

chartwells autumn retail weekly menu 2021

week 1	mon	tue	wed	thu	fri
breakfast					
breakfast item	open faced egg sandwiches, smashed avocado & baby spinach	roasted cherry tomato & red pepper breakfast tartlet	toasted breakfast focaccias, shaved ham, cheddar, grilled tomato	breakfast omelette wraps, ricotta, spinach, tomato, basil	baked wholemeal french toast, smashed berries, snow sugar
additional breakfast items	breakfast will also include a selection of the following: the hot cupboard - variety of toasted sandwiches on grain, rye & white breads, egg & bacon muffins, toasted fruit bread, banana bread, the 'special' club toasted sandwich that changes daily plus more ... the reach in fridge - yoghurt pots, fruit salad tubs, tall single fruit cups, bircher muesli, breakfast sandwiches, wraps & rolls, juices & water the bakery counter - fresh whole fruit, cereal tubs with milk & yoghurt, our own baked muffins & home baked goods direct to the counter straight from the oven				
recess					
bakery					
muffin / scone	oatmeal, apple & spice wholemeal muffins, studded with cranberries	red pepper, ham & cheddar wholemeal scones	carrot & sunflower muffins, tart lemon icing	coconut banana bread with toasted shredded coconut shards	orange & poppyseed muffins
home baking	chocolate lamington	banana bread, sugar dusting	caramel slice	chocolate chip brownie	anzac cookie
the hot cupboard					
bread option	cheesymite wholemeal scrolls	toasted pizza subs, shaved ham, chargrilled vegetables, mozzarella	pizza focaccia strips	pulled beef burger , grain rolls, tomato relish , baby spinach	turkey club wrap, cranberry, cheddar, cos lettuce, aioli
lo carb option	chicken & corn fried rice , egg omelette strips, vermicelli noddles	lamb & oregano shaslks, peppers, red onion, lemon	steamed mini chicken dumplings with sticky hoi sin sauce	tandoori chargrilled chicken strip, steamed basmati rice, raita	mexican meatball box, spiced relish
snack option	steak slider with caramelised onion & mozzarella	cinnamon sugar dusted pretzel	our own beef & vegetable sausage rolls, big red sauce	aussie hot dog, beef sausage & grated cheese	chipolata rolls, caramelised onions
the cold cupboard					
salad	moroccan chickpea salad, turmeric & paprika roasted beets & pumpkin, coriander, ginger, cherry tomatoes	roasted cauliflower & farro salad with fresh mint, spanish onion & red wine vinegar dressing	tabouleh couscous salad, parsley, mint, tomatoes, cucumber, crumbled feta, lemon vinaigrette	roasted nicoise salad, green beans, roasted tomatoes, crumbled feta, caramelised onions, oregano dressing	parmesan brussel sprout salad, kale, pomegranate, lemon dressing
salad with protein	moroccan chickpea salad, turmeric & paprika roasted beets & pumpkin, coriander, ginger, cherry tomatoes, rare lamb strips	roasted cauliflower & farro salad, fresh mint, spanish onion, red wine vinegar dressing, tuna chunks	tabouleh couscous salad, parsley, mint, tomatoes, cucumber, crumbled feta, lemon vinaigrette, sesame crusted haloumi	roasted nicoise salad, green beans, roasted tomatoes, crumbled feta, caramelised onions, oregano dressing, boiled egg	parmesan brussel sprout salad, kale, pomegranate, lemon dressing, pulled chicken
lunch					
bread/wrap option	tandoori chicken burger, raita, cos lettuce, wholegrain bun	vietnamese bahn mi, lemongrass beef, pickled vegetables, egg mayo, secret bbq sauce	mexican chicken tortillas, guacamole, salsa	toasted italian sandwich, basil pesto, salami, mozzarella, ciabatta roll	panko parmesan crumbed fish with potato wedges, lime, coriander & pineapple salsa
pasta/noodles	red vegetable thai green curry, coconut milk, steamed basmati, naan bread	korean ground beef stir-fry, mushrooms, peppers, snow peas, spring onions, tamari & jasmine rice	penne pasta bake, beef bolognese, spinach, parmesan	thai chicken fried rice, basil, bok choy, thai mint, bean sprouts	teriyaki chicken , ginger, honey, mirin, sushi rice
chef's special	grilled lime chicken tacos with shredded vegetables, smashed avocado & salsa	penne pasta with roasted chicken, sundried tomato & baby spinach	sticky honey & soy pork, asian noodles, sweet corn, sugar snaps, bok choy	pulled pork burger, beet root, pickle, tomato relish & baby cos	beef tortellini, tomato sugo, shaved parmesan

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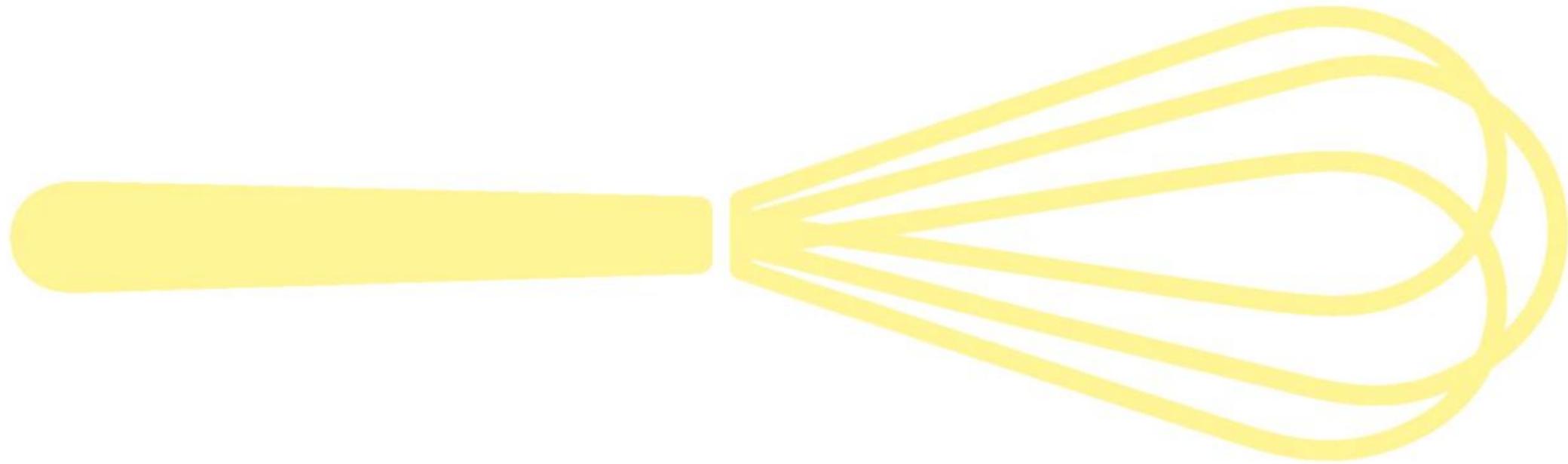
week 2	mon	tue	wed	thu	fri
breakfast					
breakfast item	sweet potato & feta fritters, tomato salsa	not quite banana bread, no sugar	breakfast sandwich, shaved ham, cheddar, roma tomato, tomato relish	breakfast quesadillas, egg, tomatoes, cheddar, spinach	the onesie box – one of everything – egg, bacon, tomato, mushroom, sausage, spinach leaf!
additional breakfast items	breakfast will also include a selection of the following: the hot cupboard - variety of toasted sandwiches on grain, rye & white breads, egg & bacon muffins, toasted fruit bread, banana bread, the 'special' club toasted sandwich that changes daily plus more ... the reach in fridge - yoghurt pots, fruit salad tubs, tall single fruit cups, bircher muesli, breakfast sandwiches, wraps & rolls, juices & water the bakery counter - fresh whole fruit, cereal tubs with milk & yoghurt, our own baked muffins & home baked goods direct to the counter straight from the oven				
recess					
bakery					
muffin / scone	caramel, apple & buttermilk muffins, salted caramel icing	glazed strawberry muffins	sultana, coconut & cornflake cookies	french toast muffins, maple syrup drizzle	cheddar & chive sconettes
home baking	chocolate lamington	banana bread, sugar dusting	caramel slice	chocolate chip brownie	anzac cookie
the hot cupboard					
bread option	turkey, cranberry & brie quesadillas	jumbo vegemite & cheese wholemeal twists	single stack beef burgers, tomato, iceberg lettuce, american cheddar, pickles, special burger sauce	mini wholemeal pizza pinwheel	chicken fillet burger with salad & weet chilli sauce
lo carb option	popcorn boxes, brown butter, salt	moroccan lamb kebabs, parsley, cumin yoghurt,	honey lime cajun chicken drumettes, slaw	aussie hot dog, beef sausage & grated cheese	crumbed whiting, lemon & tartare sauce
snack option	fried rice noodle boxes, honey soy chicken strips, peas, bean sprouts	pork belly, XO fried rice	pumpkin & mozzarella arancini balls	mediterranean lamb pizza, capsicums, feta, oregano, mint yoghurt	garlic oven baked potato wedges, tomato relish
the cold cupboard					
salad	roasted autumn vegetable salad, fennel, red onions, butternut pumpkin, lemon & paprika dressing	puttanesca salad bowl, zucchini, celery, cherry tomatoes, red onion, nut-free pesto, sourdough croutons	roasted broccoli salad, sesame, ginger dressing, snow peas, edamame, avocado	autumn detox salad, roasted parsnip, sweet potato, beetroot, carrot, garlic dressing, toasted pepitas	cauliflower & garbanzo bean salad, shredded kale, salad onion, pepitas, lime dressing
salad with protein	roasted autumn vegetable salad, fennel, red onions, butternut pumpkin, lemon & paprika dressing, roasted chickpeas	puttanesca salad bowl, zucchini, celery, cherry tomatoes, red onion, nut-free pesto, sourdough croutons, flaked tuna	roasted broccoli salad, sesame, ginger dressing, snow peas, edamame, avocado, bacon crumb	autumn detox salad, roasted parsnip, sweet potato, beetroot, carrot, garlic dressing, toasted pepitas, seared tofu strips	cauliflower & garbanzo bean salad, shredded kale, salad onion, pepitas, lime dressing, pan seared chicken strips
lunch					
bread/wrap option	nacho boxes, chilli beans, shredded cheese, guacamole, salsa, light sour cream	peri peri beef burger, cucumber, peri peri mayo	souvlaki lamb wraps, tzatziki, tabbouleh	cajun chicken baguette, corn salsa, spinach	pulled pork sliders, apple chutney, slaw
pasta/noodles	red vegetable thai green curry, coconut milk, steamed basmati, naan bread	korean ground beef stir-fry, mushrooms, peppers, snow peas, spring onions, tamari & jasmine rice	penne pasta bake, beef bolognese, spinach, parmesan	thai chicken fried rice, basil, bok choy, thai mint, bean sprouts	teriyaki chicken , ginger, honey, mirin, sushi rice
chef's special	grilled lime chicken tacos with shredded vegetables, smashed avocado & salsa	penne pasta with roasted chicken, sundried tomato & baby spinach	sticky honey & soy pork, asian noodles, sweet corn, sugar snaps, bok choy	pulled pork burger, beet root, pickle, tomato relish & baby cos	beef tortellini, tomato sugo, shaved parmesan

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week 3	mon	tue	wed	thu	fri
breakfast					
breakfast item	breakfast croissants, shaved ham & cheese	crepes with lemon & smashed berries	breakfast grain bread toasties, cheddar, shaved ham, relish	breakfast avocado, cheese & tomato toasted baguette	muesli scones, granola, tea-soaked sultanas, lemon zest
additional breakfast items	breakfast will also include a selection of the following: the hot cupboard - variety of toasted sandwiches on grain, rye & white breads, egg & bacon muffins, toasted fruit bread, banana bread, the 'special' club toasted sandwich that changes daily plus more ... the reach in fridge - yoghurt pots, fruit salad tubs, tall single fruit cups, bircher muesli, breakfast sandwiches, wraps & rolls, juices & water the bakery counter - fresh whole fruit, cereal tubs with milk & yoghurt, our own baked muffins & home baked goods direct to the counter straight from the oven				
recess					
bakery					
muffin / scone	dark chocolate & berry muffins	carrot & cinnamon bread, lemon icing drizzle	gingerbread cupcakes, coconut icing	berry, yoghurt & vanilla bean muffins	oatmeal & raisin muffins
home baking	chocolate lamington	banana bread, sugar dusting	caramel slice	chocolate chip brownie	anzac cookie
the hot cupboard					
bread option	the brat – bacon, rocket, avocado & tomato sandwich	ham & tomato wholemeal foldover	chargrilled beef sausages, wholemeal roll, tomato relish	aussie hot dog, beef sausage & grated cheese	chargrilled vegetable & spinach focaccia
lo carb option	chicken parmesan sticks, tomato sugo	steamed vegetable gyozas, sweet chilli dipping sauce	steamed vegetable dumplings with sticky hoi sin sauce	peri peri chicken drumettes, coriander & mint yoghurt	crumbed whiting, lemon & tartare sauce
snack option	spinach, feta & chive frittata	toasted waffles, roasted smashed strawberries, chocolate ganache	mac 'n cheese, chorizo & parmesan	pizza quesadillas, shaved ham, tomato sugo, mozzarella	classic beef slider, cheese, mustard, pickle, tomato sauce, egg mayo
the cold cupboard					
salad	middle eastern fattoush salad, cucumber, mint, parsley, radish, peppers, white wine vinegar dressing, toasted pita crisps	nori roll in a bowl, buckwheat, quinoa, smoked salmon, radish, avocado, nori, black sesame seeds	asian quinoa slaw salad, sesame & rice vinegar dressing, toasted black sesame seeds, wombok	tofu poke bowl, brown rice, cucumber, radish, red cabbage, coriander, avocado, soy marinated tofu	vietnamese noodle salad, chilli, coriander, cucumber, lemongrass, fish sauce & lime dressing, vermicelli noodles
salad with protein	middle eastern fattoush salad, cucumber, mint, parsley, radish, peppers, white wine vinegar dressing, toasted pita crisps, flaked tuna	nori roll in a bowl, buckwheat, quinoa, smoked salmon, radish, avocado, nori, black sesame seeds	asian quinoa slaw salad, sesame & rice vinegar dressing, toasted black sesame seeds, wombok, shredded chicken	tofu poke bowl, brown rice, cucumber, radish, red cabbage, coriander, avocado, soy marinated tofu	vietnamese noodle salad, chilli, coriander, cucumber, lemongrass, fish sauce & lime dressing, vermicelli noodles, shredded pork strips
lunch					
bread/wrap option	italian meatball wraps, tomato sugo, parmesan, baby spinach	roasted pumpkin naan bread pizza, swiss cheese, autumn herbs	spinach & feta flatbreads, tzatziki, cucumber salad	croque madame	minute steak grain sandwiches with caramelised onions
pasta/noodles	red vegetable thai green curry, coconut milk, steamed basmati, naan bread	korean ground beef stir-fry, mushrooms, peppers, snow peas, spring onions, tamari & jasmine rice	penne pasta bake, beef bolognese, spinach, parmesan	thai chicken fried rice, basil, bok choy, thai mint, bean sprouts	teriyaki chicken , ginger, honey, mirin, sushi rice

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chef's special	grilled lime chicken tacos with shredded vegetables, smashed avocado & salsa	penne pasta with roasted chicken, sundried tomato & baby spinach	sticky honey & soy pork, asian noodles, sweet corn, sugar snaps, bok choy	pulled pork burger, beet root, pickle, tomato relish & baby cos	beef tortellini, tomato sugo, shaved parmesan
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week 4	mon	tue	wed	thu	fri
breakfast					
breakfast item	pizza scrolls, tomato sugo, sun dried toamtoes & mozzarella	cheddar, chive & spinach thin crust pizza	scrambled egg & chive toasted wholemeal muffins	the 'special' breakfast - fried eggs, grain toast, oven baked tomatoes & wilted spinach	fried egg & grilled cheese grain sandwich
additional breakfast items	breakfast will also include a selection of the following: the hot cupboard - variety of toasted sandwiches on grain, rye & white breads, egg & bacon muffins, toasted fruit bread, banana bread, the 'special' club toasted sandwich that changes daily plus more ... the reach in fridge - yoghurt pots, fruit salad tubs, tall single fruit cups, bircher muesli, breakfast sandwiches, wraps & rolls, juices & water the bakery counter - fresh whole fruit, cereal tubs with milk & yoghurt, our own baked muffins & home baked goods direct to the counter straight from the oven				
recess					
bakery					
muffin / scone	salted caramel muffins, brown sugar crumb	individual carrot cupcakes, yoghurt frosting	shaved ham & 3 cheese muffins	choc chip & pumpkin muffins	blueberry & greek yoghurt muffins, streusel crumb
home baking	chocolate lamington	banana bread, sugar dusting	caramel slice	chocolate chip brownie	anzac cookie
the hot cupboard					
bread option	shredded pulled chicken taco's, avocado, salsa	cheddar & rosemary pinwheel	bbq pulled lamb roll, spicy bbq sauce, slaw	butter chicken tortilla pockets	lemongrass steak bahn mi, pickled vegetables, soy
lo carb option	beef meatball cups, tomato & chili spiced relish	cauliflower fried rice, egg omelette, bean sprouts, sticky soy	dukka spiced chicken tenderloins with coriander yoghurt	teriyaki beef stix, shredded bean salad, wasabi dressing	crumbed whiting, lemon & tartare sauce
snack option	jacket potatoes, chilli beans, slaw, yoghurt sauce	wok tossed cantonese style egg noodles, shredded chicken, asian vegetables, bean sprouts, ketjup manis	grilled zucchini & hommous wrap, spinach, semi dried tomatoes	aussie hot dog, beef sausage & grated cheese	popcorn chicken, honey bbq sauce
the cold cupboard					
salad	greek salad, kalamata olives, oregano dressing, cucumber, roma tomatoes	autumn rigatoni pasta salad, broccoli, roasted pumpkin strips, pepitas, red wine vinaigrette	basmati rice salad, edamame, cucumber, coriander, ginger, pinto beans, sesame oil & lime dressing	blood orange & shaved fennel salad, currants, red wine & balsamic vinegar dressing	raw vegetable salad, sunflower seeds, pepitas, sesame seeds, honey & sherry dressing
salad with protein	greek salad, kalamata olives, oregano dressing, cucumber, roma tomatoes, flaked salmon	autumn rigatoni pasta salad, broccoli, roasted pumpkin strips, pepitas, red wine vinaigrette, shredded chicken	basmati rice salad, edamame, cucumber, coriander, ginger, pinto beans, sesame oil dressing, greens, crumbled feta	blood orange & shaved fennel salad, currants, red wine & balsamic vinegar dressing, chorizo	raw vegetable salad, sunflower seeds, pepitas, sesame seeds, honey & sherry dressing, honey glazed tofu strips
lunch					
bread/wrap option	lamb kofta, roti bread, tzatziki	minute steak sandwich, caramelised onions, grilled tomato, greens	butter chicken roti bread pockets	mexican chicken baguette, salsa, shredded cheese, sour cream	traditional aussie grilled beef snags, tomato sauce, cheddar, autumn slaw
pasta/noodles	red vegetable thai green curry, coconut milk, steamed basmati, naan bread	korean ground beef stir-fry, mushrooms, peppers, snow peas, spring onions, tamari & jasmine rice	penne pasta bake, beef bolognese, spinach, parmesan	thai chicken fried rice, basil, bok choy, thai mint, bean sprouts	teriyaki chicken, ginger, honey, mirin, sushi rice
chef's special	grilled lime chicken tacos with shredded vegetables, smashed avocado & salsa	penne pasta with roasted chicken, sundried tomato & baby spinach	sticky honey & soy pork, asian noodles, sweet corn, sugar snaps, bok choy	pulled pork burger, beet root, pickle, tomato relish & baby cos	beef tortellini, tomato sugo, shaved parmesan