

Spring Residential Weekly Menu 2024

week 1/5/9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast							
residential breakfast	scrambled eggs with bacon, spring onion, spinach, cheddar cheese & multigrain toast	English muffin with bacon, egg tomato, parmesan cheese & basil & hash browns	toasted crumpets with smashed blueberries & maple syrup OTS	breakfast burrito with eggs, bacon, black beans, light cheddar cheese & salsa	baked eggs with tomato, red beans, kale & parsley		brunch – bacon & egg with brioche bun
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 etc 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 & soy						
residential morning tea	wholemeal pizza twist with spinach, tomato & mozzarella	chocolate muffin	Sausage roll	loaded fried rice (vegetarian)	quesadilla with chargrilled vegetables, chicken & cheddar		
fruit	seasonal fresh fruit will be available throughout the day						

week 1/5/9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
lunch							
hot option	beef pie with tomato chili jam & market salad	Thai green chicken curry with green beans, cherry tomato & sesame jasmine rice	build your own Caesar salad with grilled chicken, poached egg, crisp bacon, cos lettuce, Caesar dressing & garlic bread	Mongolian beef stir fry with wombok, greens, chili, ginger, soy & rice noodles	lamb souvlaki plate: shredded lamb, tomato, onions, lettuce, grilled pita bread & cumin spiced yoghurt	whole roast tandoori chicken homestyle garden salad raita & guacamole	Sunday social BBQ - beef, chicken & plant forward sausages, grilled sweet onion rings potato salad bread roll/slice
vegetarian option	mushroom, sweet potato, black bean & spinach pot pie with tomato chili jam	Thai green lentil curry with green beans, cherry tomato & sesame jasmine rice	build your own Caesar salad with roasted spiced chickpeas, poached egg, cos lettuce, Caesar dressing & garlic bread	Mongolian tofu stir fry with wombok, greens, chili, ginger, soy & rice noodles	seared haloumi souvlaki plate: shredded haloumi, tomato, onions, lettuce, grilled pita bread & cumin spiced yoghurt	naan	
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	French pound cake with pink grapefruit icing	Summer fruit salad Cup	Anzac cookie	scones with raspberry jam & whipped cream	apple cinnamon scroll		
fruit	seasonal fresh fruit will be available throughout the day						

Spring Residential Weekly Menu 2024

week 1/5/9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dinner							
main course	beef stroganoff with mushrooms, onions & spinach	dinner in Havana ropa vieja shredded beef in tomato sauce with peppers & onion	brasato al Barolo: red wine braised pork with vegetables & herbs	BBQ chargrilled beef steak with caramelised onions burgers	crumbed fried fish with tartare sauce	confit chicken cutlets with garlic, lemon & thyme	slow cooked lamb shoulder with mediterranean pearl couscous
vegetarian	orecchiette pasta with lentil bolognese & shaved parmesan	sopa de frijoles negros black bean soup with cilantro-lime cream tofu asado grilled marinated tofu with mojo sauce, grilled vegetables, & cuban black beans	corn, cottage cheese & edamame fritters with cucumber raita & tomato coriander salsa	spinach & ricotta ravioli with roasted pumpkin, wilted spinach, nutty butter, sage & toasted sunflower seeds	three bean & lentil <i>burgers</i> with cauliflower, apricots, sumac yogurt & spiced couscous	mediterranean quinoa burger with dried tomatoes, olives, spinach, swiss cheese & roasted red pepper mayonnaise Cuban rice & beans	
salad	spring pea salad with snow pea tendrils, crumbled feta & basil vinaigrette	Cuban slaw	roasted butternut pumpkin salad with kale, feta, pepitas apple cider dressing	spring greens, tomato & feta salad with raspberry dressing	chopped salad with red leaf lettuce & basil dressing	marouli salad with iceberg lettuce, dill & mustard seed vinaigrette	blistered tomato salad with couscous & balsamic dressing
additional vegetables	steamed new potatoes orecchiette sweet corn cobs with cracked black pepper	spicy Cuban potato salad	smashed baby potatoes with black pepper	Mexican rice	crispy roasted potato wedges	crushed baby potatoes with butter & parsley	herb roasted potatoes
	steamed spring vegetables		beans, peas, zucchini & basil	honey glazed carrots	charred vegetable medley	roasted mediterranean vegetables	garden peas & beans with olive oil
				broccolini with garlic & toasted sesame seeds	buttered green peas with basil	sauteed peas with basil	parmesan roasted pumpkin
	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	poached pear with vanilla bean custard	flan de leche classic Cuban caramel custard	blueberry cheesecake with shortbread base	raspberry jelly cups with spring strawberries & vanilla yogurt	fruit salad with vanilla ice-cream	hummingbird cake with cream cheese frosting	brownie with ice cream
special dietary requirements	all special dietary requirements will be met for each meal service						

Spring Residential Weekly Menu 2024

week 2/6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast							
residential breakfast	buttermilk hot cakes with cinnamon whipped ricotta & macerated berries	2 egg omelette with tomato, sauteed onions & cheddar	pan fried sweet corn fritters with avocado & coriander salsa	fried eggs with bacon & sauteed mushrooms	cheesy toasted sub with tomato & basil		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 etc 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	lemon, poppyseed muffin with raw sugar crust	spinach & feta scroll	toasted banana bread with maple syrup	focaccia pizza with tomato, mozzarella & basil	pikelets with raspberry jam		
fruit	seasonal fresh fruit will be available throughout the day						
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week 2/6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
lunch							
hot option	Mexican beef & bean chilli con carne with avocado salsa, corn chips & lite sour cream	char sui pork with stir fry with Asian greens, toasted sesame seeds & coconut rice	tuna pasta bake with corn, green peas, cheese sauce & pangrattato & chicken pasta bake	Chicken pesto risotto with mushrooms, peas, basil, parmesan & garlic focaccia	grilled minute steak with crispy onions, garden salad & fries	myo lunch – ploughman’s lunch selection of cold meats and condiments	Sunday social bbq – beef, chicken & plant forward kebabs & grilled sweet onion rings pita bread potato salad
vegetarian option	Mexican five bean chilli con carne with avocado salsa, corn chips & lite sour cream	char sui tofu with stir fry with Asian greens, toasted sesame seeds & coconut rice	mushroom pasta bake with corn, green pea, cheese sauce & pangrattato	risotto with mushrooms, peas, basil, parmesan & garlic focaccia	seared haloumi with chili sauce, crispy onions, garden salad & warm 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 and shredded beetroot etc condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
afternoon tea	Dips, carrots and corn chips	Finger buns	stir fried Vietnamese noodle box	salted caramel slice	Party pies		
fruit	seasonal fresh fruit will be available throughout the day						

Spring Residential Weekly Menu 2024

week 2/6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dinner							
main course	braised chicken with garlic leek & white wine	Persian night lamb & apricot herb khoresh (casserole)	beef onion & capsicum fajita with pico de gallo & guacamole	bbq <i>Chicken squires</i>	penne pasta with slow cooked beef & tomato ragu & parmesan cheese	movie night bring on the burgers grilled minute streak burger or grilled chicken tenderloins or spiced chickpea, lentil burger	bbq butterflied chicken with lemon, thyme & garlic
	Spanish chickpea, spinach & red onion braise with smoked paprika & parsley	Cumin spiced zucchini, ricotta & green pea fritters with tomato kasoundi	Mexican fried rice with kidney beans, peppers, corn & fried egg	Duka Spiced Spring veg squires	roasted vegetable & quinoa bake with cannellini beans, basil, olives & feta	with burger salad, tomato relish & herb aioli	linguine primavera with asparagus, peas, broad beans, ricotta & parmesan cheese
salad	spring pea, quinoa & roasted carrot salad with nut free pesto	tabbouleh salad with mint, tomatoes, parsley & lemon vinaigrette	white bean, tomato & broccolini salad with honey mustard dressing	spring green salad with edamame, beans & pickled vegetables	cherry tomatoes salad with roasted red onions, avocado & honey balsamic dressing	on the side bbq sauce	quinoa salad with cranberry, pickled red onion, celery, parsley & orange vinaigrette
	steamed spring potatoes with butter & parsley	vegetable rice pilaf	roasted sweet potato wedges	oven baked parmesan potatoes	loaded couscous	ancient grain salad with cumin spiced yoghurt dressing	potato & sage galette
additional vegetables	roasted vegetable medley with goat cheese & lemon	cauliflower cheese bake	spring snow peas with lemon & chilli oil	cumin spiced pumpkin wedges	steamed broccoli	salted fries	chargrilled spring vegetables
	wilted greens with garlic	roasted beetroot with orange & thyme	maple glazed carrots	steamed green bean medley	sweet corn cobs with chipotle	grilled vegetables with nut free pesto	roasted carrots with honey & poppy seeds
	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	chocolate & raspberry self-saucing pudding with chocolate crumble and ice cream	rice pudding with cinnamon sugar	spring fruit salad with vanilla yoghurt & crispy brown sugar oats	icy poles	apple & dried apricot crumble with sweet cinnamon yoghurt	vanilla ice-cream cones with honeycomb	Butterscotch pudding with ice cream
special dietary requirements	all special dietary requirements will be met for each meal service						

Spring Residential Weekly Menu 2024

week 3/7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast							
residential breakfast	huevos rancheros: fried egg, salsa, refried beans & corn tortilla	Poached eggs and Avo with grain toast	breakfast club sandwich: multi grain bread, tomato, fried egg & cheese	shakshuka eggs with tomato, kale & white beans	Croissants Ham cheese		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 etc 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	wholemeal short bread cookie with lemon drizzle	tomato & basil bruschetta	rice crispy mars bar slice white chocolate	homemade popcorn & pretzel bag	apple cinnamon muffin with oats & brown sugar		
fruit	seasonal fresh fruit will be available throughout the day						
week 3/7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
lunch							
hot option	mac & cheese	Texan style pulled beef pizza with, tomato, peppers, crispy onions & bbq sauce plus ham and pineapple	pick your pasta: penne, farfalle, rigatoni pick your sauce: beef bolognaise creamy chicken & mushroom spring vegetable primavera with tomato sugo pick your topping: grated parmesan cheese feta lemon pangrattato	lamb massaman curry with potato, tomato, sesame rice & coleslaw	fish & chips with tartar sauce & tossed garden salad with seeded mustard dressing crispy panko crumbed haloumi with chips, tartar sauce & tossed garden salad with seeded mustard dressing	myo lunch whole roast Greek style chicken Greek salad tzatziki pita bread	Sunday social BBQ – beef rissoles veg option lettuce, tomato, cucumber beetroot & coriander dressing basket of wraps
vegetarian option	mac & cheese	three cheese pizza with bocconcini, tomato sugo, roasted red peppers, mushrooms & basil		Crispy tofu massaman curry with potato, tomato & sesame rice & coleslaw on the side			
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	savoury muffin with zucchini, dried tomato & cheese	oatmeal superfood bar	vegemite & cheese scroll	Giant salty pretzel	nachos with red beans, cheddar, avocado salsa & lite sour cream		
fruit	seasonal fresh fruit will be available throughout the day						

Spring Residential Weekly Menu 2024

week 3/7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dinner							
main course	tradional beel lasagne	Middle eastern middle eastern slow roasted lamb shoulder	pork loin with maple syrup glaze	Bbq chargrilled chicken breast with green olives, lemon & sage	Chinese five spiced beef with bok choy, wombok & peppers	Beef ravioli Garlic bread	Sunday roast slow roasted mustard crusted beef striploin
vegetarian	Veg lasagne	tofu bowl with sushi rice, steamed baby bok choy, edamame & miso dressing	grilled polenta with Italian bean ragu, spinach, tomatoes, olives & shaved parmesan	spicy chickpea burgers with coconut, turmeric, kale & moghrabieh	crispy three bean enchilada with cheddar cheese, guacamole & hot salsa	spinach & ricotta ravioli with tomato sugo, wilted spinach, parmesan cheese & garlic bread	Cauliflower steak with snow peas, green beans
salad	caprese salad with olives, bocconcini, tomatoes, basil & spinach	Cous cous salad zucchini slaw with green beans, carrots, green chilli, & dressing	young leaf salad snow pea tendrils, spinach, rocket, radicchio & honey mustard dressing	green salad with cucumber, avocado, spiced pepitas & citrus dressing	bok choy salad with avocado, crispy noodles & sesame soy dressing	Garden salad	market salad with baby cucumber, shaved fennel, pickled mustard seeds & basil vinaigrette
additional vegetables	mashed potato	steamed potato with Dijon mustard & parsley	jacket potato with sour cream & chives	baked potato wedges with herbs & sea salt	steamed coconut rice		roasted potato, pumpkin & sweet potato with onions, garlic & herbs
	steamed green beans with garlic & lemon	carrots honey glaze	wilted silver beet with preserved lemon	honey glazed carrots with black sesame seeds	wok tossed wombok with choy sum, garlic, ginger & sesame	roasted cauliflower with parmesan & breadcrumbs	
	roasted cauliflower with sage	green beans with cabbage & nut free pesto	corn cobs with chipotle aioli	steamed broccoli	sabizi (indian mixed vegetables)	sauteed green peas with butter & basil	steamed broccoli with brie & olive oil
the dessert station	lemon cheesecake mousse pots	apple blueberry crisp with Greek yoghurt	spring fruit salad with fruit sorbet	red fruit salad with ice cream	caramelised pineapple sticks with yoghurt	crème caramel	passionfruit coconut semifreddo
special dietary requirements	all special dietary requirements will be met for each meal service						

Spring Residential Weekly Menu 2024

week 4/8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast							
residential breakfast	breakfast omelette with sauteed mushroom, thyme & cheddar cheese	Cinnamon scrolls	frittata with asparagus, fetta, roast pumpkin, tomato relish & nut free pesto	toasted waffle with roasted pear & honey	poached eggs with oven roasted tomatoes & balsamic glaze		Egg & Bacon rolls
special	Chartwells smoothie	Chartwells smoothie	Chartwells smoothie	Chartwells smoothie	Chartwells smoothie		
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 etc 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	Cup cakes	dumplings	honey soy chicken wings	scones with butter & jam	oven roasted sweet potato wedges with sweet chili sauce		
fruit	seasonal fresh fruit will be available throughout the day						
week 4/8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lunch							
hot option	Poke bowl	special fried rice with prawns, egg, tofu, peas, vegetables, ginger, garlic & prawn crackers	Italian chicken meatballs with tomato sugo, penne & shaved parmesan penne	minute steak panini with tomato, onion jam, mayonnaise & lettuce	Build your own chicken Caesar salad	myo lunch – ploughman’s cold meat and condiments	Sunday social BBQ build your own steak sandwich with fried onion, tomato beetroot, lettuce & choice of three condiments. With vegetarian option
vegetarian option	charred tofu skewers with teriyaki, sauteed Asian greens & steamed jasmine rice	special fried rice with egg, tofu, peas, vegetables, ginger, garlic & prawn crackers	Italian chickpea meatballs with tomato sugo,penne & shaved parmesan	seared haloumi panini with tomato, onion jam, mayonnaise & lettuce			
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	sushi	carrot cake with lemon frosting	apple scroll with vanilla frosting	coconut raspberry slice	apple yoghurt tea cake		
fruit	seasonal fresh fruit will be available throughout the day						

Spring Residential Weekly Menu 2024

week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
dinner								
main course	Spag bowl	House choice	Butter chicken	bbq lamb cutlets/chops with spicy tomato jam, Asian vegetables, Vietnamese mint & spring onions	chicken parma with shaved ham, tomato sugo & mozzarella cheese	Italian dinner tomato, basil bruschetta	spicy honey & garlic roasted ham with freekeh, white bean, toasted seeds & spring herbs	
vegetarian	green lentil, sweet potato & kale pot pie with tomato chili jam		farfalle tossed with green peas, kale, ricotta, basil, olive oil & parmesan cheese	Tofu squares , spring onions, mushrooms & peppers with sliced tomato, cucumber, fried egg & sticky soy	spinach dhal with yellow split peas, chickpeas, turmeric, roti bread & cucumber raita	fully loaded vegetable pizza with three cheese, peppers & basil supreme/ham & cheese pan fried ricotta gnocchi with nutty butter, spinach, toasted sunflower seeds & parmesan cheese	spicy honey & garlic roasted sweet potato with freekeh, toasted seeds & spring herbs	
salad	green bean salad with cherry tomatoes, fetta, parsley & honey Dijon dressing		Steam rice	spring broad bean salad with watercress, fetta, peas & preserved lemon dressing	zucchini, pea & pasta salad with basil, mint, & garlic lemon dressing	insalata di finocchio e arance spinach, fennel, orange & parsley salad with italian herb dressing	ancient grain salad with peppers, pickled onions, cucumber, pomegranate & vinaigrette	
additional vegetables	smashed potatoes		roasted potato wedges with herbs	loaded fried brown rice with peas & carrots	oven roasted chat potatoes	grilled parmesan polenta	sesame jasmine rice	
	spring greens with garlic & toasted sunflower seeds			sauteed green beans	sauteed zucchini with garlic	steamed spring green pea medley	spring vegetables tossed with lemon & olive oi	steamed spring vegetables with thyme & olive oil
	wilted cabbage stir fry with red peppers			sweet corn cobs	wok tossed broccoli	tomato Provençale with zucchini & mushroom	chargrilled eggplant with zucchini & tomato	baked tomatoes with ricotta, peppers & herbs
	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	Baked ricotta cheese cake with berry compote		chocolate panna cotta with smashed berry sauce	watermelon & mint with vanilla yoghurt	pineapple, rockmelon platter with jelly	Ice cream /cones	sticky date pudding with butterscotch sauce	
special dietary requirements	all special dietary requirements will be met for each meal service							