

Chartwells Autumn Residential Menu Term 2 2025

Week 1/5/9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast							
residential breakfast	bacon, egg & cheese toasted muffins	sourdough with smashed avocado & poached egg	breakfast burrito with refried beans on the side	soft boiled egg with toast	sweet potato & bacon frittata	breakfast in house	bacon and egg rolls on the BBQ!
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 - high fibre white bread, grain & seed, low gluten. selection of spreads - vegemite, honey & jams hot beverages - tea & coffee, 100% orange juice, water variety of milks - full cream, lite & calcium fortified soy						
morning tea	orange and poppy seed muffin	cheesymite scrolls (Anzac biscuits week 1)	roasted tomato soup with pita crisps	pizza focaccia strips	honey and soy drumettes		
fruit	seasonal fresh fruit will be available throughout the day						

Week 1/5/9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
lunch							
hot option (option 1)	butter chicken with yoghurt, salad & steamed rice	pork and fennel sausage rolls, rainbow slaw, bush tomato relish	penne beef bolognese with garlic breadcrumbs, tomato sugo	beef & vegetable ragu with mashed potatoes	build your own poke bowls salmon, teriyaki chicken and tofu options	NY style bagels with cream cheese, smoked salmon, and traditional condiments	BBQ Lunch – grilled steak sandwiches with caramelized onion
vegetarian	tandoori haloumi with yoghurt, salad & steamed rice	Vegetarian sausage rolls, rainbow slaw, bush tomato relish	Penne lentil bolognaise with garlic breadcrumbs, tomato sugo	chickpea ragu with mashed potatoes	build your own poke bowls tofu options	NY style bagels with cream traditional condiments	grilled marinated halloumi sandwiches
range of breads	sliced breads including high fibre white bread, grain & seed, low gluten, ciabatta, baguette, rolls, pita pocket, wraps, 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	vegetarian spring rolls with sweet chilli sauce	jumbo cornflake cookies	fresh autumn fruit salad	lemon & coconut biscuits	banana bread		
fruit	seasonal fresh fruit will be available throughout the day						

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Week 1/5/9	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dinner							
main course (option 1)	garlic, rosemary & lemon <i>slow roasted</i> lamb shoulder with <i>nut free pesto</i>	chicken enchilada stuffed baked with guacamole	chargrilled steak with sauteed mushrooms	Tempura battered fish tacos	Sweet and sour pork with charred pineapple and bamboo shoots	pasta night -	<i>Whole</i> roasted lemongrass chicken
						rigatoni carbonara	
vegetarian	israeli baked cauliflower with quinoa	vegetable enchiladas with feta, olives, lite sour cream & spinach	tempura eggplant and zucchini slices with sautéed mushrooms	Tempura battered tofu taco	sweet and sour <i>vegetables</i> with charred pineapple and bamboo shoots		
vegetables	baked potato wedges	Black bean salsa with avocado dressing	potato gratin	chargrilled corn cob, butter & chilli salt	steamed jasmine rice		steamed chat potato with rosemary & sea salt
	steamed broccolini	Mexican rice steamed greens.	steamed autumn vegetables	baked crumbed zucchini	Sauteed green vegetables with oyster sauce	garlic & herb ciabatta	butternut squash hash with kale & sourdough crumb
	roasted pumpkin with sage		braised cabbage with apples, cider & onion	baked potato wedges		roasted carrot & asparagus	
salads	tabouleh salad with lemon vinaigrette	Moroccan chickpea salad with seeded mustard vinaigrette	green bean salad with lemon vinaigrette	Italian chopped salad with & balsamic vinaigrette	Asian soba noodles salad	Caesar salad with Caesar dressing	garden salad with French vinaigrette.
salad	salad ingredients (if applicable) - 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						
dessert	autumn fruit salad with Greek yoghurt	salted caramel banana fritters and ice cream	Neapolitan ice cream sandwich	pavlova with whipped Greek yoghurt, cream & berries	watermelon platters	mini frozen yoghurt tubs	baked custard, with autumn berries
special dietary requirements	all special dietary requirements will be met for each meal service						

Chartwells Autumn Residential Menu Term 2 2025

Week 2/6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast							
residential breakfast (option 1)	Belgian waffles with berry compote & maple syrup	fried eggs with tomatoes & mushrooms	poached eggs with bacon & toasted sourdough	green goddess toastie with fried egg, avocado & spinach	scrambled eggs with spinach & grain toast	Breakfast in house	BBQ style bacon and egg 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, Nutri grain, special k Gary porridge whole fresh fruit, stewed & poached fruits. breads for toasting - high fibre white bread, grain & seed, low gluten. selection of spreads - vegemite, honey & jams hot beverages - tea & coffee, 100% orange juice, water variety of milks - full cream, lite & calcium fortified soy						
morning tea	ANZAC biscuits with cranberries	mini beef pies with tomato relish	apple & pear tea cake	sweet chilli roasted chicken drumettes with ranch sauce	apple & cinnamon scrolls		
fruit	seasonal fresh fruit will be available throughout the day						
Week 2/6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
lunch							
hot option	chicken schnitzel burger apple slaw	Singapore pork noodles with Asian vegetables & sticky soy	penne pasta and chicken meatballs with tomato sugo, garlic breadcrumbs	chargrilled beef burrito with avocado, jalapeno, shaved cabbage, tomato salsa & lime	build your own poke bowls salmon, teriyaki chicken and tofu options	MYO lunch – whole roasted tandoori chicken Indian chopped salad with tomato & mint dressing our own cucumber raita guacamole pita pockets	BBQ lunch - beef teriyaki skewers, lamb and garlic and lemon skewers soba noodle salad with sesame
vegetarian	eggplant schnitzel burger with apple slaw	Singapore noodles with tofu Asian vegetables & sticky soy	Penne pasta ratatouille vegetables in tomato sugo, garlic breadcrumbs	black bean burrito with avocado, jalapeno, shaved cabbage, tomato salsa & lime	Build your own vegetarian Poke bowls tofu options		Marinated tofu skewers
range of breads	sliced breads including high fibre white bread, grain & seed, low gluten, ciabatta, baguette, rolls, pita pocket, wraps, 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	cheddar cheese, crackers & dried fruit	raspberry jam drop cookie	sushi hand roll with soy, pickled ginger & wasabi	chocolate chip banana bread	British Scones with whipped cream and strawberry jam		
fruit	seasonal fresh fruit will be available throughout the day						

Chartwells Autumn Residential Menu Term 2 2025

Week 2/6		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dinner								
main course (option 1)	classic beef lasagna with bechamel and sugo	grilled Greek lamb chop with red pepper & fetta sauce	yellow chicken curry with sweat potato	mustard & garlic studded roast beef with pan gravy	parmesan & herb crumbed chicken schnitzel	burger night grilled beef patty with slaw, chipotle sauce, bacon, caramelised onions	pork roast with thyme & pan juices	
vegetarian	vegetarian lasagna with bechamel	vegetarian moussaka	yellow vegetable Curry with sweat potato	mustard & garlic studded roast sweet potato with pan gravy	oven baked parmesan & herb crumbed Zucchini schnitzel	burger night pulled jack fruit burgers with slaw, chipotle sauce, caramelised onions	grilled halloumi with thyme and lemon	
vegetables	Garlic bread	sauteed leafy greens with garlic and lemon	Asian Roti bread	steamed new potatoes	roasted potato wedges with herbs	parmesan dusted French fries	traditional roast potatoes steamed autumn vegetables	
	Steamed broccoli with lemon	rosemary roasted potato wedges	Aromatic Rice steamed green beans	green beans with nut free dukkha sweet corn cobb	ginger & sesame steamed vegetables steamed brown rice			
salads	classic Caesar salad	Chef Mike’s classic Greek salad	roasted broccoli salad with ginger vinaigrette	autumn salad with garlic dressing	cauliflower & garbanzo bean salad with tahini dressing	mexican layered street salad with yoghurt dressing	chopped salad with lime vinaigrette	
salad	salad ingredients (if applicable) - 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							
dessert	upside down pear cake with cinnamon yoghurt	loukoumades with honey syrup and vanilla ice cream	autumn fruit cup with vanilla yoghurt	classic crème brulee	seasonal fresh fruit salad with lemon sorbet	Chocolate and berry mousse cups	Classic apple crumble with vanilla ice cream	
special dietary requirements	all special dietary requirements will be met for each meal service							

Chartwells Autumn Residential Menu Term 2 2025

Week 3/7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast							
residential breakfast (option 1)	over easy eggs with tomatoes & english muffins	poached eggs with oven roasted tomatoes & toast	bagel with cream cheese, jams and fruit yoghurt	Spanish frittata with chorizo	baked eggs with tomato, red beans, kale & parsley	breakfast in house	baked cinnamon scrolls
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 - high fibre white bread, grain & seed, low gluten. selection of spreads - vegemite, honey & jams hot beverages - tea & coffee, 100% orange juice, water variety of milks - full cream, lite & calcium fortified soy						
morning tea	dark chocolate & berry wholemeal muffins	mozzarella, basil & tomato pull-a-parts	Rice paper rolls with sweet chilli	steamed dumplings with sriracha & soy	Gingerbread women		
fruit	seasonal fresh fruit will be available throughout the day						
Week 3/7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
lunch							
hot option (option 1)	Korean Fried Chicken with Kimchi fried rice	beef nachos with avocado, salsa & sour cream	penne chicken bolognaise with tomato sugo and garlic breadcrumbs	beef meatballs in tomato sugo with aromatic rice	build your own poke bowls salmon, teriyaki chicken and tofu options	NY style bagels with cream cheese, smoked salmon, and traditional condiments	
vegetarian	Korean Fried Cauliflower with Kimchi fried rice	Vegetarian bean nachos with avocado, salsa & sour cream	Penne vegetarian bolognaise with tomato sugo, garlic breadcrumbs	Ratatouille and Rice	build your own vegetarian poke bowls tofu options	NY style Bagels with cream cheese and traditional condiments	BBQ Lunch
range of breads	sliced breads including high fibre white bread, grain & seed, low gluten, ciabatta, baguette, rolls, pita pocket, wraps, 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 with tomato sauce	Anzac biscuits	Walgett weetbix slice	Cheese and bacon pull apart	red velvet cup cakes with cream cheese frosting		
fruit	seasonal fresh fruit will be available throughout the day						

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Week 3/7	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dinner							
main course (option 1)	slow cooked apple cider chicken	Chinese beef & broccoli stir fry	crispy roasted pork belly	8 hours braised beef brisket with A1 sauce	grilled Barra steaks with citrus aioli	Burger Night Chicken schnitzel burger with Caesar dressing, coz lettuce	slow roasted rosemary & garlic lamb shoulder with pan gravy
vegetarian	Moroccan cauliflower, chickpea & quinoa bake with cumin & coriander yoghurt	Salt and pepper tofu	soba noodles with tofu, shredded vegetables & ginger shallot sauce	Whole roasted cauliflower with A1 sauce	gnocchi with pumpkin sauce, cottage cheese & garlic pangrattato	Burger Night eggplant schnitzel burger with Caesar dressing, coz lettuce	roast pumpkin with cucumber yoghurt
vegetables	steamed rice	Aromatic jasmine rice	mashed potato	roasted potatoes	roasted baby beets fat chips	French fries with parmesan dust	roasted smashed potatoes
	crispy parmesan potatoes	steamed broccoli & carrot strips	pea medley with garden peas, snow peas & sugar snaps	zucchini, squash & green beans with lemon thyme	bok choy with garlic, honey & soy	honey carrots and broccolini	brown butter honey roasted carrots
	autumn vegetables with garlic butter	Sauteed greens	bbq corn with parmesan cheese	sauteed onions & mushrooms	maple roasted carrots		grilled zucchini with olive oil & sage
salads	fattoush salad with white wine vinaigrette	crispy noodle salad with wombok	Asian slaw salad with sesame lime vinaigrette	tofu salad with brown rice & soy vinaigrette	garden salad with honey, Dijon balsamic dressing	Chopped salad	risoni salad with ricotta dressing
salad	salad ingredients (if applicable) - 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						
dessert	roasted pears with vanilla bean yoghurt & toasted ginger oats	Uncle Weis’ deep fried ice cream	watermelon & berry fruit salad with natural greek yoghurt	apple and rhubarb crumble with vanilla custard	ice cream bar with butterscotch sauce & berries	stick ice creams	baked ricotta cheesecake with fresh berries
special dietary requirements	all special dietary requirements will be met for each meal service						

Chartwells Autumn Residential Menu Term 2 2025

Week 4/8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
breakfast							
residential breakfast (option 1)	mexican baked beans with toasted ciabatta	poached eggs with spinach & thick cut toast	pancakes with blueberries & maple syrup	fried eggs with toast & roasted tomatoes	soft boiled eggs with oven baked parmesan crumbed zucchini strips	Breakfast in house	BBQ Bacon and Eggs rolls and hash browns
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 - high fibre white bread, grain & seed, low gluten. selection of spreads - vegemite, honey & jams hot beverages - tea & coffee, 100% orange juice, water variety of milks - full cream, lite & calcium fortified soy						
morning tea	BBQ Pork buns	hummus pot with corn chips & vegetable sticks	Chicken and corn soup in a mug	Cheese bacon and onion pull a part	chocolate & vanilla biscotti		
fruit	seasonal fresh fruit will be available throughout the day						
Week 4/8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
lunch							
hot option	cheeseburger pie with mash potato, tomato jam	margherita pizza pepperoni pizza Hawaiian pizza	pork and fennel ragu, penne pasta, tomato sugo	beef chilli con carne, steamed rice, sour cream & guacamole	Build your own poke bowls salmon, popcorn chicken and tofu options	MYO lunch – whole roasted tandoori chicken Indian chopped salad with tomato & mint dressing our own cucumber raita guacamole pita pockets	BBQ Lunch
vegetarian	Moroccan chickpea pie with tomato jam	margherita pizza	mixed vegetable ragu, penne pasta, tomato sugo	vegetarian bean chilli con carne, steamed rice, sour cream & guacamole	build your own vegetarian Poke bowls tofu options		
range of breads	sliced breads including high fibre white bread, grain & seed, low gluten, ciabatta, baguette, rolls, pita pocket, wraps, 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	special fried rice noodle box with prawn crackers	spiced apple & pear tea cake	Berry and white chocolate muffins	Spinach and feta filo triangles	toasties with cheddar, shaved ham & tomato		
fruit	seasonal fresh fruit will be available throughout the day						

Chartwells Autumn Residential Menu Term 2 2025

Week 4/8	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
dinner							
main course (option 1)	Panko crumbed chicken schnitzel the lemon zest	Boarders’ free choice	sticky soy lamb stir fry with Asian vegetables & egg noodles	spaghetti bolognese with, tomato passata, garlic and herb pangrattato	Chinese five spiced beef with Asian vegetables	American diner – all American cheeseburgers with cheddar, lettuce, ketchup, pickles & grilled onions southern style grilled buttermilk chicken or cauliflower steaks with ranch or honey mustard dipping sauce	roast Sunday pork with crispy crackling
vegetarian	panko crumbed eggplant schnitzel the lemon zest	Boarders’ free choice	leafy green vegetable stir-fry with brown rice, soy marinated tofu & fresh ginger	Spinach and ricotta cannelloni	spiced cauliflower, cannellini bean & pea fritters with yoghurt sauce		oven baked cauliflower with gremolata
vegetables	potato galette wilted spinach, kale & cabbage	Boarders’ free choice	steamed basmati rice roasted eggplant & zucchini with basil sauteed green peas with garlic	sauteed green beans with mushroom garlic bread roast sweet potato wedges	sauteed broccolini, broccoli, beans & peas mashed sweet potato with honey mustard	French fries maple roasted butternut pumpkin buttered green beans	broccoli florets roasted spuds
salads	super green salad with edamame, cucumber, peas, coriander & sesame & lime dressing	Boarders’ free choice	raw vegetable salad with sunflower seeds, pepitas, sesame seeds & honey & sherry dressing	blood orange & shaved fennel salad with currants, red wine & balsamic vinaigrette	soba noodle salad with miso and apple	cobb salad: iceberg lettuce, tomatoes, avocado, chopped egg with red wine vinegar & mustard dressing	tomato and onion salad
salad	salad ingredients (if applicable) - 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						
dessert	coconut cake with cream cheese frosting	Boarders’ free choice	frozen yoghurt pot	cinnamon poached pears with honey & whipped ricotta	fresh fruit salad with passionfruit Greek yoghurt	ice-cream with crushed oreo cookie crumb	apple crumble with vanilla bean ice creams
special dietary requirements	all special dietary requirements will be met for each meal service						