

chartwells summer residential weekly menu 2024

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	wholemeal ham toasties with mozzarella cheese & basil	chartwells smoothie tuesday – summer fruit smoothies	thick cut french toast with blueberry, banana & maple syrup	toasted muesli clusters with cranberries & dates	corn fritters with smashed avocado & feta		pizza bagels with napoli sauce, mozzarella & basil
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 variety of milks that may include full cream, lite & calcium fortified soy						
fruit	seasonal fresh fruit will be available throughout the day						

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week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	canadian lamb & lentil meat loaf with sticky tomato relish & feta cheese topping	roast pork belly with honey, soy & garlic	grilled lemon & garlic chicken breast	chargrilled steak with sauteed mushroom & onions	slowly braised lamb shoulder ragu with fettucini, parmesan & parsley	bbq dinner - home-made beef burgers with cheese, pickles, lettuce & burger sauce greek chicken kebabs with sauteed peppers & onions & yoghurt dressing mushroom kebabs with zucchini, peppers, onions & haloumi lentil burgers with onions and yoghurt dressing	bbq pork sausages with red cabbage & crushed potato
main course	baked fillet of fish wrap, salad, sauce gribiche	black bean & vegetable summer cottage braise with cheddar crumble top	roast lamb studded with garlic & rosemary & pan gravy	honey chipotle bbq chicken legs	chicken saltimbocca		chicken cacciatore with spiced couscous
main course	thai vegetable curry with edamame, sesame rice, fried shallots & coriander	penne pasta with napoli sauce, nut free pesto, parmesan cheese & garlic crouton	pacific fish en papillote with potato, lemon & dill	coconut dhal with roasted vegetables	spinach & ricotta ravioli with homemade napoli sauce		baked coriander & coconut fish with garlic pangrattato
vegetarian	stir fried soba noodles with shitake mushrooms, broccolini, red peppers, wholegrain sorghum, ginger & sriracha	sticky roasted pumpkin and miso rice bowl with spiced pepitas	gnocchi 'mac 'n cheese' with loads of peas	kale, rocket, spinach & cheese strata	pad see ew stir fried rice noodles with chinese broccoli, wombok, leafy greens, egg omelette & ketjup manis		cauliflower tikka masala with lentil dahl & grilled flatbread
salad	tomato, plum & coriander salad with citrus aioli	roast pumpkin salad with spinach, roasted chickpeas, feta, & vinaigrette	cowboy caviar salad with corn, black beans & tomato	rocket, roasted chickpeas & feta with citrus dressing	cabbage salad with chilli, mint, spring onions & roasted sesame seeds	create your own caesar salad bowl with baby cos, ciabatta croutons, poached eggs, caesar dressing & shaved parmesan	green summer herb salad with mixed green leaves, snow peas, toasted pumpkin seeds & raspberry thyme dressing
vegetables	the following may be available to accompany the main course selection: steamed seasonal vegetables / variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta / variety of potatoes - roasted, smashed, oven baked wedges						
additional vegetables	croatian potatoes chermoula spiced carrot & chickpeas with lemon summer greens with olive oil & sea salt	brown rice & quinoa medley broccolini with lemon olive oil three cabbage sauté with garlic, sesame & soy	greek lemon roast potato with oregano wilted spinach with garlic & parmesan cheese corn on the cob with chipotle	roasted crushed aby potto with rosemary steamed zucchini & snow peas sauteed carrots with crushed toasted sunflower seeds	roasted sweet potato wedges steamed cauliflower, broccoli & red pepper pea medley with mint	herbed french fries zucchini, leeks & peas with sage	parmesan roasted potato roasted red onion, pumpkin, carrots, beetroot & parsley green beans with poppy seeds
the dessert station	ice cream	summer stone fruit with lemon scented mascarpone cream cheese	ice cream	summer fruit salad	ice cream	ice cream	pineapple upside-down cake with vanilla bean custard
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	toasted crumpets with warm spiced berries, yoghurt & honey	chartwells smoothie tuesday - tropical fruits & oats	soft boiled eggs with grain toast & dukkha	watermelon, red flame grapes & strawberries	toasted open bagels with cheese, tomato & basil		breakfast bruschetta with smashed avocado, roasted tomatoes & crumbled feta
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 variety of milks that may include full cream, lite & calcium fortified soy						
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week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	corned silverside with sweet mustard glaze	greek meatballs with tomato sauce and feta	greek lamb with lemon, oregano, flatbread & cucumber tzatziki	vietnamese caramel chicken	beef stroganoff with mushrooms & pilaf rice	french dinner - crispy skin confit chicken leg beef bourguignon with pearl onions, mushrooms & carrots orange & ginger grilled fish with spiced couscous french onion stew with chickpeas & mushrooms	slow cooked pork shoulder with sage & apple sauce
main course	crispy crumbed fish	grilled korean sticky chicken chops with spicy cucumber salad	sticky honey, & soy chicken drumsticks with roasted black & white sesame seeds	minute steaks with caramelised onion jam	cajun chicken with spicy corn, avocado & tomato salsa		crispy fried chicken with buttermilk & chinese 5 spice
main course	pollo alla toscana cremoso - pan seared chicken with cream & sage	zucchini, eggplant & feta lasagne	pearl couscous with lentils & toasted cauliflower	tuna mornay pasta with spinach, corn & parmesan crust	pumpkin ravioli with roast pumpkin, napoli sauce & shaved parmesan		baked fetta & roma tomato pasta
vegetarian	rigatoni pasta with broad bean, roasted pumpkin, leek, pepitas & crumbled feta	coconut tofu curry with wilted kale, cherry tomato & basmati rice	chickpea fritters with sweet corn, wilted spinach, ricotta & cucumber raita	chilli tofu & sweet potato stir-fry with jasmine rice	three bean tagine with spinach, apricots & spiced lemon couscous		teriyaki tofu stir-fry with egg noodles & asian vegetables
salad	risoni salad with grilled zucchini, green peas, parmesan & spring onion dressing	lemony chickpea salad with spring onions, cumin & turmeric dressing	brown rice salad with black beans, cucumber, shallots & avocado	sorghum rainbow salad with cherry tomato, pickled onions, parsley & mustard vinaigrette	super green salad with green apple, green peppers & wombok		asian salad with shaved cabbage, soft greens & sesame soy dressing
vegetables	the following may be available to accompany the main course selection: steamed seasonal vegetables / variety of steamed rice- jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta / variety of potatoes - roasted, smashed, oven baked wedges						
additional vegetables	mashed potato steamed cauliflower, beans & carrots with olive oil & basil sauteed spinach with garlic	steamed jasmine rice steamed vegetable medley with spiced dukkha cajun spiced roasted summer vegetables	greek style lemon roast potatoes spicy corn ribs with parmesan green bean & pea medley	roasted tomatoes, zucchini & eggplant medley sautéed summer squash with herbs & balsamic vinegar	italian brown rice pilaf wilted leafy greens with crushed sunflower seeds & olive oil baked eggplant casserole	potatoes au gratin beans with garlic & butter ratatouille	crushed baby potato with butter & parsley baked pumpkin wedges with nutmeg stir fried vegetables with black bean sauce
the dessert station	ice cream	baked raspberry & pear oat crisp	ice cream	apple & cinnamon crumble with vanilla bean custard	ice cream	ice cream	peach melba with crumble topping
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	wholemeal buttermilk pancakes with smashed summer berries	chartwells smoothie tuesday – power smoothies with kale, berries & greek yoghurt	scrambled egg, grilled onion, corn & cheddar quesadilla with tomato salsa	summer fruit salad with cinnamon toast	frittata with sweet potato, red onions, peppers, basil & feta		poached eggs with hash browns, grilled tomatoes, bacon & sourdough toast
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 variety of milks that may include full cream, lite & calcium fortified soy						
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week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	chargrilled steak with onions & red wine jus	coq au vin with shallots & mushroom	oven baked crumbed pork schnitzel with apple chutney	beef ragu with cherry tomato, papardelle pasta & parmesan cheese	salmon fish cakes with preserved lemon aioli	indian dinner - crispy baked potato & pea samosa with tamarind dipping sauce chicken korma cooked in yoghurt lamb pasanda curry indian fish curry biryani rice with crispy onions roti bread cucumber raita mango chutney papadums	herb crusted roast beef with pan juices
main course	beer battered fish with lemon basil aioli	sticky glazed pork with spring onions & sesame seeds	gremolata chicken	grilled chicken kebabs with honey, soy & sesame	beef lasagne with herb & garlic focaccia		portuguese style chicken strips with peri sauce
main course	BBQ chicken drumsticks with chilli, brown sugar, green onion & brown rice	tandoori grilled vegetable pizza with dried tomato, grilled onions, grilled zucchini, boconcinni, mozzarella & cumin spiced yoghurt	ginger tofu with wok tossed rice noodles, asian vegetables	chickpea & vegetable koftas with minted yoghurt sauce	BBQ chicken thin crust pizza		cannelloni with ricotta, baby spinach, tomato sugo & shaved parmesan
vegetarian	caramelised onion, mushroom pea & pumpkin risotto with crumbled feta & roasted pumpkin seeds	eggplant bake with tomatoes, ricotta & forbidden rice	massaman sweet potato curry with tofu, chickpeas, & spinach with steamed jasmine rice	vegetarian ramen with boc choy & eggs	mexican "lasagne" tortilla stack with kidney beans, tomatoes, sweet corn, taco spice & shredded cheddar		middle eastern spiced lentil & rice pilaf with roasted summer vegetables
salad	moroccan beetroot salad with, spinach, mint & yoghurt dressing	roasted chickpea & kale salad with sun dried tomato vinaigrette	risoni pasta salad with green beans, cherry tomato, thyme & lemon dressing	fattoush salad with tomato, cucumber, radish, pita bread strips & mint dressing	cannellini bean salad with snow peas, red cabbage & dijon honey dressing	indian chopped salad with lettuce, tomatoes, curry leaves, toasted spices & seeds,	freekah salad with tomatoes, feta, herbs & pomegranate
vegetables	the following may be available to accompany the main course selection: steamed seasonal vegetables / variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta / variety of potatoes - roasted, smashed, oven baked wedges						
additional vegetables	baked polenta wedges wok tossed broccolini with green cabbage & garlic roasted summer vegetable medley	lyonnaise potatoes with onions summer beans tossed with chickpeas & tarragon balsamic roasted tomatoes	oven roasted potato wedges with italian herbs peas & beans tossed with lemon & olive oil steamed corn on the cob with toasted yeast butter	baby potato parsley, black pepper & butter sauteed zucchini & squash with lemon thyme	chips with sea salt steamed vegetable medley with seeded mustard dressing	biryani rice with crispy onion lentil & coconut dahl sabzi - indian mixed vegetables	potato galette summer vegetable & white bean stir fry bbq sweet corn
the dessert station	ice cream	carrot cake with cream cheese frosting	ice cream	chocolate mousse with crushed meringues & summer berries	ice cream	ice cream	fruit parfaits with nectarine, plums, lemon yoghurt & crunchy oats
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	poached eggs with mediterranean vegetable hash & spiced corn relish	chartwells smoothie tuesday – banana blueberry & chia smoothie	vegemite & cheddar wholemeal breakfast toastie	watermelon with vanilla bean greek yoghurt	breakfast burrito with potatoes, onions, peppers & salsa		breakfast wrap with scrambled egg, red peppers, spinach spring onion & cheddar cheese
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 variety of milks that may include full cream, lite & calcium fortified soy						
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week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	asian style fried fish with sweet chilli sauce	grilled chicken burgers with lemongrass & ginger slaw	traditional shepherd's pie	wok tossed beef with ketjup manis & toasted sesame seeds	sticky bbq beef brisket	italian dinner - tomato bruschetta spaghetti bolognese chicken cacciatore with tomatoes, onions, peppers & mushrooms gnocchi with sugo di pomodoro bocconcini & basil pesto sourdough & parmesan pangratatto	pork stir fry with summer greens, lemongrass, ginger, soy & coconut rice
main course	grilled rosemary & garlic minute steaks with chimichurri	slow roasted pork shoulder with pan gravy & brown sugared apples	gangnam style chicken cutlets with honey & garlic	chicken korma with indian spiced barley	cajun spiced fish tacos with pickled cucumbers, slaw, jalapeno aioli & salsa		chicken tikka masala with yoghurt flatbreads
main course	sticky hoisin honey chicken	lentil & vegetable rogan josh with yoghurt	teriyaki stir fried vegetables with edamame	roasted zucchini & eggplant curry with basmati, chickpeas & chutney	orecchiette pasta with lentil bolognese, shaved parmesan & herb garlic baguettes		goan fish curry with tomato, coconut & indian spices
vegetarian	penne pasta with green peas, basil, chili & ricotta	cajun spiced quinoa & zucchini burgers with smashed avocado & yoghurt dressing	roasted sweet potato with spiced chickpeas, olives, feta, sundried tomatoes & lite sour cream	sticky teriyaki mushroom & barley vegetarian balls	tandoori roasted cauliflower with grilled haloumi wild rice & toasted seed mix		pumpkin & white bean chilli with coriander, smoked paprika basmati rice
salad	italian panzanella salad	roasted vegetable couscous salad with lime vinaigrette	rainbow salad with salsa verde	burrito bowl salad quinoa, zucchini, beets, greek shredded cheese, yoghurt dressing & coriander	spinach salad with snap peas, parmesan & herb dressing	italian chopped salad with salami, cheese & olives	asian soba noodle salad with peppers, carrots, onions & miso dressing
vegetables	the following may be available to accompany the main course selection: steamed seasonal vegetables / variety of steamed rice, jasmine, basmati, wild, long grain selection of couscous, quinoa, polenta / variety of potatoes - roasted, smashed, oven baked wedges						
additional vegetables	baked potato wedges steamed beans roasted cherry tomatoes & garlic pangratatto	parmesan roast potato wok tossed vegetables with cauliflower, broccoli & leeks	sweet potato wedges greens tossed with lemon & olive oil zucchini provencale with cheesy & grain crumb crust	loaded fried rice braised red cabbage with apples & caramelised onions	steamed new potatoes bbq corn with mexican spice & olive oil chargrilled mediterranean vegetable medley	italian herb roasted potato baked eggplant with mozzarella sauteed zucchini with garlic	sesame rice stir fried asian greens with oyster sauce
the dessert station	ice cream	red summer fruit salad with berries, grapes, watermelon & plums	ice cream	summer fruit salad with mint & vanilla greek yoghurt	ice cream	ice cream	apple & rhubarb crumble with mascarpone
special dietary requirements	all special dietary requirements will be met for each meal service						