

chartwells term 4 weekly menu 2024

Week 5	mon	tue	wed	thu	fri	sat	sun	
breakfast								
residential breakfast	scrambled eggs with bacon, spring onion, spinach, cheddar cheese & multigrain toast	minute beef steak & egg roll with tomato, parmesan cheese & basil	breakfast burrito with eggs, sausage, light cheddar cheese & salsa	poached eggs with hash browns, grilled tomatoes, bacon & sourdough toast	baked eggs with tomato, sausage, & spinach	sweet corn fritters with grilled ham, guacamole, salsa & light sour cream	poached eggs with wilted spinach, bacon, herb aioli & toasted baguette	
warm breakfast side	baked beans	spaghetti	baked beans	spaghetti	baked beans	spaghetti	baked beans	
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							
fruit	seasonal fresh fruit will be available throughout the day							
Week 5	mon	tue	wed	thu	fri	sat	sun	
lunch								
hot option	mongolian beef stir fry with wombok, greens, ginger, soy & rice noodles	lamb souvlaki wrap: shredded lamb, tomato, onions, lettuce, grilled pita bread & spiced yoghurt	baguette-caesar salad with grilled chicken, egg, crisp bacon, cos lettuce, caesar dressing & garlic bread	beef pie with crispy roast potatoes	panko barramundi fillet & chips with tartar sauce	chicken salad with brown rice, avocado, carrots & cucumber	chicken penne pasta with tomato, basil & parmesan cheese	
sandwich/myo salad	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread 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							
Week 5	mon	tue	wed	thu	fri	sat	sun	
dinner								
main course	grilled pork chops with tomato salsa	massaman beef & potato curry	HOUSE CHOICE	pasta bake with beef & tomato ragu & parmesan cheese	roast pork loin with maple syrup glaze	beef stirfry with bok choy & wombok	HOUSE BBQ NIGHT	
vegetables	crispy roasted potato wedges charred vegetable medley buttered green peas with basil	steamed jasmine rice peas & beans tossed with lemon & olive oil steamed corn on the cob		garlic bread beans, peas, zucchini & basil	herb roasted potatoes garden peas & beans with olive oil parmesan roasted pumpkin	steamed coconut rice mini spring rolls & prawn crackers		chicken breast sausage coleslaw burger salads bread roll condiments
the dessert station	poached pear with vanilla bean custard	rockmelon & pineapple with sorbet		raspberry jelly cups with spring strawberries & vanilla yogurt	blueberry cheesecake with shortbread base	lemon cheesecake mousse		icypole or zooper dooper
special dietary requirements	all special dietary requirements will be met for each meal service							

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Week 6	mon	tue	wed	thu	fri	sat	sun	
breakfast								
residential breakfast	breakfast bacon & egg roll with big red sauce	egg soldiers with grilled bacon	savory mince, scrambled eggs, spinach, tomato relish & tortilla	fried eggs with bacon & sauteed mushrooms	breakfast hotdog, cheesy toasted sub with sausage, scrambled egg, tomato & basil	potato hashbrown with poached egg, grilled ham, wilted spinach & garlic aioli	the chartwells big breakfast with poached eggs, home fries & grilled bacon	
warm breakfast side	baked beans	spaghetti	baked beans	spaghetti	baked beans	spaghetti	baked beans	
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							
fruit	seasonal fresh fruit will be available throughout the day							
Week 6	mon	tue	wed	thu	fri	sat	sun	
lunch								
hot option	mexican beef & bean chilli con carne with avocado salsa, corn chips & lite sour cream	macaroni with bacon, mushrooms, peas, basil, parmesan & garlic focaccia	roast chicken & gravy roll	char sui pork stir fry with asian greens, toasted sesame seeds & coconut rice	grilled minute steak with crispy onions on thick bread, garden salad & potato salad	chinese style chicken stirfry with flat noodles & sweet-sour sauce	pulled lamb flatbread with onions, peppers, peas, feta, tahini & mint	
sandwich/ myo salad	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread 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							
Week 6	mon	tue	wed	thu	fri	sat	sun	
dinner								
main course	250g rump beef steak with caramelised onions	baked tandoori chicken	HOUSE CHOICE	penne carbonara with bacon, mushroom, onions, spinach, garlic, cream sauce & parmesan cheese	roasted chicken with lemon, thyme & garlic	bbq pulled pork burger	HOUSE BBQ NIGHT	
additional vegetables	steamed spring potatoes with butter & parsley roasted vegetable medley with goat cheese & lemon wilted greens with garlic	coconut rice corn with parmesan steamed carrot & peas		garlic bread baked sweet potato wedges green bean & pea medley	creamy potato bake chargrilled spring vegetables roasted carrots with honey & poppy seeds	salted fries grilled vegetables with nut free pesto		beef patty sausage coleslaw burger salads bread roll condiments
the dessert station	chocolate & raspberry self-saucing pudding with chocolate crumble	mango & yoghurt mousse		spring fruit salad with vanilla yoghurt & crispy brown sugar oats	apple & dried apricot crumble with sweet cinnamon yoghurt	vanilla ice-cream cones with honeycomb		icypole or zooper dooper
special dietary requirements	all special dietary requirements will be met for each meal service							

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Week 7	mon	tue	wed	thu	fri	sat	sun	
breakfast								
residential breakfast	fried egg, salsa, grilled sausage & corn tortilla	scrambled eggs, ham, spinach & mushroom with tomato relish	breakfast sandwich: multi grain bread, bacon, spinach, tomato, fried egg & cheese	poached eggs with tomato, spinach, & grilled ham	breakfast bacon & egg roll with big red sauce	fried eggs with grilled sausage, sautéed mushrooms & sourdough toast	scrambled eggs with spring onion, bacon & thick cut toast	
warm breakfast side	baked beans	spaghetti	baked beans	spaghetti	baked beans	spaghetti	baked beans	
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							
fruit	seasonal fresh fruit will be available throughout the day							
Week 7	mon	tue	wed	thu	fri	sat	sun	
lunch								
hot option	lemongrass & ginger pork with, asian vegetables, sticky chilli sauce & sesame rice	baked chicken tortilla with onions, sweet potato, black bean & corn salsa	pulled pork roll with slaw	lamb massaman curry with potato, tomato, sesame rice & thai coleslaw	crispy fried barramundi, potato wedges, coleslaw & kewpie mayo	texan style pulled beef pizza with, tomato, peppers, crispy onions & bbq sauce	beef & bean burrito with corn, onion, peppers, salsa, guacamole & sour cream	
sandwich/ myo salad	ciabatta, baguettes, toscana loaf, brioché rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread 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							
Week 7	mon	tue	wed	thu	fri	sat	sun	
dinner								
main course	chargrilled chicken breast with green olives, lemon & sage	lamb korma cooked in yoghurt	HOUSE CHOICE	bbq beef & peperoni spiral pasta with tomato, capers & spring onion	slow roasted mustard crusted beef striploin	pork scallopini with cream sauce	HOUSE BBQ NIGHT	
additional vegetables	mashed potato steamed green beans with garlic & lemon roasted cauliflower with sage	biryani rice with crispy onion steamed vegetable medley with seeded mustard dressing		garlic pizza bread honey glazed carrots with black sesame seeds steamed broccoli	roasted potato, pumpkin & sweet potato with onions, garlic & herbs steamed broccoli with brie & olive oil	crushed potato cauliflower bake with parmesan & breadcrumbs sauteed green peas with butter & basil		chicken breast sausage coleslaw burger salads bread roll condiments
the dessert station	red fruit salad with ice cream	coconut pudding with spiced mango		rice pudding with orange, rosewater & toasted coconut	passionfruit coconut semifreddo	crème caramel		icypole or zooper dooper
special dietary requirements	all special dietary requirements will be met for each meal service							

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Week 8	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	breakfast wrap with grilled sausage, scrambled egg, sauteed mushroom, thyme & cheddar cheese	breakfast bacon & egg roll with big red sauce	egg soldiers with grilled sausage	toasted waffle with roasted pear & honey	zucchini & corn fritters with grilled bacon & guacamole	fried eggs with home-made baked beans, sausage & sourdough toast	the chartwells big breakfast with poached eggs, home fries & grilled bacon
warm breakfast side	baked beans	spaghetti	baked beans	spaghetti	baked beans	spaghetti	baked beans
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						
fruit	seasonal fresh fruit will be available throughout the day						
Week 8	mon	tue	wed	thu	fri	sat	sun
lunch							
hot option	beef tortellini with roasted pumpkin, tomato sugo, parmesan & garlic focaccia	shepherd's pie with cheesy potato top	beef meatballs sub, tomato sugo topped with cheese	stir fry pork with wombok, onion, lime, mint, jasmine rice & iceberg lettuce salad with lime dressing	homemade battered barramundi fillet & chips with tartar sauce	roast beef baguette: tomato, melted mozzarella cheese seeded mustard shaved iceberg lettuce	build your own salad bowl bar - shredded roast chicken - selection of dips, spring salad ingredients, condiments & dressings
sandwich/ myo salad	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread 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						
Week 8	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	chargrilled lamb chops	butter chicken	HOUSE CHOICE	traditional beef lasagne & garlic bread	slow roasted lamb	thai red chicken curry with sweet potato, baby corn, basil & red peppers	HOUSE BBQ NIGHT beef patty sausage coleslaw burger salads bread roll condiments
additional vegetables	steamed potato with dijon mustard & parsley carrots with nutty butter green beans with cabbage & nut free pesto	basmati rice and naan bread green beans, peas & basil		corn cobb sauteed zucchini & broccoli with garlic	oven roasted chat potatoes steamed spring green pea medley tomato provencale with zucchini & mushroom	sesame jasmine rice steamed spring vegetables with thyme & olive oil	
the dessert station	chocolate panna cotta with smashed berry sauce	lemon & vanilla custard tart		sticky date pudding with butterscotch sauce	pineapple, rockmelon & kiwi platter with jelly	spring fruit & oat crumble with vanilla bean custard	
special dietary requirements	all special dietary requirements will be met for each meal service						