

# chartwells spring residential weekly menu 2025

week 1	mon	tue	wed	thu	fri	sat	sun
<b>breakfast</b>							
<b>residential breakfast</b>	french toast stack with maple syrup	poached eggs with spinach toasted english muffins & hollandaise	bacon, egg & avocado breakfast quesadillas	breakfast pizza with hot honey glaze	ham & cheese omelette		
<b>fresh fruit juice bar</b>	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily		
<b>continental breakfast station</b>	<b>continental breakfast may include a range of the following items -</b> <b>selection of breakfast cereals</b> - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc whole fresh fruit, stewed & poached fruits. <b>breads for toasting</b> - high fibre white bread, grain & seed, low gluten. <b>selection of spreads</b> - vegemite, honey & jams <b>hot beverages</b> - tea & coffee, 100% orange juice, water <b>variety of milks</b> - full cream, lite & calcium fortified soy						
<b>residential morning tea</b>	jam donuts	jam drops with raspberry jam	cheddar & ham scrolls	apple turnover	anzac cookies		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>lunch</b>							
<b>hot option</b>	gourmet pies with mash potato side & tomato chutney	mongolian beef with rice noodle, soy, red chillies, fresh ginger & wombok	american bbq chicken with slaw, smokey bbq sauce & charred corn on the cob	thai green beef curry with cucumber thai basil salad, jasmine rice.	lamb souvlaki wraps with cumin yoghurt, tomato, onions & shredded lettuce	<b>create your own poke bowl -</b> <b>the base -</b> red quinoa or noodles <b>the protein –</b> asian spiced pulled chicken or beef, grilled haloumi strips <b>the extras –</b> edamame beans, seaweed strips, avocado, shredded vegetables <b>the sauce –</b> sweet soy & ginger, sesame vinaigrette or sweet chilli	turkish bread chargrilled chicken fillet sandwiches with relish, sweet chilli aioli & salad
<b>lighter option</b>							
<b>vegetarian option</b>	spring vegetables & lentil pies with thyme, seeded mustard & filo pastry tops	mongolian spiced rice noodle bowls with tofu, soy, red chillies, fresh ginger & wombok	american bbq tofu & spring vegetables with slaw, smokey bbq sauce & charred corn on the cob	thai green vegetable curry with red lentils, thai rice & cucumber salad	greek marinated vegetable & black bean wraps with yoghurt, tomato & shredded lettuce		turkish bread chargrilled vegetable & feta sandwiches with relish, sweet chilli aioli & salad
<b>range of breads</b>	sliced breads including high fibre white bread, grain & seed, low gluten, ciabatta, baguette, rolls, pita pocket, wraps, turkish bread etc						
<b>sandwich/ myo salad</b>	<b>protein ingredients that may include</b> - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc <b>salad ingredients that may include</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc <b>condiments that may include</b> – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
<b>afternoon tea</b>	caramel slice	assorted chicken sushi rolls	ginger bread cookie	lemon slice	chocolate cake		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						

# chartwells spring residential weekly menu 2025

<b>dinner</b>							
<b>main course</b>	chargrilled steak with caramelised onions	moroccan lamb tagine with cauliflower, chickpeas & apricots	roast pork with crackling	barbeque	tempura fish, chips with tartare sauce & grilled lemon cheeks	<b>vietnamese dinner –</b>  spring rolls	garlic & rosemary studded roast beef with pan juices
<b>main course</b>	mac, chicken, bacon 'n cheese with garlic pangratatto	italian chicken cacciatore with roasted tomato sugo, risoni & shaved parmesan	crumbed beef schnitzels	barbeque	peri peri chicken tenderloin		
<b>vegetarian</b>		zucchini, ricotta & chickpea fritters with raita & coriander chutney	mediterranean quinoa burgers with sundried tomatoes, olives, spinach, swiss cheese & roasted red pepper mayo	barbeque	lentil bolognese with shaved parmesan & garlic baguettes	stir fried tofu with greens & vietnamese mint	roasted sweet potato, spinach, feta & mushroom lasagne
<b>additional vegetables</b>	steamed new potatoes spring sweet corn cobs with cracked black pepper steamed spring vegetables	crispy asian roasted potatoes spring asparagus & green vegetable medley with parmesan	rice pilaf smashed potatoes feta, parmesan & zucchini bake green beans with lemon & parsley	hand cut oven roasted potato wedges honey glazed carrots broccolini with garlic & toasted sesame seeds	steamed basmati rice charred vegetable medley	vietnamese fried rice roasted bok choy with soy & sesame	roasted spring potatoes garden peas, snow peas & bean trio parmesan roasted pumpkin wedges & baby carrots
<b>salad</b>	spring pea salad with basil vinaigrette & crumbled feta	marouli salad with iceberg lettuce, dill & mustard seed vinaigrette	roasted butternut pumpkin, kale, feta, pepitas & couscous salad with apple cider dressing	asparagus, tomato & feta salad with balsamic dressing	spring chopped salad with red leaf lettuce & basil dressing	vietnamese slaw with crispy noodles	blistered tomato & couscous salad with balsamic dressing
<b>salad bar</b>	<b>salad ingredients (if applicable)</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc <b>condiments, that may include</b> – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
<b>the dessert station</b>	fruit salad with vanilla ice-cream	spring hummingbird cake with cream cheese frosting	raspberry jelly cups with smashed berries & vanilla custard	stuffed ricotta & honey baked apples	lemon & vanilla cheesecake slice with shortbread base	crème caramel	caramel pear cobbler with natural yoghurt
<b>special dietary requirements</b>	all special dietary requirements will be met for each meal service						

# spring residential weekly menu

week 2	mon	tue	wed	thu	fri	sat	sun
<b>breakfast</b>							
<b>residential breakfast</b>	ricotta & caramelised banana hot cakes	fried eggs, hash browns with bacon & grilled tomatoes	home baked ham & cheese croissants	scrambled eggs, baked beans, sausages	poached eggs with potato rosti & wilted spinach		
<b>fresh fruit juice bar</b>	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily		
<b>continental breakfast station</b>	<b>continental breakfast may include a range of the following items -</b> <b>selection of breakfast cereals</b> - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc whole fresh fruit, stewed & poached fruits. <b>breads for toasting</b> - high fibre white bread, grain & seed, low gluten. <b>selection of spreads</b> - vegemite, honey & jams <b>hot beverages</b> - tea & coffee, 100% orange juice, water <b>variety of milks</b> - full cream, lite & calcium fortified soy						
<b>residential morning tea</b>	salted caramel muffins	pizza twists with ham, mozzarella & basil	scones jam & cream	korean chicken wings	assorted danishes		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>lunch</b>							
<b>hot option</b>	portuguese bean chilli con carne with avocado salsa, corn chips & lite sour cream	tandoori chicken drumsticks with steamed basmati rice, pappadums & raita	roasted tomato and bacon pasta	char sui pork with asian vegetables, soy, ginger, chilli & toasted sesame seeds	beef sausages with bread rolls, caramelised onions & big red sauce	honey, soy & ginger chicken wraps with slaw & sweet chilli aioli	beef burgers with caramelized onion, cheddar, pickles
<b>lighter option</b>							
<b>vegetarian option</b>	mexican bean chilli con carne with avocado salsa, corn chips & lite sour cream	tandoori vegetables & tofu with steamed basmati, pappadums & raita	roasted tomato risotto with basil, shaved parmesan & garlic focaccia strips	zucchini & chickpea meatballs with roasted tomato sugo & shaved parmesan	pumpkin & haloumi burgers with caramelised onions & aioli	grilled eggplant & falafel wraps with shredded salad & tzatziki	veggie burger with caramelised onions, cheddar & pickles
<b>range of breads</b>	sliced breads including high fibre white bread, grain & seed, low gluten, ciabatta, baguette, rolls, pita pocket, wraps, turkish bread etc						
<b>sandwich/ myo salad</b>	<b>protein ingredients that may include</b> - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc <b>salad ingredients that may include</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc <b>condiments that may include</b> - mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
<b>afternoon tea</b>	cherry slice	blueberry muffin	banana and cinnamon cake	chocolate rice crispies	cinnamon scrolls		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						

# spring residential weekly menu

week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	teriyaki beef stir-fry with ginger, wombok, pak-choi & steamed long grain rice	lamb koftas with saffron yoghurt with flatbread	classic chicken kiev with garlic butter sauce	barbeque	penne pasta with slow cooked beef ragu & shaved parmesan	indian dinner – chicken tikka masala baked spiced fish lamb rogan josh indian spiced eggplant & tofu skewers naan bread mango chutney	cajun chicken with sour cream
main course	braised chicken with leeks, white wine & garlic	apple & maple glazed pork chops	roast pork with apple sauce	barbeque	bang bang chicken		linguine primavera with asparagus, peas, broad beans & shaved parmesan
vegetarian	zucchini, ricotta & preserved lemon fritters with tomato kasoundi	spanish chickpea & spinach braise with smoked paprika, cayenne pepper & fresh parsley	egg & vegetable fried rice with sticky soy, tofu strips & lime	barbeque	roasted vegetable, feta & quinoa bake with basil, cannellini beans & olives		
additional vegetables	steamed spring potatoes roasted vegetable medley with rosemary yoghurt	roasted sweet potato wedges steamed broccolini roasted beetroot with fresh thyme	oven roasted wedges spring snow peas with lemon & chilli oil maple glazed carrots	oven baked potatoes & pumpkin wedges steamed green bean medley	crispy smashed potatoes cauliflower cheese bake sweet corn cobs	indian saffron rice tandarri roasted spring root vegetables	potato & sage galettes chargrilled spring vegetables slow roasted jap pumpkin wedges with chermoula yoghurt
salad	tabbouleh salad with mint, tomatoes & parsley	spring pea, quinoa & roasted carrot salad with nut free pesto	white bean & broccolini salad with honey mustard dressing	green leaf salad with haloumi, cherry tomatoes, red onions & honey balsamic vinaigrette	spring green salad with edamame beans & pickled vegetables	indian spiced cauliflower & broccoli salad with mango chutney dressing	red quinoa salad with avocado & lemon dressing
salad bar	<b>salad ingredients (if applicable)</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc <b>condiments, that may include</b> – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
the dessert station	rice pudding pots with orange, cardamom & rosewater	apple and peach streudel	self-saucing chocolate pudding	spring fruit salad with shortbread crumb & vanilla yoghurt	apple & oat crumble with vanilla custard	vanilla ice-cream with orange, cardamom spiced caramel sauce	layered jelly pots with lemon curd & berries
special dietary requirements	all special dietary requirements will be met for each meal service						

# spring residential weekly menu

week 3	mon	tue	wed	thu	fri	sat	sun
<b>breakfast</b>							
<b>residential breakfast</b>	fried eggs, sourdough and bacon	zucchini and corn frittata with pork chipolata	breakfast baked beans, carved maple ham	pancakes with syrup & berries	warm spaghetti, croissant & bacon		
<b>fresh fruit juice bar</b>	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily		
<b>continental breakfast station</b>	<p><b>continental breakfast may include a range of the following items -</b></p> <p><b>selection of breakfast cereals</b> - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc whole fresh fruit, stewed &amp; poached fruits.</p> <p><b>breads for toasting</b> - high fibre white bread, grain &amp; seed, low gluten.</p> <p><b>selection of spreads</b> - vegemite, honey &amp; jams</p> <p><b>hot beverages</b> - tea &amp; coffee, 100% orange juice, water</p> <p><b>variety of milks</b> - full cream, lite &amp; calcium fortified soy</p>						
<b>residential morning tea</b>	tomato & avocado salsa with corn chips and sour cream	sausage rolls with big red	cheddar & vegemite scrolls	homemade caramel popcorn & pretzels	margarita pizza sub		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>lunch</b>							
<b>hot option</b>	american cheeseburgers	texan style pulled beef sub with apple slaw	loaded wedges, mexican chicken, avo & sour cream	penne & meatballs	special fried rice with prawns	beef lasagne	wok tossed salt & pepper calamari with green leaf salad & avocado
<b>lighter hot option</b>							spanakopita with filo pastry, greek salad & tzatziki
<b>vegetarian option</b>	veggie burgers	margherita pizza with tomato sugo, bocconcini & basil	oven roasted jacket potatoes with cheddar, re-fried beans, guacamole, slaw & light sour cream	smashed pumpkin, burghul & haloumi burger with salad, caramelised onions, fried eggs, beetroot & big red sauce	chinese style tofu fried rice with egg omelette, peas, asian vegetables & sticky sauce		
<b>range of breads</b>	sliced breads including high fibre white bread, grain & seed, low gluten, ciabatta, baguette, rolls, pita pocket, wraps, turkish bread etc						
<b>sandwich/ myo salad</b>	<p><b>protein ingredients that may include</b> - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc</p> <p><b>salad ingredients that may include</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc</p> <p><b>condiments that may include</b> - mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc</p>						
<b>afternoon tea</b>	rice paper rolls with hoisin	lamingtons	assorted muffins	white chocolate & raspberry cake	fairy bread		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						

# spring residential weekly menu

week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	soy & ginger beef kebabs	chargrilled moroccan chicken with cumin yoghurt & charred vegetables	vietnamese shaking beef with asian vegetables	barbeque	crispy skin salmon with a lime beurre blanc	parma night – chicken schnitzels with leg ham, mozzarella & tomato sugo	middle eastern slow roasted lamb shoulder
main course	lemongrass & ginger pork strips with sticky chilli sauce	roast lamb with rosemary & mint sauce	beef tortellini with a creamy tomato and bacon sauce.	barbeque	braised korean beef with kimchi		eggplant schnitzels with mozzarella & tomato sugo
vegetarian	baked vegetarian taquitos with refried beans, guacamole & hot salsa	butternut pumpkin & sage risotto with crumbled ricotta	vietnamese rice paper rolls with tofu	barbeque	italian white bean ragu with risoni, baby spinach, white beans, tomatoes, olives, ciabatta croutons & shaved parmesan		
additional vegetables	steamed sticky rice wok tossed spring greens with oyster & soy sauce	smashed potatoes broccolini with lemon & garlic roasted baby carrots	steamed brown rice roasted parmesan cauliflower florets sweet corn cobs	sweet potato roesti's zucchini, mushroom & tomato provencale wok tossed broccolini	oven roasted chat potatoes steamed spring green pea medley	french fries seasonal steamed greens with herbed oil	garlic roasted potatoes roasted spring vegetables baked tomatoes with ricotta, peppers & herbs
salad	zucchini, pea & pasta salad with basil, mint, & garlic lemon dressing	spring tomato, bocconcini & herb salad with vincotto dressing	spring broad bean salad with watercress, fetta, peas & lemon dressing	panzanella salad with torn toasted flat bread, lebanese cucumbers, black quinoa, tomato medley, chickpeas, green capsicums & lime vinaigrette	green beans, cherry tomatoes, fetta & parsley salad with balsamic dressing	classic slaw with lemon mayo	ancient grain & buckwheat salad with spring herbs, lemon dressing & spring vegetables
salad bar	<b>salad ingredients (if applicable)</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc <b>condiments, that may include</b> – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
the dessert station	layered strawberry & mascarpone fruit cups	impossible pie	spring fruit salad and cheeseboard	assorted ice-cream myo bar with wafers	vanilla panna cotta cups with smashed honeycomb	ice cream with oreos	sticky date pudding with butterscotch sauce
special dietary requirements	all special dietary requirements will be met for each meal service						

# spring residential weekly menu

week 4	mon	tue	wed	thu	fri	sat	sun
<b>breakfast</b>							
<b>residential breakfast</b>	fried eggs, hash browns & bacon	breakfast waffles with whipped cream & honey	st hilda muffins with bacon, fried eggs & cheddar	breakfast sub with scrambled eggs and chipolata	breakfast quesadilla		
<b>fresh fruit juice bar</b>	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily	fresh fruit juice, squeezed & made daily		
<b>continental breakfast station</b>	<p style="text-align: center;"><b>continental breakfast may include a range of the following items -</b>  <b>selection of breakfast cereals</b> - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc                      whole fresh fruit, stewed &amp; poached fruits.  <b>breads for toasting</b> - high fibre white bread, grain &amp; seed, low gluten.  <b>selection of spreads</b> - vegemite, honey &amp; jams  <b>hot beverages</b> - tea &amp; coffee, 100% orange juice, water  <b>variety of milks</b> - full cream, lite &amp; calcium fortified soy</p>						
<b>residential morning tea</b>	biscoff slice	vanilla cupcake with 100's & 1000's	cheese & bacon rolls	banana bread with honey and butter	tomato and mozzarella subs		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>lunch</b>							
<b>hot option</b>	chili chicken and bean braise with mexi fried rice	beef singapore noodle	lamb biryani with steamed rice	crumbed chicken tenders with sweet chili sauce	pulled pork sliders with american bbq sticky sauce & spring slaw	steak sandwiches with balsamic onion jam	cardamom & coconut chicken skewers with roti, chili & salsa
<b>lighter hot option</b>							
<b>vegetarian option</b>	re-fried bean fajitas with shredded salad, guacamole, salsa & cheddar	mushroom & green lentil stroganoff with buttered noodles	lemongrass & basil tofu with stir fried vegetables, special fried rice & prawn crackers	cantonese eggplant strips with oven roasted sweet potato chips & chickpea hommus	grilled haloumi sliders with american bbq sticky sauce & spring slaw	chargrilled mixed & enoki mushrooms with crumbled feta, balsamic onion jam on toasted grain bread	cardamom & coconut vegetable & tofu skewers with chilli, salsa & steamed rice & roti bread on the side
<b>range of breads</b>	sliced breads including high fibre white bread, grain & seed, low gluten, ciabatta, baguette, rolls, pita pocket, wraps, turkish bread etc						
<b>sandwich/myo salad</b>	<p style="text-align: center;"><b>protein ingredients that may include</b> - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc  <b>salad ingredients that may include</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc  <b>condiments that may include</b> – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc</p>						
<b>afternoon tea</b>	vanilla slice	nut free rocky road	carrot & poppy seed cake with lemon frosting	jaffa slice	chocolate brownie		
<b>fruit</b>	seasonal fresh fruit will be available throughout the day						

# spring residential weekly menu

week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	cottage pie	buttermilk fried chicken with spicy mayo	tandoori chicken	vietnamese beef skewers	crumbed fish & chips	oven baked panko crumbed chicken strips with aioli	<b>sunday roasty!</b> rosemary roasted pork with maple apple chutney roast beef pan gravy oven roasted turmeric cauliflower steaks with minted yoghurt
main course	grilled chicken with a black pepper & burnt orange sauce	ginger & lemongrass steaks	americian style beef brisket with sticky bbq sauce	lamb chops with mint yoghurt	nasi goreng with chicken, fried egg, mushrooms & sticky soy	roasted turkey & cranberry stuffing	
vegetarian	carrot, sweet potato & feta fritters with garlic & herb yoghurt sauce		ricotta gnocchi with tomato sugo & shaved parmesan	vegetarian green lentil chilli with tandoori tofu & white quinoa	spicy honey & garlic roasted sweet potatoes with freekah, toasted seed, spring herbs & yoghurt dressed salad	nasi goreng with fried egg, mushrooms & sticky soy	
additional vegetables	steamed sticky rice wok tossed spring greens with oyster & soy sauce	smashed potatoes broccolini with lemon & garlic roasted baby carrots	steamed brown rice roasted parmesan cauliflower florets sweet corn cobs	sweet potato roesti's zucchini, mushroom & tomato provencale wok tossed broccolini	oven roasted chat potatoes steamed spring green pea medley	french fries seasonal steamed greens with herbed oil	garlic roasted potatoes roasted spring vegetables baked tomatoes with ricotta, peppers & herbs
salad	red pepper tabouli with citrus vinaigrette	caprese salad with olives, bocconcini, tomatoes & spinach	zucchini, bean & green chilli slaw	vermicelli noodle salad with korean chilli dressing	citrus dressed green salad with cucumber, avocado & toasted pepitas	sugar snap pea, broad bean & rocket salad with crumbled feta cheese	barley salad with olives, cherry tomatoes, rocket, feta & lemon basil dressing
salad bar	<b>salad ingredients (if applicable)</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc <b>condiments, that may include</b> – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
the dessert station	lemon cheesecake mousse pots	pavlova with greek yoghurt	churros with chocolate sauce & cinnamon sugar	spring fruit salad with honey dressing & vanilla custard	chocolate profiteroles	chocolate ice cream cups	steamed vanilla pudding with salted caramel sauce
special dietary requirements	<b>special dietary requirements</b>						