

chartwells summer residential weekly menu 2022

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	poached eggs with grilled bacon & thick cut grain toast		boiled eggs with toasted english muffins		breakfast thin crust pizza with eggs, spinach, roasted tomatoes & mozzarella		brunch – poached eggs on home-made potato roesti's pancake stacks with maple syrup
special - optional	mango & coconut yoghurt pots	chartwells smoothie tuesday – super fruit smoothies	quinoa & coconut yoghurt bowls with summer fruits	bircher muesli with granola clusters	fresh fruit sundaes with yoghurt & summer passionfruit		
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice, water						

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week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	cider braised corned silverside	grilled cajun chicken with smashed avocado salsa	beef, garlic & cumin koftas with hommus & tabbouleh	honey, soy & ginger pork skewers	popcorn fish with home-made tartare sauce	pizza night - thin crust pizza with tandoori lamb & tzatziki triple cheese & ham calzone pizza pockets thin crust vegetarian pizza with charred zucchini, pumpkin & crumbled feta marinara pizza	traditional summer roast chicken
main course	chargrilled lemon & oregano greek chicken stix with flatbreads & tzatziki	wok tossed hoisin beef with steamed jasmine rice & asian vegetables	spanish chicken basque with roasted tomatoes, red peppers & paprika	beef stroganoff with rice	thai green beef curry with steamed basmati rice		teriyaki beef stir-fry with egg noodles & asian vegetables
main course	grilled fish with coriander gremolata	panko crumbed fish fillet with lemon wedges	steamed barramundi fillet with lemon pepper seasoning	orange & ginger grilled fish with spiced cous	coriander lime chicken with caramelised lime cheeks		grilled fish fillets with pepperonata
vegetarian	zucchini & chickpea meatballs with roasted tomato sugo & shaved parmesan	vegetable fried rice with egg omelettes, tofu strips, sticky soy & shredded asian vegetables	cantonese style noodles with asian vegetables, tofu, oyster & soy sauce	vegetarian lentil & zucchini lasagne with ricotta & greek yoghurt	zucchini, ricotta & chickpea fritters with raita & coriander chutney		broad bean & cauliflower fritters with roasted sesame dipping sauce
salad - optional	greek salad with kalamata olives, crumbled feta & roma tomatoes	grilled zucchini salad with charred corn, peppers & summer herb vinaigrette	watermelon, crumbled feta & pomegranate salad	rice salad with black beans, shallots, cucumber & avocado	summer slaw with white wine vinegar dressing	chopped garden salad with lemon vinaigrette	ancient grain salad with cumin yoghurt dressing
vegetables	the following may be available to accompany the main course selection where needed - steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta						
additional vegetables	seeded mustard mashed potatoes steamed cauliflower, beans & carrots	steamed jasmine rice wok tossed bok choy & choy sum with oyster sauce	mediterranean couscous steamed vegetable medley with spiced dukkha	paprika & lemon salted roast potatoes roasted tomatoes, zucchini & eggplant medley sautéed summer squash with herbs & balsamic vinegar	oven roasted potato wedges sautéed summer vegetables	hand cut potato wedges	layered potato bake baked pumpkin wedges with nutmeg & cracked black pepper green bean & pea medley
the dessert station		baked italian cheesecake		fresh cut summer stone fruit platters with mango yoghurt			peach melba with raspberry sauce & shortbread crumb
special dietary requirements	all special dietary requirements will be met for each meal service						

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week 2	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	fried eggs with roasted tomatoes & wilted spinach		toasted fruit bagels & melted cheese & tomato bagels		blueberry & honey french toast with crispy bacon		brunch – egg & bacon mc chartwells muffins home style hash browns oven roasted balsamic tomatoes home-made wholemeal sticky buns
special - optional	stone fruit salad cups with berry mascarpone	our own granola with cinnamon, seeds & dried fruits	orange & ricotta dip with fresh cut summer fruit	summer red fruit salad	vanilla chia pudding pots		
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice, water						

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week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	roast beef with horseradish crust, pan gravy	texan grilled chicken with cowboy beans	slow roasted marmalade pork	honey, soy & ginger chicken kebabs	penne pasta with slow cooked lamb ragu & shaved parmesan	bbq dinner - home-made beef burgers with pineapple, beetroot, slaw & big red sauce	garlic & rosemary studded roast chicken with pan gravy
main course	pan seared chicken, sweet corn, spinach & cheddar filo parcels	sweet chilli & lime side of salmon	blackened fish tacos with pineapple cucumber slaw & avocado cream	chargrilled steak with salsa verde	buttermilk fried chicken pieces with chartwells special sauce		greek chicken kebabs with peppers, zucchini & yoghurt dressing
main course	miso glazed barramundi fillet with ginger greens	greek roasted lamb with oregano & lemons	french style chicken & potatoes	thai red fish curry	salt & pepper calamari with lime aioli	fish burgers with home-made tartare sauce	grilled fish with coriander gremolata
vegetarian	pad see ew with wide rice noodles, water chestnuts, chinese broccoli, beans, egg omelette & ketjup manis	spinach & feta strata	roasted teriyaki mushrooms with soba noodles, chickpeas, broccolini, sriracha, ginger & red peppers	black bean & corn quesadillas with spiced salsa, guacamole & mozzarella	cauliflower tikka masala with edamame beans, pappadums & basmati	greek vegetarian kebabs with mushroom, zucchini, peppers, onions & haloumi	oven baked sweet potato & quinoa fritters with crumbled feta, tomato & onion pickle
salad - optional	barley, pumpkin & pickled cabbage salad	chermoula spiced carrot & chickpea salad with cumin & lime dressing	summer risoni salad with baby spinach, kalamata olives, onion & cider vinegar dressing	broad bean salad with spring onions, shredded carrot & extra virgin olive oil dressing	cabbage salad with chilli, mint & roasted sesame seeds	create your own caesar salad bowl with baby cos, ciabatta croutons, poached eggs, caesar dressing & shaved parmesan	green herb salad with mixed green leaves, snow peas, pumpkin seeds & sage dressing
vegetables	the following may be available to accompany the main course selection where needed - steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta						
additional vegetables	balsamic roast potatoes maple dijon roasted carrots steamed broccolini & sugar snap peas	mashed potatoes steamed carrots with poppy seed butter broccolini with lemon olive oil	potato roesti's wilted spinach with lemon & garlic sweet corn cobbettes	parmesan & chive roasted potatoes stir fried cabbage with apple cider, onions & granny smith apples	french fries cauliflower, broccoli, red onion & cheddar bake peas with fresh mint	jacket potatoes with light sour cream & bacon crumb	polenta chips roasted vegetable medley with red onion, zucchini, pumpkin, carrots & parsnip
the dessert station		sticky toffee pudding with toffee sauce		apple crumble cake with lemon curd & toasted oats			crème brulee tarts with roasted strawberries
special dietary requirements	all special dietary requirements will be met for each meal service						

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week 3	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	shaved ham & cheddar croissants		breakfast quesadillas with mild salsa		smashed avocado on grain bread toast with poached eggs		brunch - the chartwells sunday breakfast – fried eggs, roasted tomatoes, pan seared potatoes & wilted spinach banana pancake stacks
special - optional	summer fruit breakfast bowl with toasted seeds	wholemeal crumpets with honey	quinoa porridge with roasted summer fruit medley	summer fruit salad with cinnamon crisps	coconut yoghurt with cinnamon spiced fruit mix		
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice, water						

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week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	lebanese lamb with jasmine rice, natural yoghurt & fresh mint	chicken souvlaki with greek roasted potatoes & hummus	oven baked panko crumbed pork schnitzel with lemon cheeks	tuscan style chicken with semi dried tomatoes, olives & tarragon	beer battered fish with our own sweet chilli mayo	thai dinner - thai spring rolls with nuoc cham dipping sauce pad thai chicken noodles with vegetables & egg omelette (vegetarian option available) thai yellow beef curry with spring onions thai fish strips with sweet chilli sauce roti bread strips steamed jasmine rice	herb crusted roast beef with pan juices
main course	grilled indian korma chicken strips with raita & fresh lime	turkish gozleme with lamb, mint & spiced yoghurt	szechuan chicken with noodles, asian vegetables & sticky soy	chargrilled steak with mushrooms, onions & red wine jus	indonesian sticky lamb with bok choy & charred limes		lemon, lime & thyme butterflied chicken
main course	miso glazed barramundi fillet with ginger greens	crispy skin salmon with herb yoghurt sauce	beer battered fish with our own sweet chilli mayo	spaghetti marinara with mussels, fish strips, tomato passata, white wine & shaved parmesan	roast chicken pieces with grilled lemon		steamed barramundi fillet with lemon pepper seasoning
vegetarian	caramelised onion, mushroom & pumpkin risotto with crumbled feta & roasted pumpkin seeds	caprese thin crust pizza with roasted tomatoes, basil, thyme & buffalo mozzarella	black bean & quinoa stuffed zucchinis with roasted tomatoes, chilli & roasted cumin	vegetarian mexican lasagne with kidney beans, tomatoes, sweet corn, taco spice & shredded cheddar	thai green sweet potato & tofu curry with steamed basmati rice		rice & lentil pilaf with allspice, cloves & cumin
salad - optional	farro salad with zucchini, salad onion, herbs, shaved parmesan & apple cider vinegar dressing	fattoush market salad with tomato, cucumber, radish, pita bread strips & mint dressing	cannellini bean salad with snow peas, red cabbage, orange & dijon honey dressing	tomato & cucumber salad with black & white toasted sesame seeds with soy dressing	green bean & caserecce pasta salad with fresh thyme & lemon dressing	indian chopped salad with curry leaves, toasted spices & seeds, lettuce, tomatoes, smashed pappadums, raita & mango chutney	roasted chickpea & kale salad with sun dried tomato vinaigrette
vegetables	the following may be available to accompany the main course selection where needed - steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta						
additional vegetables	steamed basmati rice wok tossed broccolini with shredded carrot & capsicum	lemon & oregano roasted potatoes summer beans with balsamic roasted tomatoes	oven baked chips steamed peas, snow peas & sugar snaps	layered potato bake zucchini, squash & eggplant with lemon thyme	hand cut potato wedges roasted lemon asparagus garlic & ginger bok choy	steamed jasmine rice roti bread	potato galette roasted sweet potatoes wok seared summer vegetables
the dessert station		summer stone fruit salad with citrus honey dressing		chocolate mousse pots with crushed meringues & strawberries			nectarine, lemon yoghurt & granola parfaits
special dietary requirements	all special dietary requirements will be met for each meal service						

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week 4	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	vegemite & cheddar breakfast jaffles		fried egg & grilled cheese open bap's		oatmeal buttermilk pancakes with smashed summer berries		brunch – fried eggs on thick cut sourdough toast with our own spiced baked beans toasted turkish bread pockets with cheddar, tomatoes & basil apple pikelet stacks
special - optional	honey & lime quinoa fruit salad cups	poached summer fruit bircher muesli bowls	home-made peach iced tea	watermelon stix with vanilla bean greek yoghurt	coconut chia seed cups with summer berries		
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice, water						
residential morning tea	gingerbread people	lemon & coconut slice	pumpkin wholemeal damper scones	chocolate chip muffins	berry & apple muesli cookie		

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week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	black bean pork stir fry with summer greens, sticky rice & soy	asian style grilled chicken fillet burgers with slaw	crumbed fish po-boy's with avocado, tomatoes, lettuce & mayo	lamb & roasted vegetable pies	grilled pork chops with charred corn relish	italian dinner - chicken lasagne with garlic baguettes	slow roasted pork shoulder with pan gravy & brown sugared apples
main course	gremolata chicken with parmesan	sticky bbq beef short ribs with mango & coconut salsa	chargrilled pork kebabs with plum glaze	gangnam style chicken tenderloins with honey & garlic	chicken, mozzarella & sweet corn filo parcels		spaghetti marinara with shaved parmesan
main course	spiced grilled fish with pea & mint mash	ras el hanout fish fillet with jewelled couscous	honey, soy & kecap manis glazed chicken with rice pilaf	baked fish with tomato, olive & chorizo	chilli prawn fried rice	spinach & ricotta cannelloni	fish cakes with lemon pepper aioli & winter slaw
vegetarian	spiced indian potato, cannellini beans & spinach curry with garam masala, roasted cumin, jasmine rice & natural yoghurt	cajun spiced red quinoa & zucchini burgers with smashed avocado & yoghurt dressing	lentil & eggplant dhal with turmeric, naan bread & rice pilaf	sweet potato & white bean chilli with basmati, coriander & smoked paprika	oven roasted sweet potatoes with feta, olives, lite sour cream & sundried tomatoes	beef ravioli with napolitana sauce	tandoori roasted cauliflower with rice
salad - optional	summer slaw with sweet chilli, lime & ginger dressing	roasted vegetable couscous salad with lime vinaigrette	rainbow power salad with salsa verde dressing	burrito bowl salad with quinoa, sweet potato, greek yoghurt dressing, shredded cheese & coriander	asian soba noodle salad with peppers, carrots, onions & sambal oelek dressing	garlic focaccia strips sourdough & parmesan pangratatto	italian panzanella salad
vegetables	the following may be available to accompany the main course selection where needed - steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta						
additional vegetables	sticky rice steamed beans, roasted cherry tomatoes & garlic pangratatto	hassel backed potatoes wok tossed vegetables with cauliflower, broccoli & leeks	fat chips charred sweet corn cobs roasted tomatoes, spring onions & mushrooms	fried rice zucchini provencale with cheese & grain crumb crust	steamed new potatoes braised red cabbage with apples & caramelised onions roasted baby beets	italian oven roasted potatoes chargrilled mediterranean vegetable medley	double baked loaded potatoes ricotta & summer vegetable tray bake
the dessert station		red summer fruit salad with berries, grapes, watermelon & plums		frozen yoghurt tubs studded with summer strawberries			charred nectarines with spiced greek yoghurt
special dietary requirements	all special dietary requirements will be met for each meal service						