

chartwells summer residential weekly menu 2022

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	continental	hash browns baked beans	continental	thick cut cinnamon french toast with honey	continental	scrambled egg breakfast wraps	poached eggs on english muffin with spinach
special - optional		chartwells smoothie tuesday – super fruit smoothies		bircher muesli with granola clusters and yogurt		lemon & blueberry wholemeal scrolls	pancake stacks with maple syrup
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice, water						
fruit	seasonal fresh fruit will be available throughout the day						

hot option	pie day spring chicken pies with thyme, seeded mustard with shortcrust pastry top smashed chats and peas	singapore noodles with beef ketjap manis, egg noodles, tofu & shredded vegetables	hot sandwich day - shredded roast chicken - pulled beef brisket - egg, mayo & chive - tuna & tuna mayo - double smoked ham - selection of dips - baby spinach -shredded iceberg lettuce - marinated tomato -- shaved cucumber - spanish onions - jalapeno / roasted red peppers - chargrilled tofu variety of breads, wraps & rolls	pork & fennel onion sausage rolls with tomato jam	chargrilled lamb burgers on wholemeal buns with caramelised onions, beetroot, pineapple & salad	parmesan & lemon crumbed chicken with oven roasted sweet potato wedges	pulled pork with slaw on the side!
vegetarian	homemade mushroom and lentil pie with shortcrust pastry top	singapore noodles with, ketjap manis, egg noodles, tofu & shredded vegetables		sweet potato, chickpea & caramelized onion sausage rolls with tomato jam	chargrilled chickpea & vegetable burgers with wholemeal buns, caramelised onions, beetroot, pineapple & salad	parmesan & lemon crumbed eggplant with oven roasted sweet potato wedges	haloumi, nut free pesto & tomato jaffles with slaw on the side!
my salad	salad ingredients that may include - 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 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	grilled beef steak	grilled cajun chicken with smashed avocado salsa	spanish chicken basque with roasted tomatoes, red peppers & paprika	pasta night rigatoni pasta with slow cooked beef ragu & shaved parmesan	fish 'n chip dinner fried fish strips with tartare sauce	pub night - thin crust pizza with tandoori lamb & tzatziki	traditional summer roast chicken
vegetarian	zucchini & chickpea meatballs with roasted tomato sugo & shaved parmesan	vegetable fried rice with egg omelettes, tofu strips, sticky soy & shredded asian vegetables	cantonese style noodles with asian vegetables, tofu, oyster & soy sauce	pasta primavera with peas, asparagus, broad beans & shaved parmesan	thai green tofu curry with steamed basmati rice	thin crust vegetarian pizza with charred zucchini, pumpkin & crumbled feta	broad bean & cauliflower fritters with roasted sesame dipping sauce
salad - optional	greek salad with kalamata olives, crumbled feta & roma tomatoes	grilled zucchini salad with charred corn, peppers & summer herb vinaigrette	watermelon, crumbled feta & pomegranate salad	chopped garden salad with lemon vinaigrette	summer green salad	garden salad	ancient grain salad with cumin yoghurt dressing
vegetables	the following may be available to accompany the main course selection where needed - steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta						
additional vegetables	seeded mustard mashed potatoes steamed cauliflower & beans	steamed jasmine rice wok tossed bok choy & choy sum with oyster sauce	mediterranean couscous steamed vegetable medley	rosemary garlic bread	oven roasted potato wedges sauteed summer vegetables	create your own caesar salad bowl with baby cos, ciabatta croutons, poached eggs, caesar dressing & shaved parmesan	layered potato bake green bean & pea medley
the dessert station	baked italian cheesecake	pavlova	wholemeal gingerbread pancakes with poached summer apples	fresh cut summer stone fruit platters with mango yoghurt	red velvet chocolate fudge brownie	peach melba with raspberry sauce & shortbread crumb	frozen mango yoghurt
special dietary requirements	all special dietary requirements will be met for each meal service						

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week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	texan grilled chicken with cowboy beans	pad see ew with beef, wide rice noodles, water chestnuts, chinese broccoli, beans, egg omelette & ketjup manis	lamb shepherd’s pie with mash & parsnip chips	pasta night beef ravioli with sugo sauce and shaved parmesan	yum cha selection steamed dim sims and gyoza with vegetable springs rolls	pub night- home-made beef burgers with pineapple, beetroot, & big red sauce	garlic & rosemary studded roast lamb with pan gravy
vegetarian	spinach & feta strata	pad see ew with tofu, wide rice noodles, water chestnuts, chinese broccolini, beans, egg omelette & ketjup manis	roasted teriyaki mushrooms with soba noodles, chickpeas, broccolini, sriracha, ginger & red peppers	pumpkin ravioli with sugo sauce and shaved parmesan	steamed dim sims and gyoza with vegetable springs rolls	plant based burger with pineapple, beetroot, slaw & big red sauce	oven baked sweet potato & quinoa fritters with crumbled feta, tomato & onion pickle
salad - optional	barley, pumpkin & pickled cabbage salad	chermoula spiced carrot & chickpea salad with cumin & lime dressing	summer risoni salad with baby spinach, kalamata olives, onion & cider vinegar dressing	broad bean salad with spring onions, shredded carrot & extra virgin olive oil dressing	cabbage salad with chilli, mint & roasted sesame seeds	summer slaw with white wine vinegar dressing	green herb salad with mixed green leaves, snow peas, pumpkin seeds & sage dressing
vegetables	the following may be available to accompany the main course selection where needed - steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta						
additional vegetables	balsamic roast potatoes maple dijon roasted carrots	steamed carrots with poppy seed butter broccoli with lemon olive oil	wilted spinach with lemon & garlic sweet corn cobbettes	garlic pita bread	fried rice stir fried choy sum	jacket potatoes with light sour cream & bacon crumb	polenta chips roasted vegetable medley with red onion, zucchini, pumpkin, carrots & parsnip
the dessert station	jelly, peach, passionfruit & custard shots	tiramisu with mascarpone, cocoa, and berries	sticky toffee pudding with toffee sauce	apple crumble cake with lemon curd & toasted oats	chocolate fudge brownie	crème brule tarts with roasted strawberries	lemon curd & jelly with ginger crumb
special dietary requirements	all special dietary requirements will be met for each meal service						

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week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	lebanese lamb with jasmine rice, natural yoghurt & fresh mint	beef souvlaki with greek roasted potatoes & hummus	panko crumbed pork schnitzel with lemon cheeks	pasta night beef lasagne with garlic sourdough pangrattato	yum cha selection steamed dim sims and gyoza with vegetable springs rolls	pub night - chicken schnitzel with leg ham, mozzarella & tomato sugo	herb crusted roast beef with pan juices
vegetarian	caramelised onion, mushroom & pumpkin risotto with crumbled feta & roasted pumpkin seeds	caprese thin crust pizza with roasted tomatoes, basil, thyme & buffalo mozzarella	black bean & quinoa stuffed zucchinis with roasted tomatoes, chilli & roasted cumin	pasta night lentil lasagne with garlic sourdough pangrattato	steamed dim sims and gyoza with vegetable springs rolls	eggplant schnitzel with mozzarella & tomato sugo	rice & lentil pilaf with allspice, cloves & cumin
salad - optional	farro salad with zucchini, salad onion, herbs, shaved parmesan & apple cider vinegar dressing	fattoush market salad with tomato, cucumber, radish, pita bread strips & mint dressing	cannellini bean salad with snow peas, red cabbage, orange & dijon honey dressing	tomato & cucumber salad with black & white toasted sesame seeds with soy dressing	green bean & caserecce pasta salad with fresh thyme & lemon dressing	indian chopped salad with curry leaves, toasted spices & seeds, lettuce, tomatoes, smashed pappadums, raita & mango chutney	roasted chickpea & kale salad with sun dried tomato vinaigrette
vegetables	the following may be available to accompany the main course selection where needed - steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta						
additional vegetables	steamed basmati rice wok tossed broccolini with shredded carrot & capsicum	lemon & oregano roasted potatoes summer beans with balsamic roasted tomatoes	oven baked chips steamed peas, snow peas & sugar snaps	garlic baguette	fried rice wok tossed bok choy	steamed jasmine rice roti bread	potato galette roasted sweet potatoes wok seared summer vegetables
the dessert station	jelly slice with shortbread crumb, raspberry jelly & lemon yoghurt	lemon cupcakes with blueberry frosting	hummingbird cake with bananas, pineapple, peaches & passionfruit with cream cheese frosting	chocolate mousse pots with crushed meringues & strawberries	nectarine, lemon yoghurt & granola parfaits	caramelised pineapple wedges with salted caramel sauce	apple & blackberry clafoutis pots
special dietary requirements	all special dietary requirements will be met for each meal service						

week 4	mon	tue	wed	thu	fri	sat	sun
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breakfast							
residential breakfast	continental	vanilla & cinnamon waffles with honey chartwells smoothie tuesday - blueberries & coconut	continental	the 'special' breakfast - fried eggs, grain toast, oven baked tomatoes, lean bacon & wilted spinach	continental	hash browns baked beans banana berry breakfast biscuits	fried eggs on thick cut sourdough toast with our own spiced baked beans apple pikelet stacks
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice, water						
fruit	seasonal fresh fruit will be available throughout the day						
hot option	pie day lamb and roasted vegetable pies with shortcrust pastry top potato wedges and peas	grilled beef sausages with wholemeal buns & big red sauce	- hot sandwich day - honey soy chicken - moroccan lamb - egg, mayo & chive - tuna & tuna mayo - double smoked ham - selection of dips - baby spinach -shredded iceberg lettuce - marinated tomato -- shaved cucumber - spanish onions - jalapeno / roasted red peppers variety of breads, wraps & rolls	mac 'n cheese kettles with sourdough pangrattato	pulled beef burrito bowls with steamed rice, asian marinated beef strips, shredded vegetables, chipotle mayo & corn chips	honey & sriracha lamb stir-fry with flat rice noodles, asian vegetables & toasted sesame seeds	panko crumbed chicken strip baguettes with sweet chilli mayo & summer salad
vegetarian	roasted vegetable & chickpea pies with shortcrust pastry top	grilled vegetarian sausages with wholemeal buns & big red sauce		mac 'n cheese kettles with sourdough pangrattato	burrito bowls with steamed rice, pan seared haloumi, shredded vegetables, chipotle mayo & corn chips	honey & sriracha tofu stir-fry with flat rice noodles, asian vegetables & toasted sesame seeds	panko crumbed tofu strip baguettes with sweet chilli mayo & summer salad
myo salad	salad ingredients that may include - 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	black bean pork stir fry with summer greens	asian style grilled chicken fillet burgers with slaw	gangnam style chicken tenderloins with honey & garlic	pasta night fettucine carbonara with shaved parmesan	fish 'n chip dinner parmesan & panko crumbed fish fillets	pub night - american hot dog with ketchup, shredded cheese, pickles & onion	slow roasted pork shoulder with pan gravy & brown sugared apples
						buffalo chicken wings ranch dressing & onion rings	
vegetarian	spiced indian potato, cannellini beans & spinach curry with garam masala, roasted cumin	cajun spiced red quinoa & zucchini burgers with smashed avocado & yoghurt dressing	lentil & eggplant dhal with turmeric, naan bread & rice pilaf	sweet potato & white bean chilli with basmati, coriander & smoked paprika	oven roasted sweet potatoes with feta, olives, lite sour cream & sundried tomatoes	crispy cauliflower with ranch dressing & onion rings	tandoori roasted cauliflower with rice
salad - optional	summer slaw with sweet chilli, lime & ginger dressing	roasted vegetable couscous salad with lime vinaigrette	rainbow power salad with salsa verde dressing	create your own caesar salad bowl with baby cos, ciabatta croutons, poached eggs, caesar dressing & shaved parmesan	asian soba noodle salad with peppers, carrots, onions & sambal oelek dressing	italian panzanella salad	spinach salad with snap peas, mozzarella & herb dressing
vegetables	the following may be available to accompany the main course selection where needed - steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta						
additional vegetables	hokkein noodles steamed beans, roasted cherry tomatoes	hassel backed potatoes wok tossed vegetables with cauliflower, broccoli & leeks	fried rice zucchini provencale with cheese & grain crumb crust	herbed bread	fat chips charred sweet corn cobs roasted tomatoes, spring onions & mushrooms	garlic focaccia strips	double baked loaded potatoes ricotta & summer vegetable tray bake
the dessert station	individual chocolate cheesecake pots with strawberries & white chocolate drizzle	upside down pear cake with cinnamon yoghurt	summer apple, pear & rhubarb pies with mascarpone	red summer fruit salad with berries, grapes, watermelon & plums	charred nectarines with spiced greek yoghurt	tiramisu pots	bread & butter brioche pudding with dates, sultanas & dried apricots
special dietary requirements	all special dietary requirements will be met for each meal service						