

chartwells spring residential weekly menu 2023

week 1 & 5	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	scrambled eggs with bacon, spring onions, herbs, cheddar cheese & multigrain toast	english muffins with grilled roma tomato, parmesan cheese & basil	breakfast burrito with eggs, bacon, black beans, light cheddar cheese & salsa	toasted crumpets with ricotta cheese, maple syrup & smashed blueberries	baked eggs with tomato, red beans, kale & parsley		bacon & egg with tomato sauce on bap rolls
	cinnamon porridge	boiled eggs	cinnamon porridge	boiled eggs	cinnamon porridge		
	cinnamon porridge			cinnamon porridge			
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 70%	wholemeal pizza twist with sun dried tomato & mozzarella	blueberry muffin	steamed chicken dim sims with soy dipping sauce & shredded wombok	vegetarian nachos, guacamole, light sour cream & salsa	quesadillas with chargrilled vegetables, jalapeno & cheddar		
extra morning tea option 30%	cheese, salami, ham, brie & cracker platters						
lunch							
hot option	beef pie, sweet potato mash, spinach & toasted seeds	build your own caesar salad with chargrilled chicken, poached eggs, crisp bacon, croutons, cos lettuce & caesar dressing	mongolian beef stir fry with rice noodle, soy, red chilli, ginger & shredded wombok	fried fish strips with oven roasted potato wedges & sweet chilli mayo	lamb souvlaki with tomato, onions, lettuce, grilled pita bread & cumin spiced yoghurt	myo lunch - whole roast tandoori chicken homestyle garden salad raita & guacamole pita pockets	sunday social bbq- beef, chicken & plant forward sausages & grilled sweet onion rings potato salad
vegetarian option	grilled mushroom, leek & wilted spinach pie with toasted seed crust	build your own caesar salad with poached eggs, avocado, croutons, cos lettuce & caesar dressing	mongolian tofu & edamame stir fry with rice noodle, soy, red chilli, ginger & shredded wombok	tempura fried sweet potato, broccoli, mushroom caps, string beans, eggplant & peppers with oven roasted potato wedges & sweet chilli mayo	haloumi souvlaki with tomato, onions, lettuce, grilled pita bread & cumin spiced yoghurt		
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & 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	hummus & torn turkish bread strips	piklets with berry jam	anzac cookies, dark chocolate drizzle	scones with berry jam & cream	two spinach & ricotta triangles, minted yoghurt		
fruit	seasonal fresh fruit will be available throughout the day						

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week 1 & 5	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	spaghetti Bolognese	spirit house circles dinner – cuban dinner -	grilled vietnamese pork fillet with chilli, fried ginger & coconut rice	bbq alfresco – chargrilled beef steak with sauteed mushrooms	tandoori chicken with raita & pickled cucumber	oven baked panko crumbed fish tacos with guacamole, salsa & shredded vegetables	sunday roast – slow cooked lamb shoulder with roasted root vegetable medley
vegetarian	orecchiette pasta with lentil bolognese, shaved parmesan & herb garlic baguettes	ropa vieja - shredded beef with crushed tomatoes, peppers & onions mojo de pollo cubano - mojo chicken with pineapple salsa tofu asado - grilled marinated tofu with mojo sauce, grilled vegetables, & cuban black beans	three bean & lentil tagine with cauliflower, apricots, sumac yoghurt & spiced couscous	corn, cottage cheese & edamame fritters with cucumber raita & tomato coriander salsa	spinach & ricotta ravioli with roasted pumpkin, wilted spinach, sage & toasted sunflower seeds	oven baked panko zucchini tacos with guacamole, salsa & shredded vegetables	chickpea & cauliflower coconut curry with shredded cabbage & lime sesame dressing
additional vegetables	garlic bread steamed spring vegetables	arroz y frijoles cubanos - cuban rice & beans spicy cuban potatoes	smashed baby potatoes with black pepper cauliflower cheese green beans, peas & basil	mashed potato steamed broccolini spring sweet corn cobs with cracked black pepper	steamed brown rice sesame tossed roasted carrots	potato wedges buttered sweet corn	herb roasted potatoes garden peas, snow peas & beans parmesan roasted pumpkin & baby carrots
salad	spring pea salad with basil vinaigrette & crumbled fetta	cuban slaw	roasted butternut pumpkin salad with kale, fetta, pepitas apple cider dressing	asparagus, tomato & fetta salad with raspberry dressing	spring chopped salad with red leaf lettuce & basil dressing	marouli salad with iceberg lettuce, dill & mustard seed vinaigrette	blistered tomato salad with couscous & balsamic 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						
the dessert station	spring hummingbird cake with cream cheese frosting	flan de leche - classic cuban caramel custard	watermelon & strawberry platters	double zooper doopers	blueberry cheesecake slice with shortbread base	frozen choc drizzle banana	ice cream cones with 100's & 1000's
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells spring residential weekly menu 2023

week 2 & 6	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	buttermilk hot cakes with cinnamon whipped ricotta & macerated berries	pan fried sweet corn fritters with avocado & tomato, coriander salsa	2 egg omelettes with tomato, mushroom, cheddar & spring onion	fried eggs with bacon, grilled tomatoes & mushrooms	potato hash browns with poached eggs, wilted spinach & garlic aioli		egg & bacon with tomato chutney on turkish rolls
	boiled eggs	boiled eggs					
	cinnamon porridge	cinnamon porridge	cinnamon porridge	cinnamon porridge	cinnamon porridge		
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 70%	guacamole with corn chips & celery sticks	vanilla cup cakes	focaccia pizza with tomato, salami, mozzarella cheese & basil	banana bread	margherita pull a-parts		
extra morning tea option 30%	cheese, salami, ham, brie & cracker platters						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	bacon & egg tart	cheesy tuna pasta bake with corn, peas, mushrooms & parmesan pangratatto	mexican beef strip & bean chilli con carne with avocado, corn chips & lite sour cream	lasagne bolognese with garlic bread strips	grilled honey, soy & ginger glazed chicken with noodles & spring vegetables	myo lunch - whole classic roast chicken coleslaw tomato relish damper rolls	sunday social bbq- peri peri beef & red capsicum strips, yoghurt sauce moroccan cous cous salad
vegetarian option	roasted vegetable & fetta tart	cheesy pasta bake with corn, broad beans, mushrooms & parmesan pangratatto	mexican five bean chilli con carne with avocado salsa, corn chips & lite sour cream	vegetable & ricotta lasagne with garlic bread strips	grilled honey, soy & ginger glazed mushrooms with noodles & spring vegetables		
range of breads							
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	spring fruit with passionfruit yoghurt	cornflake crackles	caramel slice	shredded beef & vietnamese noodle salad boxes	that 70's platter- cube cheese & jatz crackers		

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week 2 & 6	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	braised chicken with leeks, white wine & garlic	spirit house circles dinner – ghormeh sabzi - persian lamb shoulder & herb khoresh (braise)	tempura fish with potato, quinoa, lemon, dill & sweet chili sauce	bbq alfresco – grilled chicken thigh with bush tomato chutney	penne pasta with slow cooked lamb ragu & shaved parmesan	movie night with burgers - grilled classic hamburger, with fried eggs, burger salad, tomato relish & herb aioli	sunday roast - roasted butterflied chicken with lemon, thyme & garlic
vegetarian	spanish chickpea & spinach braise with smoked paprika, cayenne pepper & fresh parsley		zucchini, ricotta & green pea fritters with tomato kasoundi crispy persian rice	coconut curry with lentils, roasted red peppers & spinach	mexican vegetable & red bean rice	roasted vegetable, fetta & freekeh bake with basil, cannellini beans & olives	sriracha haloumi & pumpkin burgers, with fried eggs, burger salad, tomato relish & herb aioli
additional vegetables	scalloped potatoes roasted vegetable medley with goat cheese & lemon	sweet potato mash steamed broccolini roasted beetroot with thyme & olive oil	baked pumpkin wedges steamed green bean medley	potato wedges steamed pea medley	crispy roasted potatoes cauliflower cheese bake sweet corn cobs	salted fries	sweet potato wedges roasted spring vegetables
salad	tabbouleh salad with mint, bourghul, tomatoes & parsley	spring pea, quinoa & roasted carrot salad with nut free pesto	green leaf salad with haloumi, cherry tomatoes, red onions & honey balsamic vinaigrette	white bean & broccoli with mustard dressing	spring green salad with edamame beans & pickled vegetables	tomato & green leaf salad with red wine vinaigrette	red quinoa salad with avocado & lemon 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						
the dessert station	apple & oat crumble with cinnamon & whipped cream	self-saucing chocolate & raspberry pudding with pouring cream	seasonal fruit platters	raspberry icypoles	spring fruit salad with vanilla yoghurt	vanilla ice-cream cones with crushed honeycomb	layered jelly pots with berries & shortbread crumb
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells spring residential weekly menu 2023

week 3 & 7	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	poached eggs with guacamole	boiled eggs with toast soldiers	breakfast club sandwich with multi grain bread, wilted spinach, eggs, tomato & cheese	buttermilk banana pancake stack with maple syrup	scrambled eggs with zucchini fritters & grilled bacon		bacon & egg with barbecue sauce on brioche buns
	cinnamon porridge	cinnamon porridge	boiled eggs	boiled eggs			
			cinnamon porridge	cinnamon porridge	cinnamon porridge		
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 70%	short bread biscuits with lemon drizzle	tomato & basil bruschetta	rice crispy squares with dried cranberry & white chocolate	nachos with red beans, cheddar, avocado salsa & lite sour cream	blueberry muffin		
extra morning tea option 30%	cheese, salami, ham, brie & cracker platters						
lunch							
hot option	lemongrass & ginger pork strips with asian vegetables, sticky chilli sauce & sesame rice	texan style pulled beef burger with peppers, onions & cucumber tzatziki	wok tossed salt & pepper calamari with citrus aioli & oven roasted potatoes	thai lamb massaman curry with jasmine rice, roti & cucumber raita	lebanese chicken strips with tahini hommus, fattoush salad & flatbreads	myo lunch – whole roast greek style chicken greek salad tzatziki pita bread	sunday social bbq – mexican beef & bean & cheese rissoles lettuce, tomato, cucumber beetroot & coriander dressing basket of wraps
vegetarian option	lemongrass & ginger tofu with asian vegetables, sticky chilli sauce & sesame rice	texan style grilled mushroom burger with peppers, onions & cucumber tzatziki	wok tossed salt & pepper haloumi with citrus aioli & oven roasted potatoes	massaman curry with lentils, broccoli, broad beans, jasmine rice, roti & cucumber raita	cauliflower chickpea falafel cakes with tahini hommus, fattoush salad & flatbreads		
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & 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	fruit salad & yoghurt	party pies with tomato sauce	veggie sticks with cube cheese	homemade popcorn & pretzel bags with choc chip cookies	falafel cakes with hummus dipping sauce		

chartwells spring residential weekly menu 2023

week 3 & 7	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	yakitori beef kebabs with brown rice pilaf	spirit house circles dinner – southeast asian dinner honey, soy & ginger spiced chicken drumsticks	chicken schnitzel with gravy on the side	bbq alfresco – ginger marinated pork steak	mongolian beef with broccoli, ginger & garlic	pizza night - thin crust supreme pizza	sunday roast - roast beef with yorkshire puddings
	vegetarian	spicy chickpea casserole with coconut, turmeric, kale & moghrabieh (pearl couscous)	tofu, sweet corn & spinach & noodle omelette	crispy three bean enchiladas with cheddar cheese, guacamole & hot salsa	pad thai with snow peas, green beans, tofu, bamboo shoots, fried eggs, rice noodles & coriander	italian beans & pasta ragu with baby spinach, white beans, tomatoes, olives, ciabatta croutons & shaved parmesan	thin crust pizza with pineapple, capsicum & spanish onion margherita pizza- bocconcini, tomato & basil
additional vegetables	steamed green beans with garlic & lemon cumin spiced roasted sweet potato	vegetarian fried rice steamed chinese broccoli with special sauce	jacket potatoes corn cobs with chipotle aioli	layered potato bake green beans with nut free dukkha	glazed carrots with black sesame seeds sauteed green peas with butter & basil semolina roasted chat potatoes		traditional roast potatoes spiced roasted pumpkin wedges steamed broccoli & roasted red peppers
salad	red pepper tabouli with red wine vinaigrette	beans, carrots, green chilli, shredded wombok & miso dressing	young leaf salad with sugar snap pea, broad beans & crumbled feta cheese	rice salad with sweet curry dressing	caprese salad with olives, bocconcini, tomatoes, basil & spinach	green salad with cucumber, avocado, citrus dressing & toasted pepitas	barley salad with olives, cherry tomatoes, rocket, fetta & lemon basil 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						
the dessert station	lemon cheesecake mousse	warm egg tarts	upside down pear cake with custard	double zooper doopers	pineapple sticks with yoghurt	crème caramel	raspberry clafoutis with vanilla bean custard
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells spring residential weekly menu 2023

week 4 & 8	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	breakfast omelettes with sauteed mushrooms, thyme & cheddar	poached eggs, baked beans on toast	frittata with roasted pumpkin, fetta, tomato relish & nut free pesto on the side	breakfast french toast with roasted pears & maple syrup	poached eggs with oven roasted tomatoes & balsamic glaze		egg & bacon with tomato chutney, soft roll
	cinnamon porridge	cinnamon porridge	boiled eggs	boiled eggs	boiled eggs		
			cinnamon porridge	cinnamon porridge	cinnamon porridge		
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 70%	raspberry & oat slice	cinnamon scrolls with vanilla bean icing	cheese & bacon buns	roasted japanese spiced chicken drumettes	smashed jelly cups with fresh fruit		
extra morning tea option 30%	cheese, salami, ham, brie & cracker platters						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	peri peri chicken skewers with spicy rice & charred corn cobs	nasi goreng with fried egg, prawns, seared tofu, vegetables & sweet chilli sauce	lemon & garlic crumbed chicken with salad & thick cut oven baked potato wedges	mac n cheese	charred chicken, pea & spinach penne pasta with shaved parmesan	myo lunch - whole roast cajun style chicken caesar salad raita pita bread	sunday social bbq- build your own steak sandwich with fried onions, tomato beetroot, lettuce & choice of three condiments
vegetarian option	peri peri mushroom skewers with spicy rice & charred corn cobs	vegetarian nasi goreng with fried egg, seared tofu, vegetables & sweet chilli sauce	chargrilled spiced bbq vegetable & mozzarella cheese toasties with salad & thick cut oven baked potato wedges	jackfruit larb with wombok, beans, peppers, cucumber ketchup manis & steamed rice	charred broccolini, pea & spinach penne pasta with shaved parmesan		
range of breads							
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	apple & blueberry tea cake	sausage rolls with tomato sauce	carrot cake with lemon frosting	oven roasted sweet potato wedges with sweet chili sauce	cheese & dried fruit platter		

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week 4 & 8	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	pork schnitzel with gravy on the side	spirit house circles dinner – tuscan dinner – lasagne alla bolognese	beef shepherd’s pie with cheesy potato top	bbq alfresco – grilled chicken with slow cooked eggplant cherry tomatoes, italian herbs	american style beef brisket with slaw & sticky bbq sauce	tempura fish with chive aioli	sunday roast – roast chicken, sage & onion gravy
vegetarian	silverbeet, ricotta & kale pie with tomato chili jam	penne al pesto genovese – penne with nut free pesto, haloumi & parmesan cheese	vegetarian green lentil chilli with pinto beans, lentils & quinoa	grilled eggplant with slow cooked cherry tomatoes, oregano	spinach dhal with yellow split peas, garam masala, roti bread & cucumber raita	pumpkin & parmesan arancini, chive aioli	garlic roasted sweet potatoes with freekah, toasted seeds, spring herbs & yoghurt dressed salad
additional vegetables	smashed potatoes spring greens with garlic & toasted sunflower seeds wilted red cabbage stir fry with red peppers	broccolini with lemon & garlic roasted baby carrots	roasted parmesan cauliflower florets steamed green pea medley	potato gems steamed broccolini, carrot & green bean medley	oven roasted chat potatoes steamed broccoli with red capsicum strips	sweet potato wedges spring vegetables with lemon & olive oi	garlic roasted potatoes spring peas baked tomatoes with ricotta, peppers & herbs
salad	green bean salad with cherry tomatoes, fetta, parsley & honey dijon dressing	spring tomato salad with bocconcini basil & vincotto dressing	panzanella salad with cucumbers, quinoa, tomato, chickpeas, peppers & red wine vinaigrette with torn flat bread	spring broad bean salad with watercress, fetta, peas & preserved lemon dressing	zucchini, pea & pasta salad with basil, mint, & garlic lemon dressing	fennel, orange & parsley salad with italian herb dressing	ancient grain salad with peppers, pickled onions, cucumber, pomegranate & light vinaigrette
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						
the dessert station	layered seasonal berries & mascarpone with pepita praline	dolce torta – lemon & vanilla custard tart	chocolate panna cotta with smashed berry sauce	lemonade icypoles	pineapple, rockmelon & kiwi platters with jelly cubes & greek yoghurt	neapolitan ice-cream bar with wafers	apple pie with ice cream
special dietary requirements	all special dietary requirements will be met for each meal service						