan vegetable tagine with cauliflower, chickpeas & apricots	coconut, chickpea & cauliflower curry with garam masala, lime & coconut milk	lentil Bolognese with shaved parmesan	‘kaeng hang lay’ Vietnamese pork curry  stir-fried tofu with greens & vietnamese mint	roasted sweet potato, spinach, fetta & mushroom lasagne
salad	spring pea salad with basil vinaigrette & crumbled fetta	chopped salad with iceberg lettuce, tomato, cucumber, dill & mustard seed vinaigrette	roasted butternut pumpkin, kale, feta, pepitas & cous-cous salad with apple cider dressing	tomato & fetta salad with balsamic dressing	spring chopped salad with red leaf lettuce & basil dressing	vietnamese slaw with crispy noodles	blistered tomato & cous-cous salad with balsamic 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 new potatoes spring sweet corn cobs with cracked black pepper steamed spring vegetables	crispy Italian roasted potatoes green vegetable medley with parmesan garlic bread	rice pilaf smashed potatoes green beans with lemon & parsley	hand cut oven roasted potato wedges honey glazed carrots	garlic baguettes roasted chat potatoes charred vegetable medley	vietnamese fried rice roasted bok choy with soy & sesame	roasted spring potatoes garden pea, snow pea & bean trio roasted pumpkin wedges & baby carrot
the dessert station	green tea tiramisu	spring hummingbird cake with cream cheese frosting	chocolate mousse with berry compote & cream	apple crumble with vanilla custard	berry cheesecake slice with shortbread base	lemon self-saucing pudding	caramel pear cobbler with natural yoghurt
special dietary requirements	all special dietary requirements will be met for each meal service						

# TKC chartwells spring residential menu 2022

week 2	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	fried eggs with bacon & grilled tomatoes	continental	ham & cheese french toasties cheese & tomato french toasties	continental	soft boiled eggs with sourdough toast soldiers	scrambled eggs with grilled bacon on thick cut toast
special - optional		Chartwell’s smoothie Tuesday! pine-mango smoothie		chartwells own granola with cinnamon seed mix & dried fruit		toasted waffles with honey mascarpone	bircher muesli pots
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						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	beef shepherd’s pie with mixed veg and gray	tandoori chicken with steamed basmati rice, pappadums & raita	myo hot sandwiches – select from a range of proteins, salad, breads & condiments or make one of the options below – roast chicken or Lebanese lamb with flat breads - honey soy tofu strips with flat breads	char sui pork with soy, ginger, chilli & toasted sesame seeds	lamb sausages with wholemeal rolls, caramelised onions & big red sauce	honey, soy & ginger chicken strip wraps with slaw & sweet chilli aioli	Mexican bean chilli con carne with avocado salsa, corn chips & lite sour cream
vegetarian option	vegetable shepherd’s pie	tandoori vegetables & tofu with steamed basmati, pappadums & raita		char sui tofu strips with soy, ginger, chilli & toasted sesame seeds	pumpkin & haloumi burgers with caramelised onions & aioli	grilled eggplant & falafel wraps with shredded salad & tzatziki	
fruit	seasonal fresh fruit will be available throughout the day						
toasties	toastie bar will be available on monday, tuesday, thursday and friday						

# TKC chartwells spring residential menu 2022

week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	braised chicken with leek, white wine & garlic	pasta night ~  beef ravioli with tomato sugo & shaved parmesan  spinach & ricotta ravioli with tomato sugo & shaved parmesan	beef strip fajita’s with Pico de Gallo, guacamole & Mexican rice	beer battered flat head fillets with lemon wedges & tartare sauce	yum cha –  vegetable spring rolls (1) steamed vegetable gyoza (2) chicken dim sim (1) chicken & mushroom dumpling (1) pork bun (1)	grilled beef burgers with spring salad, relish & herbed mayo	butter chicken with steamed basmati rice
	vegetarian		zucchini, ricotta & preserved lemon fritters with tomato kasoundi	vegetable fajita’s with Pico de Gallo, guacamole & Mexican rice		chico rolls	chickpea burgers with spring salad, relish & herbed mayo
salad	tabouleh salad with mint, tomatoes & parsley	spring pea, quinoa & roasted carrot salad with nut-free pesto	Mexican street salad	green leaf salad wit haloumi, cherry tomatoes, Spanish onion & honey balsamic vinaigrette	rice noodle salad	charred sourdough bread, tomato & green leaf salad with red wine vinaigrette	chopped Indian 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	steamed spring potatoes roasted vegetable medley with rosemary yoghurt	garlic bread steamed broccolini italian roasted potatoes	oven roasted wedges spring snow peas with lemon & chilli oil maple glazed carrots	crispy steakhouse fries steamed green bean medley	steamed asian greens prawn crackers special fried rice	crispy steakhouse fries grilled vegetables with nut-free pesto	pappadums plain naan garlic & cheese naan raita
the dessert station	apple crumble with vanilla custard	Eton mess with mixed berries	self-saucing chocolate pudding	spring fruit salad with crunchy vanilla yoghurt	churros with chocolate dipping sauce	Baked cheese cake with passion fruit coulis	chocolate mousse
special dietary requirements	all special dietary requirements will be met for each meal service						

# TKC chartwells spring residential menu 2022

week 3	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	scrambled eggs with zucchini fritters & grilled bacon	continental	pancake stacks with syrup & mixed berries	continental	fried eggs with grilled bacon, sourdough toast & sauteed mushrooms	big breakfast with scrambled eggs, grilled tomato, wilted spinach, hash browns & baked beans
special - optional		Chartwells smoothie tuesday! mixed berry & yoghurt		chia & smashed berry pots		mini butter croissants	
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						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	chicken & leek pie with roasted smashed chat potatoes & buttered peas & corn	beef vindaloo with steamed basmati rice	myo hot sandwiches – select from a range of proteins, salad, breads & condiments or make one of the options below – beef meatball sub with shredded tasty cheese & pizza sauce – vegan plant-based meatball sub with shredded vegan cheese & pizza sauce	Thai green chicken curry with roti bread, turmeric rice & raita	chicken cacciatore with steamed basmati rice	lamb kofta with tahini hummus & fattoush salad	chicken singapore noodles
vegetarian option	vegetable & leek pie with roasted smashed chat potatoes & buttered peas & corn	vegetarian vindaloo with steamed basmati rice		Thai green vegetable curry with chickpeas, roti bread, turmeric rice & raita	chickpea & vegetable cacciatore with steamed basmati rice	middle eastern falafel cakes with tahini hummus & fattoush salad	vegetarian singapore noodles
fruit	seasonal fresh fruit will be available throughout the day						
toasties	toastie bar will be available on monday, tuesday, thursday and friday						

# TKC chartwells spring residential menu 2022

week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	yakitori beef kebabs	pasta night -  pan seared chicken & mushroom penne pasta with parmesan  mushroom & spinach penne pasta with parmesan	massaman beef curry	crumbed hoki fillets with lemon wedges & tartare sauce	korean style sticky bbq pork	parmy night –  pork or chicken schnitzels with leg ham, mozzarella & tomato sugo  eggplant schnitzels with mozzarella & tomato sugo	middle eastern slow roasted lamb shoulder
vegetarian	lemongrass & ginger pork strips with sticky chilli sauce		massaman vegetable curry	miso glazed eggplant	Korean style sticky bbq tofu strips		roasted vegetarian cannelloni with zucchini, eggplant, tomatoes & thyme
salad	pea & pasta salad with basil, mint & garlic lemon dressing	spring tomato, bocconcini & herb salad with vincotto dressing	bean salad with watercress, fetta, peas & lemon dressing	panzanella salad with torn toasted flat bread, cucumber, quinoa, tomato medley, chickpeas, green capsicum & lime vinaigrette	green beans, cherry tomatoes, fetta & parsley salad with balsamic dressing	classic slaw with lemon mayo	ancient grain salad with spring herbs, lemon dressing & spring vegetables
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 sticky rice wok tossed spring greens with oyster & soy sauce	garlic bread Italian smashed potatoes broccolini with lemon & garlic roasted baby carrots	steamed brown rice roasted parmesan cauliflower florets sweet corn cobs	crispy potato wedges wok tossed broccolini buttered peas & corn	fried rice oven roasted chat potatoes steamed spring green pea medley	french fries seasonal steamed greens with herbed oil	garlic roasted potatoes roasted spring vegetables baked tomatoes with ricotta, peppers & herbs
the dessert station	Waffle with carmel and smashed honey comb	spring fruit & oat crumble with vanilla bean custard	chocolate cake with chantilly cream	Neapolitan ice-cream pots with wafers	carrot cake with cream cheese icing	Mini yoghurts tubs	sticky date pudding with butterscotch sauce
special dietary requirements	all special dietary requirements will be met for each meal service						

# TKC chartwells spring residential menu 2022

week 4	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	breakfast waffles with roasted pears & honey	continental	egg & bacon rolls	continental	fried eggs with grilled tomatoes, home-made baked beans & sauteed mushrooms	poached eggs with roasted tomatoes & wilted spinach
special - optional		Chartwell’s smoothie Tuesday! mango, ginger & kale green smoothie		mixed berry yoghurt with chartwells own muesli		banana & dark chocolate chip muffins	french toast with cinnamon sugar
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	steak pies with pastry tops  mashed potato buttered peas & corn	Singapore noodle with ketjup Manis, egg noodle ,chicken ,tofu and shredded vegetables	myo hot sandwiches – select from a range of proteins, salad, breads & condiments or make one of the options below – grilled beef or grilled chicken burgers with beetroot, tomato, lettuce, carmelised onions & mayonnaise – grilled mushroom burgers with beetroot, tomato, lettuce, carmelised onions & mayonnaise	pork larb with ketjup manis, wombok, beans, cucumber & roasted rice	pulled lamb sliders with American bbq sticky sauce & spring slaw	Assorted pizzas	cardamom & coconut chicken skewers with chilli, salsa, steamed rice & roti bread
vegetarian option	vegetarian pies with pastry tops  mashed potato buttered peas & corn	Vegetarian Singapore noodles with peppers, onions, tofu strips, shredded seasonal vegetables, Chinese cabbage & sticky soy		tofu larb with ketjup manis, wombok, kidney beans, cucumber & roasted rice	grilled haloumi sliders with American bbq sticky sauce & spring slaw		cardamom & coconut vegetable skewers with chilli, salsa, steamed rice & roti bread
fruit	seasonal fresh fruit will be available throughout the day						
toasties	toastie bar will be available on monday, tuesday, thursday and friday						

# TKC chartwells spring residential menu 2022

week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	honey mustard glazed chicken with sesame rice pilaf	pasta night  potato gnocchi Bolognese with Napoletana sauce & shaved parmesan	American style beef brisket with slaw & sticky bbq sauce	battered hoki fillets with lemon wedges & tartare sauce	chicken cacciatore	panko crumbed chicken strips with lemon aioli & apple slaw	sunday roasty! -  roast beef with Yorkshire puddings  rosemary roasted pork with maple apple chutney  oven roasted turmeric cauliflower steaks with minted yoghurt
	honey glazed spring vegetables with sesame rice pilaf		ricotta gnocchi with napoletana sauce & shaved parmesan	vegetarian lentil chilli with pinto beans, lentils & quinoa	spicy honey & garlic roasted sweet potatoes with freekeh, toasted seed, spring herbs and yoghurt dressing	vegetarian cacciatore	
salad	red pepper tabouli with citrus vinaigrette	caprese salad with olives, bocconcini, tomatoes & spinach	zucchini, bean & green chilli slaw	quinoa salad with mixed leaf, tomato, cucumber, Spanish onion & lemon vinaigrette	citrus dressed green salad with cucumber, avocado & toasted pepitas	sugar snap pea & rocket salad with crumbled fetta cheese	barley salad with olives, cherry tomatoes, rocket, fetta & lemon basil 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	roasted potatoes steamed green beans with garlic & lemon dressing	garlic bread hand cut oven roasted sweet potato spring vegetable medley	roast potatoes wilted silver beet with preserved lemon corn cobs with butter & cracked pepper	wok tossed wombok with garlic & ginger sesame glazed carrots	garlic baguettes rice pilaf steamed green pea medley	roasted chat potatoes steamed broccolini, capsicum & beans	traditional roast potatoes spiced roasted pumpkin wedges cauliflower bake
the dessert station	chocolate mousse pots	tiramisu with honey mascarpone	churros with chocolate dipping sauce	sticky date pudding with butterscotch sauce	carrot cake with cream cheese icing	ice-cream cups with sprinkles	bread & butter pudding
special dietary requirements	all special dietary requirements will be met for each meal service						