

Chartwells Autumn Residential Weekly Menu 2023

Week 1, 5 & 9	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Residential breakfast	herb & cheddar scrambled eggs	zucchini, ricotta & corn frittata boiled eggs	poached eggs with grilled bacon	mushroom, sweet corn & haloumi fritters with tomato relish boiled eggs	boiled eggs with sourdough toast soldiers		toasted egg & bacon wholegrain sandwiches with hp sauce
Continental breakfast station	continental breakfast may include a range of the following items: selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k, & gluten free weetbix & gluten free special K. whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jam hot beverages including tea & coffee, 100% orange juice, water variety of milks that may include full cream, lite & calcium fortified soy						
Residential morning tea	cheesymite wholemeal scrolls	lemon polenta biscuits	pizza focaccia strips with semi dried tomatoes, basil & mozzarella	banana & coconut loaf with honey glaze	chocolate muffin		
Fruit	seasonal fresh fruit will be available throughout the day						
Lunch							
Hot option	beef pies with puff pastry tops & smashed potatoes	tandoori chicken tenderloins with yoghurt raita, indian chopped salad & steamed basmati rice	oven baked panko & herb parmesan fish fillets with sweet potato wedges.	thai style fried rice with wok tossed shredded chicken, asian vegetables & thai basil	slow roasted beef & vegetable ragu with spiced couscous	whole classic roast chicken coleslaw tomato relish damper rolls	shaved ham & tuna salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, & cucumber seeded mustard and aoili baguettes
Vegetarian option	moroccan chickpea & vegetable pie & smashed potatoes	tandoori root vegetables with raita & spiced quinoa	ricotta, olive & oven roasted tomato butterfly pasta with garlic & herb pangratatto	thai style fried rice with wok tossed shredded tofu, asian vegetables & thai basil	slow roasted moroccan vegetable & lentil tagine with spiced couscous		
Range of breads							ciabatta, baguettes, brioche rolls, sour dough loaves, baguettes, pita pockets, mexican wraps, focaccia & turkish bread
Sandwich/ myo salad	protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
Afternoon tea	piklets, berry compote & yoghurt	roasted tomato & basil soup mugs with pita bread crisps	sausage rolls, big red sauce	italian meatball cups with toasted ciabatta on the side	honey, soy & ginger chicken drumettes with prawn crackers		
Fruit	seasonal fresh fruit will be available throughout the day						

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Week 1, 5 & 9	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner							
Main course	panko crumbed pork schnitzel	spirit house circles dinner – italian pasta night – penne pasta with bolognese sauce	chargrilled fat beef sausages with grilled vegetables & caramelised onions	steamed bream with ginger & shallots (70%) crispy skinned chicken with ginger & shallots (30%)	grilled chicken skewers with lemon, lime & thyme	sticky bbq beef brisket	garlic, rosemary & mustard rubbed roast lamb with pan gravy
Vegetarian	spelt flour pizza with tomato, ricotta, basil & caramelised onion	penne pasta with plant based bolognese sauce shaved parmesan lemon & parsley pangratatto garlic baguettes	chargrilled plant-based sausages with grilled vegetables & caramelised onions	israeli whole baked cauliflower with ginger & turmeric greek yoghurt	coconut vegetable & green lentil curry with pappadums	chargrilled mushroom, peppers, onions & haloumi kebabs with nut free pesto	oven roasted sweet potatoes with feta, olives, lite sour cream & sundried tomatoes
Salad	roasted cauliflower & farro salad with mint, spanish onion & red wine vinegar dressing	italian style chopped salad with roma tomatoes, bocconcini, olives & balsamic dressing	moroccan chickpea salad with turmeric & paprika roasted beets & pumpkin, coriander, ginger & cherry tomatoes	nicoise salad with green beans, roasted tomatoes & crumbled feta	tabouleh couscous salad with parsley, mint, tomatoes, cucumber, crumbled feta & lemon vinaigrette	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
Additional vegetables	idaho potatoes zucchini & sweet potato provencale fennel slaw	parmesan italian beans chargrilled vegetable medley	potato bake steamed autumn vegetables braised cabbage with apples, cider & onions	steamed rice roasted ratatouille chargrilled corn cobs, butter & salt	oven roasted twice baked potatoes steamed broccolini cauliflower cheese bake	garlic & herb rolls roasted carrot & beans	roasted chat potatoes with rosemary & sea salt roasted butternut pumpkin with steamed greens & sourdough crumb
The dessert station	build your ice-cream bowl with berry coulis, fairy floss & toffee crunch	family service of mini donuts with cinnamon sugar & vanilla bean custard	crushed meringues with greek yoghurt & blueberries	autumn fruit salad with greek yoghurt	apple & blueberry clafoutis with ice cream	chocolate billabongs	lemon cupcakes with vanilla bean frosting
Special dietary requirements	all special dietary requirements will be met for each meal service						

Chartwells Autumn Residential Weekly Menu 2023

Week 2, 6 & 10	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Residential breakfast	sweet potato & ricotta fritters with tomato salsa boiled eggs	fried eggs with grilled tomatoes, sautéed mushrooms & wilted spinach	scrambled eggs with grain toast	the green goddess breakfast toastie on grain bread with poached egg, smashed avocado, spinach & nut-free pesto	poached eggs with bacon & wilted spinach		egg & bacon with tomato chutney on turkish rolls
Continental breakfast station	continental breakfast may include a range of the following items: selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k, & gluten free weetbix & gluten free special K. 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 variety of milks that may include full cream, lite & calcium fortified soy						
Residential morning tea	guacamole, vegetable sticks & focaccia fingers	zucchini & corn wholemeal muffins	cinnamon tea cake studded with fresh apple & pear shards	sweet chilli roasted drumettes with tzatziki pot	anzac, cranberry & oat cookies		
Fruit	seasonal fresh fruit will be available throughout the day						
Lunch							
Hot option	chicken, sweetcorn & pumpkin risotto	chargrilled lime chicken strip tacos with shredded vegetables, smashed avocado & salsa	singapore noodles with, pork mince, peppers, onions, tofu strips, shredded seasonal vegetables, chinese cabbage & sticky soy	mac n cheese, spinach leaves, bacon & panko crumb	pulled pork sliders with apple chutney & slaw	whole oregano & lemon roast chicken tabouleh salad roasted garlic mayonnaise lebanese bread	salami & ham egg salad mayonnaise
Vegetarian option	sweetcorn & pumpkin risotto, crumbled fetta	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	mac n cheese, spinach leaves, cauliflower & panko crumb	pulled jackfruit brioche sliders with apple chutney & slaw		salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, & cucumber mayonnaise & hummus turkish bread
Range of breads	ciabatta, baguettes, brioche rolls, sour dough loaves, baguettes, pita pockets, mexican wraps, focaccia & turkish bread						
Sandwich/ myo salad	protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
Afternoon tea	raspberry jam drop cookies	giant cornflake crackles	scones with cream & jam	fruit salad cups	sausage rolls with tomato sauce		
Fruit	seasonal fresh fruit will be available throughout the day						

Chartwells Autumn Residential Weekly Menu 2023

Week 2,6 &10	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner							
Main course	fennel & thyme pork steaks with pan juices	spirit house circles dinner – slow baked beef bolognese lasagne	salt & pepper crumbed oven baked fish strips with lemon	soft shell taco with beef & kidney beans, charred corn, tomato, guacamole & tobasco	beef & black bean stir-fry with hokkien noodles, capsicum & pak choy	mexican fiesta – chicken mole with mexican rice, corn dip, soft & crisp tortillas & spicy aioli	mustard & garlic studded roast beef with pan gravy
Vegetarian	italian kale & borlotti beans braise with tomatoes, croutons & basil cream	Vegetarian lasagne	spiced persian red lentils with roasted cauliflower steaks	soft shell taco with kidney beans, charred corn, tomato, guacamole & tobasco	cauliflower & black bean stir-fry with hokkien noodles, capsicum & pak choy		vegetable & black-eyed bean enchiladas
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 salad with roasted parsnip, sweet potato, beetroot, carrot, garlic dressing & toasted pepitas	cauliflower & garbanzo bean salad with shredded kale, salad onion, pepitas & lime dressing	mexican layered street salad	chopped salad with parmesan & lime dressing
Additional vegetables	potato roesti oven roasted carrot medley steamed bok choy	garlic focaccia fingers apple & fennel salad green bean & chickpea medley	oven baked potato wedges wok tossed asian vegetables with roasted sesame seeds	olive oil & autumn herb tossed bow tie pasta green dukkha beans sweet corn cobbs	steamed rice ginger & sesame steamed vegetables	mexican loaded potatoes with salsa, guacamole & lite sour cream mexican street corn cobs	traditional roast potatoes steamed autumn vegetables
The dessert station	apple crumble with custard	family service of upside-down pear cake with cinnamon yoghurt	autumn fruit cups with greek yoghurt	strawberry & watermelon platters greek yoghurt	apple & blackberry clafoutis with ice cream	frosty fruits	orange glazed bread & butter pudding with ice cream
Special dietary requirements	all special dietary requirements will be met for each meal service						

Chartwells Autumn Residential Weekly Menu 2023

Week 3 & 7	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Residential breakfast	poached eggs with grilled tomatoes & toasted english muffins	spanish omelette with potato, cheddar & basil	oven baked zucchini fritters with poached eggs & sautéed mushrooms	fried egg, bacon & grilled cheese sourdough sandwich	2 egg omelettes with cheddar, tomato, spinach & corn		bacon & egg with tomato sauce on bap rolls
Continental breakfast station	continental breakfast may include a range of the following items: selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k, & gluten free weetbix & gluten free special K. 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 variety of milks that may include full cream, lite & calcium fortified soy						
Residential morning tea	blueberry muffins	margherita pizza pull-a-parts	fruit & yoghurt cups topped with granola	salted caramel popcorn bags with gingerbread cookies	jumbo parmesan twists		
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	hamburger, tomato, lettuce, beetroot, BBQ sauce	popcorn chicken with baby spinach slaw & aioli	mexican beef soft shell tacos with salsa, guacamole, shredded salad & lite sour cream	yakatori chicken drumsticks with special vegetable fried rice	whole roast tandoori chicken homestyle garden salad raita & guacamole pita pockets	roast beef & turkey salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, & cucumber pickles & guacamole sliced sourdough bread
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	popcorn cauliflower florets with baby spinach slaw & aioli	mexican bean soft shell tacos with salsa, guacamole, shredded salad & lite sour cream	yakatori mushrooms, bok choy, gai lan with special vegetable fried rice		
Range of breads	ciabatta, baguettes, brioche rolls, sour dough loaves, baguettes, pita pockets, mexican wraps, focaccia & turkish bread						
Sandwich/ myo salad	protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
Afternoon tea	corn chips with guacamole	apple & oat biscuits	haloumi & roasted capsicum pizza pockets	ice-cream red velvet cup cakes	steamed vegetable dumplings with sriracha or sticky soy		
Fruit	seasonal fresh fruit will be available throughout the day						

Chartwells Autumn Residential Weekly Menu 2023

Week 3	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Dinner							
Main course	grilled fish steaks with citrus aioli	spirit house circles dinner – slow cooked apple cider chicken with thyme, pickling onions & granny smith apples	chargrilled steak strips with mint chimichurri sauce on the side	chicken schnitzel & gravy	pan-asian - balinese grilled coconut & turmeric chicken	spaghetti with slow cooked bolognese, autumn vegetable & shaved parmesan	slow roasted rosemary & garlic lamb shoulder with red wine jus
Vegetarian	moroccan cauliflower, chickpea & quinoa bake with cumin & coriander yoghurt	soba noodles with shredded vegetables, tofu & ginger shallot sauce	whole baked sweet potato with black beans, charred corn, lite sour cream & salsa	zucchini, spring onion & feta fritters with raita & coriander chutney		okonomiyaki pancakes with edamame beans, wombok & kewpie mayo	spinach & ricotta ravioli with roasted pumpkin sauce & garlic sourdough pangrattato
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	panzanella salad	risoni salad with asparagus, lemon, peas, basil, mint & ricotta dressing
Salad bar	protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
Additional vegetables	crispy parmesan potatoes autumn vegetables with coriander butter	oven baked 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	steamed basmati rice torn roti bread strips wok tossed asian vegetables	bok choy with garlic, honey & soy roasted maple carrots	roasted smashed potatoes brown butter honey roasted carrots hoisin glazed zucchini
The dessert station	poached pears with custard	family service of custard tartlets	vanilla bean crème brulee	dutch apple cake with whipped cream	ice-cream cones with our own berry sauce & sprinkles	watermelon, kiwi & berry fruit salad with natural greek yoghurt	vanilla, ricotta & yoghurt cheesecake with roasted pears
Special dietary requirements	all special dietary requirements will be met for each meal service						

Chartwells Autumn Residential Weekly Menu 2023

Week 4 & 8	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Breakfast							
Residential breakfast	mexican baked eggs & beans with pita breads boiled eggs	poached eggs with wilted spinach & thick cut grain toast	banana pancakes with honey boiled eggs	fried eggs with grain toast, oven baked tomatoes & wilted spinach	soft boiled eggs with oven baked parmesan crumbed zucchini strips		bacon & egg with barbecue sauce on brioche buns
Continental breakfast station	continental breakfast may include a range of the following items: selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k, & gluten free weetbix & gluten free special K. 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 variety of milks that may include full cream, lite & calcium fortified soy						
Residential morning tea	ANZAC biscuits	hummus pots with pita bread crisps & vegetables	choc chip wholemeal muffins	mango & coconut bread	spinach & feta filo triangles		
Fruit	seasonal fresh fruit will be available throughout the day						
Lunch							
Hot option	chickpea falafel cakes with tahini dressing, shredded salad, coriander & flat bread	chartwells vegetable & beef sausage rolls with tomato jam	chicken korma with indian spiced barley	honey glazed pork with asian greens & rice noodles	tempura fried fish with hand cut chips	whole tarragon roast chicken caesar salad caesar dressing ciabatta rolls	sliced cheddar & swiss cheese, corned beef
Vegetarian option		spinach & feta sausage rolls with tomato jam	pinto bean indian curry with indian spiced barley	honey glazed tofu with asian greens & rice noodles	crispy haloumi fries with za’atar, lemon cheeks & spicy yogurt sauce		salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, & cucumber corn relish & tomato chutney focaccia bread
Range of breads	ciabatta, baguettes, brioche rolls, sour dough loaves, baguettes, pita pockets, mexican wraps, focaccia & turkish bread						
Sandwich/ myo salad	protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
Afternoon tea	homemade chicken & corn soup cups with toasted pita crisps	watermelon cups	turkish bread fingers, with dips	scones, jam & cream	toasties with cheddar, shaved ham & tomato		
Fruit	seasonal fresh fruit will be available throughout the day						

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