

chartwells autumn residential weekly menu 2024

week 1, 5 & 9	mon	tue	wed	Thu	fri	sat	sun
Breakfast							
residential breakfast	english muffin with bacon, fried egg	corn fritters with smashed avocado & poached egg	breakfast burrito with refried beans, guacamole & tomato salsa	scarmbled eggs with sourdough toast	sweet potato frittata with bacon & tomato relish		bacon & egg with tomato sauce on bap roll
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 boiled eggs & porridge						
morning tea	orange & poppyseed muffin	cheesymite wholemeal scrolls	fruit salad & yoghurt pots with granola	pizza strips with semi dried tomatoes, basil & mozzarella	banana bread		
fruit	seasonal fresh fruit will be available throughout the day						
Lunch							
hot option	tandoori chicken with steamed basmati rice, yoghurt raita & indian chopped salad	beef pie with puff pastry top & tossed salad	oven baked panko crumbed fish fillet with baked sweet potato wedges & pineapple salsa	thai style chicken fried rice with asian vegetables, thai basil & fried shallots	beef & vegetable ragu pappardelle pasta	myo lunch - whole roast tandoori chicken	sunday social bbq - beef, chicken & plant forward sausages, grilled sweet onion rings
vegetarian	tandoori haloumi with steamed basmati rice, yoghurt raita & indian chopped salad	lentil bolognaise pot pie with puff pastry top & smashed potato	baked panko parmesan crumbed eggplant with baked sweet potato wedges & crushed green peas	thai style tofu fried rice with asian vegetables, thai basil & fried shallots	moroccan chickpea ragu with israeli pearl couscous	homestyle garden salad raita & guacamole pita pockets	potato salad
range of breads	the bread range each day may include - sliced sandwich bread, ciabatta, baguettes, toscana loaf, brioche rolls, sour dough loaves, pita pockets, flat breads, turkish bread etc						
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	Sausage rolls	Chocolate chip cookies	Pikelets with raspberry jam	Honey joy bars	dumplings		

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week 1, 5 & 9	mon	tue	Wed	Thu	fri	sat	sun
Dinner							
main course	lamb & rosemary sausages with gravy tomato relish on the side, haloumi kebab with mushroom, peppers, onions & nut free pesto	spirit house circles dinner Battered pork Sweet and sour ,black sesame	chargrilled steak with sauteed mushrooms & gravy on the side	crumbed fish tacos, slaw, corn salsa avocado & chipotle aioli	vietnamese spiced chicken with vietnamese green rice, crumbled feta & coriander	pasta night – spaghetti bolognese & garlic bread	sunday roast – garlic, rosemary & lemon rubbed roast lamb leg with pan gravy
vegetarian	israeli baked cauliflower with quinoa, parsley & spiced yoghurt	salt and pepper tofu with fried shallots	yellow coconut curry with lentils, autumn vegetables, basmati rice & pappadums	mexican baked potatoes with kidney beans, charred corn, tomato, guacamole & jalapeno salsa	vietnamese braised tofu with Bok choy, oyster sauce & steamed jasmine rice		farfalle with green peas, asparagus, crème fraiche & tarragon
vegetables	potato mash steamed broccolini roasted pumpkin with sage	Steamed Asian greens ginger , hoisin sauce House veg spring rolls Aromatic jasmine rice	potato gratin steamed autumn vegetables braised cabbage with apples, cider & onion	chargrilled corn cob, butter & chilli salt baked crumbed zucchini baked lemon potato wedges	steamed jasmine rice parmesan beans chargrilled vegetable medley	garlic & herb ciabatta roasted carrot & zucchini	steamed chat potato with rosemary & sea salt butternut squash hash with kale & sourdough crumb
salads	tabouleh salad with couscous parsley, mint, tomato, cucumber, feta & lemon vinaigrette	smashed cucumber ginger soy, salad	niçoise salad with green beans, tomatoes, potato, crumbled feta & lemon vinaigrette	Mexican 4 bean salad With chopped tomatoes and onions	roasted cauliflower salad with farro, spanish onion & red wine vinaigrette	caesar salad with poached eggs, baby cos lettuce, shaved parmesan & caesar dressing	garden salad with mixed leaves, shaved fennel, avocado, cucumber, beans, citrus & french vinaigrette
other	the following may 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, oven baked wedges						
dessert	autumn fruit salad with greek yoghurt	Deep fried icecream Chocolate,caramel strawberry sauce	neapolitan ice cream sandwich	pavlova roll with whipped greek yoghurt, cream & berries	watermelon with ginger & mint drizzle	mini frozen yoghurt tubs	apple pie with icecream
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential weekly menu 2024

week 2, 6 & 10	mon	tue	wed	thu	Fri	sat	sun
Breakfast							
residential breakfast	cinnamon French toast bites, fruit salsa & mascarpone	fried egg with grilled tomato & sautéed mushrooms	poached eggs with bacon, avocado & toasted sourdough	green goddess toastie - fried egg, smashed avocado, spinach, nut-free pesto multi grain	scrambled eggs with spinach & grain toast		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, nutria grain, 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 boiled eggs, porridge						
morning tea	Choc chip cookies	zucchini & egg slice	apple & per tea cake with cinnamon sugar	sweet chilli roasted chicken drumettes	hot chocolate walgett weetbix slice		
fruit	seasonal fresh fruit will be available throughout the day						
Lunch							
hot option	pulled pork slider with asian slaw & apple chutney	baked penne bolognaise with herb & garlic bread	beef pie	singapore noodles with tofu, wombok, peppers, onions, asian vegetables, curry spices & sticky soy	chicken, pesto & pea penne pasta	myo lunch – whole roast chicken	sunday social bbq – beef, chicken & plant forward sausages & grilled sweet onion rings
vegetarian	pulled jackfruit sliders with asian slaw & apple chutney	pasta primavera with garden peas, zucchini & crumbled feta	autumn vegetable, lentil & seeded mustard pies with wholemeal pastry tops	singapore noodles with tofu, wombok, peppers, onions, asian vegetables, curry spices & sticky soy	vegetarian risotto with green beans, sweet potato, broad beans & lemon cheeks	homestyle garden salad raita & guacamole pita pockets	potato salad
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	Greek filo triangles	raspberry jam drop cookie	fruit platter	melting moments	party pies		
fruit	seasonal fresh fruit will be available throughout the day						

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week 2, 6 & 10	mon	tue	wed	thu	Fri	sat	sun
Dinner							
main course	beef bourguignon with pappardelle pasta & shaved parmesan	spirit house circles dinner mexican night – Chicken fajitas	Pork schnitzels with pan gravy on the side	thai green chicken curry with green beans, snow peas, silver beet, wombok & coconut	oven baked parmesan & herb crusted fish	mexican fiesta – loaded beef nachos, sauteed black beans, cheese, guacamole, sour crem & salsa	sunday roast- pork roast with fennel, thyme & pan juices
vegetarian	spiced persian red lentils with roasted cauliflower steaks & cumin yoghurt	vegetarian fajitas	vietnamese braised tofu with Bok choy, oyster sauce & steamed jasmine rice	Tofu laksa with hokkien noodles, green beans, Chinese broccoli, edamame & Vietnamese mint	parmesan, quinoa & herb crumbed cauliflower schnitzels with tomato sugo	jalapeno 3 bean and corn salsa with mixed tomatoes & avocado chipotle aioli soft tortillas	Lebanese rice with fried cauliflower, broken egg, sumac & coriander
vegetables	mashed potato oven roasted carrot medley with poppy seeds steamed green beans	charred mexican street corn with seasoning quacamole	steamed new potatoes green beans with nut free dukkah sweet corn cobs	coconut rice wok tossed vegetables with ginger roasted sweet potato wedges	roasted potato chips with herbs ginger & sesame steamed vegetables steamed brown rice	mexican spiced rice pilaf mexican street corn cobs	traditional roast potatoes steamed autumn vegetables
salads	roasted autumn vegetable salad with fennel, red onions, butternut pumpkin & smoked paprika vinaigrette	3 bean salad Charred corn with seasoning Salad greens	roasted broccoli salad with sesame, snow peas, edamame, avocado & ginger vinaigrette	autumn salad with roasted parsnip, sweet potato, beetroot, carrot & garlic dressing	cauliflower & garbanzo bean salad with shredded kale, spring onion & tahini dressing	mexican layered street salad with chipotle yoghurt dressing	chopped salad with parmesan cheese & lime vinaigrette
other	the following may 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, oven baked wedges						
dessert	upside down pear cake with custard	churros with chocolate dipping sauce and ice cream	autumn fruit cup with greek yoghurt	vanilla bean panna cotta with chocolate sauce & caramel sauce	seasonal fresh fruit salad with lemon sorbet	caramelised pineapple wedges with chilli salt & greek yoghurt	pear & raspberry crumble
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential weekly menu 2024

week 3 & 7	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	over easy eggs with grilled tomatoes & toasted english muffin	poached eggs with oven roasted tomatoes & onions with sourdough toast	zucchini fritters with sautéed mushrooms & cumin spiced yoghurt	spanish frittata with chorizo, potato, peppers, cheddar & basil	baked eggs with tomato, red beans, kale & parsley		bacon & egg with barbecue sauce on brioche buns
	boiled eggs	boiled eggs	boiled eggs	boiled eggs	boiled eggs		
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, nutria grain, 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 boiled eggs & porridge						
morning tea	raspberry & white chocolate wholemeal muffins	Sushi rolls	chicken and corn soup	hot chocolate and mini doughnuts	salted caramel popcorn with gingerbread cookies		
fruit	seasonal fresh fruit will be available throughout the day						
Lunch							
hot option	Veal ravioli with tomato & basil passata, parmesan & cheesy garlic ciabatta	seared beef fajitas with peppers, onions, avocado, spicy salsa & flour tortillas	popcorn chicken with egg fried rice	pulled pork with salsa, guacamole, shredded salad, lite sour cream & soft-shell tacos on the side	ploughman's lunch with shaved honey mustard beef, pickled vegetables, cornichons, cheddar & baguette	myo lunch whole roast greek style chicken greek salad tzatziki pita bread	sunday social bbq – beef rissoles veg? lettuce, tomato, cucumber beetroot & coriander dressing basket of wraps
vegetarian	spinach & ricotta ravioli with tomato & basil passata, parmesan & cheesy garlic ciabatta	seared haloumi fajitas with peppers, onions, avocado, spicy salsa & flour tortillas on the side	onion & chickpea fritters with yoghurt dip & tossed caesar salad	soft shell tacos with black beans, salsa, guacamole, shredded salad & lite sour cream & onion relish	beetroot chickpea burgers with pickled vegetables, salad leaves		
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, Mexican wraps, Padina & 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	mini quiche	mars bar slice	rice paper rolls with sweet chilli sauce	red velvet cup cakes	steamed dumplings with sriracha & soy		
fruit	seasonal fresh fruit will be available throughout the day						

chartwells autumn residential weekly menu 2024

week 3 & 7	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	chinese beef & broccoli stir fry	Spirit house circles dinner – Indian theme night – Butter chicken and papadums	chargrilled steak with homemade a1 steak sauce	spaghetti bolognese	oven baked panko, parmesan & sage crumbed veal schnitzel with charred corn salsa	pan-asian - thai massaman beef curry with cumin, coriander & cinnamon	sunday roast – lemon garlic chicken with sourdough pangrattato
vegetarian	soba noodles with tofu, shredded vegetables & ginger shallot sauce	vegetable and tofu korma	whole baked sweet potato with black beans, charred corn, lite sour cream & salsa	zucchini, spring onion & feta fritters with raita & coriander chutney	gnocchi with pumpkin sauce & garlic pangrattato		okonomiyaki pancakes with edamame beans, wombok & kewpie mayo
vegetables	steamed rice	Steamed coconut rice Roast sweet potato wedges steamed broccolini	mashed potato	garlic bread	roasted baby beets	steamed jasmine rice	roasted smashed potatoes
	crispy parmesan potatoes		pea medley with garden peas, snow peas & sugar snaps	zucchini, squash & green beans with lemon thyme	bok choy with garlic, honey & soy	grilled roti bread	brown butter honey roasted carrots
	autumn steamed green vegetables with garlic butter		bbq corn with parmesan cheese	sauteed onions & mushrooms	maple roasted carrots	wok tossed asian vegetables	grilled zucchini with olive oil & sage
salads	asian slaw salad with sliced wombok black sesame seeds & sesame lime vinaigrette	Spinach and pea salad	caprese salad	tofu salad with brown rice, cucumber, radish, red cabbage, coriander, avocado & soy vinaigrette	garden salad with honey, dijon balsamic dressing	bok choy salad with shaved wombok, spring onions, crisp noodles & chilli, soy, lime dressing	risoni salad with asparagus, lemon, peas, basil, mint & ricotta dressing
other	the following may 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, oven baked wedges						
dessert	fresh sliced fruit	chai panacotta with rosewater syrup	chocolate brownies with ice cream & autumn berries	brown sugar & oat cake with apple compote & custard	ice cream sundaes	chocolate coated stick icecreams	baked ricotta cheesecake with vanilla roasted pear
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential weekly menu 2024

week 4 & 8	mon	tue	Wed	thu	fri	sat	sun
Breakfast							
residential breakfast	Waffles with mixed berry compote	poached eggs with wilted spinach, avocado & thick cut grain toast	wholemeal pancakes with blueberries & maple syrup	fried eggs with grain toast & oven baked tomato	Scrambled eggs with oven baked parmesan crumbed zucchini strips		Egg & Bacon 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 boiled eggs & porridge						
morning tea	Blondies (white choc brownies)	guacamole pot with corn chips & vegetable sticks	orange, cranberry wholemeal muffin	ham cheese tomato scroll	toastie with cheddar, sliced ham & tomato with hot chocolate		
fruit	seasonal fresh fruit will be available throughout the day						
Lunch							
hot option	beef & vegetable sausage roll with tomato jam	bah mi rolls	chicken korma with basmati rice & papadums	chicken surprise (tuna pasta bake)	beef minute steak sandwiches with sliced tomato and lettuce	myo lunch – whole roast cajun style chicken caesar salad raita pita bread	sunday social bbq build your own steak sandwich with fried onion, tomato beetroot, lettuce & choice of three condiments veg?
vegetarian	sweet potato & feta sausage rolls with tomato jam	brown rice balls with tahini dressing, shredded salad, coriander & flat bread	pinto bean indian curry with indian spiced barley	stir fried honey glazed tofu with asian greens & rice noodles	cauliflower steak wraps with burghul tabbouleh & hummus		
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	special fried rice noodle box with prawn crackers	spiced apple & pear tea cakecoconut spiced pumpkin soup	caramel slice	cheese platter		
fruit	seasonal fresh fruit will be available throughout the day						

chartwells autumn residential weekly menu 2024

week 4 & 8	mon	tue	Wed	thu	fri	sat	sun
Dinner							
main course	Boarders Choice	spirit house circles dinner – italian theme night - Veal parmi Cavalo nero	sticky soy lamb stir fry with asian vegetables & egg noodles	Greek lamb on flat bread	chinese five spiced pork with bok choy, wombok & rice noodle	american diner – southern style grilled buttermilk chicken	sunday roast – apricot glazed slow roasted beef with pan gravy
vegetarian	eggplant parmi cavolo nero	leafy green vegetable stir-fry with brown rice, soy marinated tofu & fresh ginger	spinach & ricotta filo parcels with tzatziki	Wok tossed Asian greens Tempura tofu sesame seeds		cauliflower steaks with ranch or honey mustard dipping sauce
vegetables	pomme puree Steamed green beans Peas pancetta and pangritato	steamed basmati rice roasted eggplant & zucchini with basil sauteed green peas with garlic	sauteed green beans with mushroom roast sweet potato wedges	sauteed broccolini, broccoli, beans & peas mashed sweet potato with honey mustard	french fries maple roasted butternut pumpkin buttered green beans	Yorkshire pudding potato galette wilted spinach, kale & cabbage
salads	tomato, basil and bocconcini insalata	raw vegetable salad with sunflower seeds, pepitas, sesame seeds & honey & sherry dressing	blood orange & shaved fennel salad with currants, red wine & balsamic vinaigrette	roasted vegetable salad with honey dijon dressing	cobb salad: iceberg lettuce, tomatoes, avocado, chopped egg with red wine vinegar & mustard dressing	super green salad with edamame, cucumber, peas, coriander & sesame & lime dressing
other	the following may 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, oven baked wedges						
dessert	carrot cake with cream cheese frosting	tiramasu	frozen yoghurt pot	cinnamon poached pears with honey & whipped ricotta	fresh fruit salad with passionfruit greek yoghurt	ice-cream with crushed oreo cookies	Chocolate mousse with berries
special dietary requirements	all special dietary requirements will be met for each meal service						