

# chartwells autumn residential menu 2021

week 1	mon	tue	wed	thu	fri	sat	sun
<b>breakfast</b>							
<b>residential breakfast</b>	toasted egg & bacon sandwiches with hp sauce	spinach, cheddar, egg & avocado breakfast quesadilla	scrambled eggs with zucchini & potato roesti	boiled eggs with sourdough toast soldiers	wholemeal buttermilk pancake stacks with blueberries & lemon	<b>continental</b>	<b>9am breakfast</b> big breakfast: eggs, bacon, hash brown, grilled tomatoes, chipolata, baked beans
<b>continental breakfast station</b>	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						
<b>residential morning tea</b>	cheesymite wholemeal scrolls	lemon polenta biscuits	pizza focaccia strips	coconut banana bread	orange & poppyseed muffins		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>lunch</b>							
<b>hot option</b>	tandoori chicken with raita, salad, cos lettuce & steamed basmati rice	home-made beef steak pies with shortcrust pastry top	oven baked panko & herb parmesan crumbed fish fillets with sweet potato wedges & coriander & pineapple salsa	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	build your own lunch with a selection, breads, spreads, cheese, meats & fruit	build your own lunch with a selection, breads, spreads, cheese, meats & fruit
<b>vegetarian option</b>	tandoori root vegetables with raita, salad, cos lettuce & steamed basmati rice	home-made vegetable & lentil pies with shortcrust pastry top	oven baked panko & herb parmesan crumbed eggplant with sweet potato wedges & coriander & pineapple salsa	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		
<b>range of breads</b>	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
<b>sandwich/ myo salad</b>	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						
<b>afternoon tea</b>	pineapple & melon pots with greek yoghurt, chia seeds & cornflake cookies	italian meatball cups with toasted ciabatta on the side	jelly slice with coconut crumb & lemon cheese filling	roasted tomato & basil soup mugs with pita bread crisps	dark chocolate chip & oat slice		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						

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week 1	mon	tue	wed	thu	fri	sat	sun
<b>dinner</b>							
<b>main course</b>	chargrilled steak with grilled vegetables & cumin yoghurt	loaded idaho potato bowls with charred chicken, grilled bacon, shredded vegetables, cheddar & sour cream	garlic & rosemary studded roast lamb with pan gravy	asian style baked salmon parcels	italian pasta night – penne pasta with pan seared chicken & sun-dried tomatoes	bbq – garlic & mint lamb chops minute steaks with basil pesto	roast chicken with lemon, lime & thyme
<b>vegetarian</b>	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	farfalle pasta, green peas, asparagus, crème fraiche, tarragon  shaved parmesan lemon & parsley pangratatto garlic baguettes	pork & apple sausages with tomato relish  roasted vegetable & chickpea burgers with spiced kasoundi	oven roasted sweet potatoes with feta, olives, lite sour cream & sundried tomatoes
<b>salad</b>	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
<b>vegetables</b>	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						
<b>additional vegetables</b>	twice baked potatoes steamed beans cauliflower cheese bake	idaho potatoes zucchini & eggplant provencale fennel slaw	potato bake steamed autumn vegetables braised cabbage with apples, cider & onions	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
<b>the dessert station</b>	coconut meringues with autumn fruit salad	build your ice-cream bowl with berry coulis, fairy floss & toffee crunch	mini donuts with cinnamon sugar & vanilla bean custard	autumn fruit salad with cinnamon spiced yoghurt	tiramisu with mascarpone, cocoa & berries	mini frozen yoghurt tubs	lemon cupcakes with blueberry frosting
<b>special dietary requirements</b>	all special dietary requirements will be met for each meal service						

# chartwells autumn residential menu 2021

week 2	mon	tue	wed	thu	fri	sat	sun
<b>breakfast</b>							
<b>residential breakfast</b>	sweet potato & ricotta fritters with tomato salsa	scrambled egg, spinach & feta wrap	fried eggs with grilled tomatoes, sautéed mushrooms & wilted spinach	the green goddess breakfast toastie on grain bread with poached egg, smashed avocado, spinach & nut-free pesto	wholegrain breakfast blt's	<b>continental</b>	<b>9am breakfast</b> big breakfast: eggs, bacon, hash brown, grilled tomatoes, chipolata, baked beans
<b>continental breakfast station</b>	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						
<b>residential morning tea</b>	cheddar cheese, lavosh crackers & dried pineapple bagS	jumbo spinach & cheese wholemeal twists	cinnamon tea cake studded with fresh apple & pear shards	mini wholemeal pizza damper buns	anzac, cranberry & oat slice drizzled with tart lemon icing		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>lunch</b>							
<b>hot option</b>	seafood paella with prawns, calamari, fish strips & lemon cheeks	chargrilled lime chicken tacos with shredded vegetables, smashed avocado & salsa	vegetarian singapore noodles with peppers, onions, tofu strips, shredded seasonal vegetables, chinese cabbage & sticky soy	chicken leek & seeded mustard pie with wholemeal pastry tops	pulled pork brioche sliders with apple chutney & slaw	build your own lunch with a selection, breads, spreads, cheese, meats & fruit	build your own lunch with a selection, breads, spreads, cheese, meats & fruit
<b>vegetarian option</b>	vegetarian paella with green beans, sweet potato, broad beans & lemon cheeks	chargrilled lime vegetarian tacos with black beans, shredded vegetables, smashed avocado & salsa	vegetarian singapore noodles with peppers, onions, tofu strips, shredded seasonal vegetables, chinese cabbage & sticky soy	autumn vegetable, lentil & seeded mustard pies with wholemeal pastry tops	pulled jackfruit brioche sliders with apple chutney & slaw		
<b>range of breads</b>	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
<b>sandwich/ myo salad</b>	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						
<b>afternoon tea</b>	wholemeal carrot cake with yoghurt frosting	toasted pizza subs with chargrilled vegetables & mozzarella	vegetable sushi rolls with soy, pickled ginger & wasabi	fruit smoothies & trail mix bags	zucchini, sweet corn & swiss cheese slice with relish		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						

# chartwells autumn residential menu 2021

week 2	mon	tue	wed	thu	fri	sat	sun
<b>dinner</b>							
<b>main course</b>	fennel & thyme pork roast with pan juices	salt & pepper crumbed oven baked fish strips with lemon	thai green chicken curry with coconut milk, green beans & mushrooms	mac & cheese pasta bake with bacon	oven baked parmesan & herb crumbed chicken schnitzels with apple slaw	burger shack – chargrilled cajun chicken breast burgers with chipotle aioli	mustard & garlic studded roast beef with pan gravy
<b>vegetarian</b>	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 chickpea falafels burgers with tahini	spinach & ricotta tortellini
<b>salad</b>	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
<b>vegetables</b>	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						
<b>additional vegetables</b>	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 cobs	layered potato bake ginger & sesame steamed vegetables	oven roasted potato wedges american slaw with cabbage, mayonnaise & shredded vegetables	traditional roast potatoes steamed autumn vegetables
<b>the dessert station</b>	upside down pear cake with cinnamon yoghurt	bartlett pear & palm sugar crumble	autumn fruit cups with greek yoghurt	our own pineapple, star anise & passionfruit crush	apple & blackberry clafoutis pots	make your own sundaes with vanilla ice-cream, hot chocolate sauce & wafers	bread & butter brioche pudding with dates, sultanas & dried apricots
<b>special dietary requirements</b>	all special dietary requirements will be met for each meal service						

# chartwells autumn residential menu 2021

week 3	mon	tue	wed	thu	fri	sat	sun
<b>breakfast</b>							
<b>residential breakfast</b>	potato galettes with poached eggs & grilled tomatoes	our own pikelet stacks with smashed berries & grated apples	fried egg, bacon & grilled cheese sourdough sandwich	zucchini fritters with poached eggs & sautéed mushrooms	breakfast flat bread pizza with tomato sugo, egg & mozzarella	<b>continental</b>	<b>9am breakfast</b> big breakfast: eggs, bacon, hash brown, grilled tomatoes, chipolata, baked beans
<b>special - optional</b>	ruby red grapefruit juice	chartwells smoothie tuesday!	oatmeal cookie energy bites	raspberry yoghurt mini muffins	granola parfait with vanilla bean yoghurt, fresh fruit & honey		
<b>continental breakfast station</b>	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						
<b>residential morning tea</b>	dark chocolate & berry muffins	ham & tomato wholemeal pull-a-part	coconut brownie energy bites	salted caramel popcorn bags with gingerbread cookies	jumbo cheddar spiced scones		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>lunch</b>							
<b>hot option</b>	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	crumbed popcorn fish with slaw & aioli	shredded lamb & rosemary shepherd's pie with sweet potato top	minute steak grain sandwiches with caramelised onions	build your own lunch with a selection, breads, spreads, cheese, meats & fruit	build your own lunch with a selection, breads, spreads, cheese, meats & fruit
<b>vegetarian option</b>	wok tossed cantonese style egg noodles with spiced tofu strips, asian vegetables, soy & oyster sauce	quinoa & vegetable burgers with relish, salad & pickled vegetables	popcorn cauliflower bites with slaw & aioli	chickpea & root vegetable pies with sweet potato top	chargrilled vegetables grain sandwiches with caramelised onions		
<b>range of breads</b>	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
<b>sandwich/ myo salad</b>	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						
<b>afternoon tea</b>	nachos with mexican dip, beans, charred corn, black beans & mozzarella	sultana & apricot loaf with vanilla glaze	haloumi & roasted capsicum pizza pockets	steamed vegetable dumplings with sriracha or sticky soy	red velvet cup cakes		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						

# chartwells autumn residential menu 2021

week 3	mon	tue	wed	thu	fri	sat	sun
<b>dinner</b>							
<b>main course</b>	chargrilled steak with nut free pesto polenta & tomato & caper salsa	slow cooked apple cider chicken	beef wellingtons pastry parcels	crispy roasted pork belly, coconut sugar, star anise & ginger sticky sauce	spaghetti with lamb bolognese & shaved parmesan	pan-asian - yakatori beef sticks	slow roasted lamb shoulder with red wine jus
<b>vegetarian</b>	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	chicken pad thai with thin rice noodles, eggs & bean shoots vegetarian green curry with chilli, coconut milk & vegetables	roast pumpkin & goat's cheese filo parcel
<b>salad</b>	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
<b>vegetables</b>	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						
<b>additional vegetables</b>	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
<b>the dessert station</b>	lemon curd & jelly with ginger crumb	watermelon, kiwi & berry fruit salad with ginger sorbet	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	raspberry studded dark chocolate fudge brownie
<b>special dietary requirements</b>	all special dietary requirements will be met for each meal service						

# chartwells autumn residential menu 2021

week 4	mon	tue	wed	thu	fri	sat	sun
<b>breakfast</b>							
<b>residential breakfast</b>	chargrilled breakfast sausages with grilled tomatoes & relish	grilled banana oatmeal pancakes with honey	sweet corn fritters with avocado salsa & poached egg	fried eggs with grain toast, oven baked tomatoes & wilted spinach	toasted cheese & tomato english wholemeal muffins	<b>continental</b>	<b>9am breakfast</b> big breakfast: eggs, bacon, hash brown, grilled tomatoes, chipolata, baked beans
<b>special - optional</b>	autumn harvest fruit granola	chartwells smoothie tuesday!	pineapple & passionfruit pots with greek yoghurt	vanilla chai breakfast quinoa bowls with apple, pear, cinnamon	watermelon juice bottles		
<b>continental breakfast station</b>	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						
<b>residential morning tea</b>	orange & thyme cookies	cheddar & rosemary damper rolls	shaved ham & 3 cheese muffins	muesli crunch bars with goji berries & cacao nibs	sweet potato & chive damper		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>lunch</b>							
<b>hot option</b>	chickpea falafel cakes with tahini dressing, shredded salad, coriander & flat bread	chartwells beef sausage rolls with tomato jam	butter chicken roti bread pockets	honey glazed pork with asian greens & rice noodles	tempura fried fish with hand cut chips	build your own lunch with a selection, breads, spreads, cheese, meats & fruit	build your own lunch with a selection, breads, spreads, cheese, meats & fruit
<b>vegetarian option</b>	chickpea falafel cakes with tahini dressing, shredded salad, coriander & flat bread	sweet potato & feta sausage rolls with tomato jam	vegan style 'butter' haloumi & broccoli pockets	honey glazed tofu with asian greens & rice noodles	tempura fried vegetables with hand cut chips		
<b>range of breads</b>	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
<b>sandwich/ myo salad</b>	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						
<b>afternoon tea</b>	homemade chicken & corn soup cups with prawn crackers	english wholemeal muffins for toasting with spreads	banana bread bites	our own smoky hommous dip pots with grissini sticks	lemon, coconut & currant loaf		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						

# chartwells autumn residential menu 2021

week 4	mon	tue	wed	thu	fri	sat	sun
<b>dinner</b>							
<b>main course</b>	mexican pork strip taco wraps with shredded cheese, guacamole & light sour cream	spaghetti marinara with mussels, fish strips, tomato passata, white wine & shaved parmesan	chinese five spiced beef with bok choy, wombok & peppers	marmalade glazed slow roasted beef with pan gravy	pan seared chicken, leek & pea penne pasta bake	american diner – american hot dog with ketchup, shredded cheese, pickles & onion	roast pork with crackling & pan gravy
<b>vegetarian</b>	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
<b>salad</b>	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
<b>vegetables</b>	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						
<b>additional vegetables</b>	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
<b>the dessert station</b>	coconut cake with mint syrup	vanilla 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	butterscotch self-saucing pudding
<b>special dietary requirements</b>	all special dietary requirements will be met for each meal service						