

chartwells summer residential menu 2020

week 1	mon	tue	wed	thu	fri	sat	sun	
breakfast								
residential breakfast	cook your own eggs cook your own eggs any way you like them with selection of condiments that may include - spinach leaves, tomato, capsicum, mushroom & cheese						brunch from the chilled cabinet - banana bread -selection croissant, danishes or home-made muffins - greek yoghurt & berries - smoked salmon & avocado - selection of salads, sandwich ingredients & condiments	brunch from the hot cupboard - cook your own eggs any way you like them - selection of salads, sandwich ingredients & condiments - breakfast power smoothies
special	waffles toasted with selection of toppings	chartwells smoothie tuesday!	fresh fruit with yoghurt & berries	fresh pea & sweetcorn fritters with summer avocado salsa	banana, cinnamon & oat pikelets			
continental breakfast station	continental breakfast could include the following items: selection of 5 breakfast cereals including sultana bran, special k, oats, muesli, nutri grain whole fresh fruit, selection of breads including white bread, wholemeal grain & seed, gluten free selection of spreads including vegemite, honey & jams, nutella							
beverages	hot beverages including tea & coffee, 100% fruit juice, milk selection, soy milk, almond milk, water							
fruit	seasonal fresh fruit will be available throughout the day							
lunch								
hot option #1	coconut, lime & lemongrass poached fish with steamed basmati & red chilli	bangkok coconut curry with broccoli, chickpeas, cabbage	butternut pumpkin mac'n cheese	cauliflower tikka masala with edamame beans, pappadums & basmati	bbq outside or chef selection of meats that may include lamb on spit, chicken breast steaks, beef mini steaks, beef sausages, potato quinoa patties			
hot option #2	caramelised onion, mushroom & pumpkin risotto & roasted pumpkin seeds	lebanese rice with lentils & toasted cauliflower	caprese thin crust pizza with roasted tomatoes, basil, thyme & mozzarella	vegetable chinese chow mein with bean sprouts & chinese cabbage				
vegetables	items to accompany the main course selections may include; steamed seasonal vegetables, variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta, variety of potatoes - roasted, smashed, fat chips, oven baked wedges							
range of breads	variety of breads that may include - olive, savoury, pane di casa, grain, whole meal, pita pockets, mexican wraps, bagels							
sandwich/myo salad	range of sandwich ingredients that may include - hard boiled eggs, tuna, cheddar cheese, sliced tomato, baby spinach red onion carrot roasted capsicums & cucumber							
fruit	seasonal fresh fruit will be available throughout the day							
soup	soups will be available in winter							

chartwells summer residential menu 2020

week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	korean beef with shredded vegetables & chilli sauce	grilled chicken shawarma & israeli salad	panfried battered fish fillets with crispy sweet potato chips & tartare sauce	peri peri chicken with spicy peri peri glaze	slow roasted mustard & herb crusted beef, red wine pan gravy, home-made yorkshire pudding	closed	coriander lime chicken with smashed avocado salsa
vegetarian	pepper coated eggplant with roasted garlic tofu	home-made chickpea falafels with hummus & slaw	summer vegetable curry with green lentils, coconut & coriander	lentil & eggplant dhal with turmeric, naan bread & rice pilaf	chimichurri marinated tofu, honey & soy fried vegetables		pumpkin & lentil curry with thai spices, coconut milk & coriander
salad	chermoula spiced carrot & chickpea salad with cumin & lime dressing	tabouleh salad with cracked wheat, chopped parsley & mint, tomatoes & lemon vinaigrette	chickpea, farro & green leaf salad with herbs, lemon vinaigrette & crumbled feta	asian salad with marinated tofu strips, bok choy & water chestnuts	fattoush salad with cucumbers, tomatoes, radish, black sesame seeds & crisp pita bread strips		green herb salad with mesculin, snow peas, pumpkin seeds & sage dressing
sides	cook your own stir-fry with selection of noodles & vegetables						
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	steamed broccoli	medley of seasonal vegetables	steamed broccoli & bok choy	tossed bok choy with green beans & broccoli	balsamic roast potatoes maple dijon roasted carrots steamed broccoli & sugar snap peas	closed	baked sweet potato chips
the dessert station	fresh fruit salad with citrus honey dressing	carrot cake with frosting	bread & butter pudding with selection of ice cream	pear crumble with custard	red summer fruit salad with grapes & watermelon		ice-cream sundaes with bananas, crushed praline & roasted strawberry sauce
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells summer residential menu 2020

week 2	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	cook your own eggs cook your own eggs any way you like them with selection of condiments that may include - spinach leaves, tomato, capsicum, mushroom & cheese					brunch from the chilled cabinet - banana bread - selection croissant, danishes or home-made muffins - greek yoghurt & berries - smoked salmon & avocado - selection of salads, sandwich ingredients & condiments	brunch from the hot cupboard - cook your own eggs any way you like them - selection of salads, sandwich ingredients & condiments - breakfast power smoothies
special	waffles toasted with selection of toppings	chartwells smoothie tuesday!	fresh fruit with yoghurt & berries	banana & cinnamon oatmeal pots	summer fruit, yoghurt & granola pots		
continental breakfast station	continental breakfast could include the following items: selection of 5 breakfast cereals including sultana bran, special k, oats, muesli, nutri grain whole fresh fruit, selection of breads including white bread, wholemeal grain & seed, gluten free selection of spreads including vegemite, honey & jams, nutella						
beverages	hot beverages including tea & coffee, 100% fruit juice, milk selection, soy milk, almond milk, water						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option #1	baked thai style hoki fillet	roast pumpkin risotto with parmesan rocket, red onion salad & salmon, smashed pea & chive cakes with lime aioli	stuffed peppers with panfried mushroom, cous cous & cheese	creamy pumpkin lasagna	bbq outside or chef selection of meats that may include lamb on spit, chicken breast steaks, beef mini steaks, beef sausages, chickpea falafel cakes with pita bread, tahini sauce & cous cous tabbouleh		
hot option #2	roasted chick pea & vegetable biryani, with cardoman, cinnamon	roasted pumpkin, rocket & feta frittata with crumbled feta & summer herbs	vegan pad thai with tofu & asian greens	lentil & eggplant dhal with turmeric, naan bread & rice pilaf		closed	closed
vegetables	items to accompany the main course selections may include; steamed seasonal vegetables, variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta, variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
range of breads	variety of breads that may include - olive, savoury, pane di casa, grain, whole meal, pita pockets, mexican wraps, bagels						
sandwich/myo salad	range of sandwich ingredients that may include - hard boiled eggs, tuna, cheddar cheese, sliced tomato, baby spinach red onion carrot roasted capsicums & cucumber						
fruit	seasonal fresh fruit will be available throughout the day						
soup	soups will be available in winter						

chartwells summer residential menu 2020

week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	herb coated chicken drummies, cabbage, red onion, carrot & cucumber slaw	grilled chicken breast fillets with peppercorn gravy	grilled fish fillets in lemon butter with sweet potato mash	teriyaki beef stir-fry with fragrant rice	rolled roast lamb with homemade mint sauce fresh & herb gravy	closed	moroccan style roast chicken with ras el hanout, dried chilli & preserved lemon
vegetarian	lemon, zucchini & shredded tofu carbonara with red chilli, parsley & shaved vegan parmesan	vegetarian pasta with tomato, garlic, basil, chilli	vegetarian pad see ew with wide rice noodles, bean sprouts, chinese broccoli, snake beans, egg omelette & ketjup manis	vegetable fried rice with egg omelette, bean sprouts, tofu strips, sticky soy & shredded asian vegetables	veggie noodles with curried coconut sauce		roasted zucchini & eggplant curry with basmati, chickpeas & chutney
salad	asian style gingered noodle salad	kale & wild rice salad with celery, shredded apple & balsamic dressing	cous cous salad with eggplant, zucchini, chickpeas & lemon dressing	cabbage salad with chilli, mint & roasted sesame seeds	superfood salad with quinoa, avocado, broccoli chilli, sweet potato, coriander & lime dressing		cos leaf salad with boiled eggs, croutons & caesar dressing
sides	cook your own stir-fry with selection of noodles & vegetables						
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	carrot cauliflower green beans	steamed green beans & baby carrot	steamed broccoli	stir-fried chinese greens with ginger, oyster & soy sauce	roasted pumpkin & steamed broccoli	closed	tossed bok choy with green beans
the dessert station	chocolate & cherry trifle	sliced seasonal melons	cheesecake	caramelised pineapple wedges with salted caramel sauce	selection of fruit sorbets & red summer fruit salad with berries, grapes, watermelon & plums		semolina cake with citrus honey syrup
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells summer residential menu 2020

week 3	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	cook your own eggs cook your own eggs any way you like them with selection of condiments that may include - spinach leaves, tomato, capsicum, mushroom & cheese					brunch from the chilled cabinet - banana bread - selection croissant, danishes or home-made muffins - greek yoghurt & berries - smoked salmon & avocado - selection of salads, sandwich ingredients & condiments	brunch from the hot cupboard - cook your own eggs any way you like them - selection of salads, sandwich ingredients & condiments - breakfast power smoothies
special	waffles toasted with selection of toppings	chartwells smoothie tuesday!	fresh fruit with yoghurt & berries	blueberry pancake with selection of toppings	banana, cinnamon & oats pikelets		
continental breakfast station	continental breakfast could include the following items: selection of 5 breakfast cereals including sultana bran, special k, oats, muesli, nutri grain whole fresh fruit, selection of breads including white bread, wholemeal grain & seed, gluten free selection of spreads including vegemite, honey & jams, nutella						
beverages	hot beverages including tea & coffee, 100% fruit juice, milk selection, soy milk, almond milk, water						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option #1	blackened fish tacos with pineapple cucumber slaw & avocado cream	cauliflower tikka masala with edamame beans, home-made roti bread	rigatoni pasta bake with tuna, spinach, tomatoes & cheddar	gnocchi 'mac 'n cheese'	bbq outside or chef selection of meats that may include lamb on spit, chicken breast steaks, beef mini steaks, beef sausages, corn cutlets	closed	closed
hot option #2	salt and pepper tofu	pumpkin, chickpea & coconut curry	caprese thin crust pizza with roasted tomatoes, basil, thyme & mozzarella	sweet potato & quinoa fritters with crumbled feta, tomato & onion pickle			
vegetables	items to accompany the main course selections may include; steamed seasonal vegetables, variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta, variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
range of breads	variety of breads that may include - olive, savoury, pane di casa, grain, whole meal, pita pockets, mexican wraps, bagels						
sandwich/myo salad	range of sandwich ingredients that may include - hard boiled eggs, tuna, cheddar cheese, sliced tomato, baby spinach red onion carrot roasted capsicums & cucumber						
fruit	seasonal fresh fruit will be available throughout the day						
soup	soups will be available in winter						

chartwells summer residential menu 2020

week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	balinese stir fried chicken with lemongrass, asparagus & baby corn	peri peri chicken breast fillets	coconut, lime & lemongrass poached fish with steamed basmati & red chilli	chilli spiced meatballs, tomato passata, rigatoni pasta, chopped parsley	moroccan style roast chicken with ras el hanout, dried chilli & preserved lemon	closed	herb crumbed chicken schnitzel with smashed potato
vegetarian	special rice with water chestnuts, bean sprouts, tofu, asian greens & sticky soy	mushroom, kale and barley pilaf	paprika marinated tofu, capsicum, zucchini & mushroom	sugar snap pea and carrot soba noodles	vegan lemon fettuccine alfredo with green lentils, coconut coriander		home-made chickpea falafels with hummus & slaw
salad	fennel, orange & spinach salad with dijon dressing	mexican salad with iceberg, tomatoes, avocado, red kidney beans, red onion, coriander & capsicum	cous cous salad with chickpeas, tomatoes, lebanese cucumber & mediterranean dressing	roasted pumpkin and chick pea salad, coriander and cumin vinaigrette	sundried tomato & baby spinach salad with oregano dressing		mint, cucumber & quinoa salad,
sides	cook your own stir-fry with selection of noodles & vegetables						
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	steamed asian vegetables, sautéed chinese cabbage with soy.	baked corn on the cob with salt and pepper	ratatouille	italian style roasted vegetables with herbs	parsley chats, garden peas & corn kernels	closed	garlic & herb potato bake, steamed green beans, olive oil & seasoning
the dessert station	sliced seasonal melons	apple & raisin strudel, coconut crème anglaise	ice cream sundae bar with chopped nuts, dipping sauce, berry compote, wafers	coconut creamed rice pudding with fresh mango.	homemade brownie		trio of fresh sliced melons
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells summer residential menu 2020

week 4	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	cook your own eggs cook your own eggs any way you like them with selection of condiments that may include - spinach leaves, tomato, capsicum, mushroom & cheese					brunch from the chilled cabinet - banana bread -selection croissant, danishes or home-made muffins - greek yoghurt & berries - smoked salmon & avocado - selection of salads, sandwich ingredients & condiments	brunch from the hot cupboard - cook your own eggs any way you like them - selection of salads, sandwich ingredients & condiments - breakfast power smoothies
special	waffles toasted with selection of toppings	chartwells smoothie tuesday!	fresh fruit with yoghurt & berries	banana & cinnamon oatmeal pots	banana, cinnamon & oats pikelets		
continental breakfast station	continental breakfast could include the following items: selection of 5 breakfast cereals including sultana bran, special k, oats, muesli, nutri grain whole fresh fruit, selection of breads including white bread, wholemeal grain & seed, gluten free selection of spreads including vegemite, honey & jams, nutella						
beverages	hot beverages including tea & coffee, 100% fruit juice, milk selection, soy milk, almond milk, water						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option #1	fish cakes with lemon pepper aioli & summer slaw	pasta with creamy mushroom sauce	do it yourself -vegetarian taco with selection of the fillings	spanish style frittata with caramelised tomato, tofu, potato & garlic.	bbq outside or chef selection of meats that may include lamb on spit, chicken breast steaks, beef mini steaks, beef sausages, vegan puff pastry pizza with kale pesto and asparagus		
hot option #2	eggplant parmigiana	roasted vegetable & spinach tarts	chunky vegetable & bean burrito with spicy tomato salsa & vegetarian quesadillas with chargrilled vegetables & mozzarella	caramelised onion, mushroom & pumpkin risotto with crumbled feta & roasted pumpkin seeds			closed
vegetables	items to accompany the main course selections may include; steamed seasonal vegetables, variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta, variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
range of breads	variety of breads that may include - olive, savoury, pane di casa, grain, whole meal, pita pockets, mexican wraps, bagels						
sandwich/myo salad	range of sandwich ingredients that may include - hard boiled eggs, tuna, cheddar cheese, sliced tomato, baby spinach red onion carrot roasted capsicums & cucumber						
fruit	seasonal fresh fruit will be available throughout the day						
soup	soups will be available in winter						

chartwells summer residential menu 2020

week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	italian beef meatballs with cous cous salad, tomato passata, basil oil	slow baked chicken cutlet, sautéed spinach, sundried tomato	grilled fish fillets with tomatoes, peppers, white wine & olives	white wine poached chicken tossed in thick tomato sauce with, spaghetti	barbecue brisket with pickled vegetables	closed	cumin & paprika lamb tagine with dates, apricots, coriander & cous cous
vegetarian	lentil filo pies with zucchini, eggplant & sweet potato smash	roast pumpkin & barley fritters with five bean & red lentil salsa	oven baked vegetable corn schnitzels	chermoula vegetable & tofu kebabs with coriander, red peppers on spicy roasted ratatouille with spaghetti	oven roasted kumera & tempeh cakes with roasted capsicum relish		vegetable & tofu rice noodle stir fry, soy sauce & toasted sesame seeds
salad	crunchy marinated zucchini, carrot, cucumber, red onion salad	roasted vegetable salad, mushrooms, sweet potato, capsicum, spinach, lentils	pesto, eggplant & parmesan tossed farfalle pasta, roasted capsicum wedges	cabbage, red onion, carrot & cucumber slaw	chinese cabbage coleslaw with crispy fried noodle & sticky soy dressing		watercress & avocado salad, nam jim dressing
sides	cook your own stir-fry with selection of noodles & vegetables						
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	steamed broccoli	steamed asian vegetables, sautéed chinese cabbage with soy.	barley pilaf with mustard seeds & turmeric sautéed broccoli & olives	warm brown rice with semi dried tomatoes & rocket. steamed carrots & zucchini	roasted mediterranean vegetables	closed	oven roasted kipfler potato, steamed broccoli & cauliflower
the dessert station	fresh fruit salad with citrus honey dressing	carrot, walnut & cinnamon slice, citrus & coconut frosting	summer fruit crème brulee tarts	sliced seasonal melons	chocolate brownie cake with mixed berry compote		summer apple & pear crumble with oats, coconut & vanilla bean custard
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells summer residential menu 2020

week 5	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	cook your own eggs cook your own eggs any way you like them with selection of condiments that may include - spinach leaves, tomato, capsicum, mushroom & cheese					brunch from the chilled cabinet - banana bread -selection croissant, danishes or home-made muffins - greek yoghurt & berries - smoked salmon & avocado - selection of salads, sandwich ingredients & condiments	brunch from the hot cupboard - cook your own eggs any way you like them - selection of salads, sandwich ingredients & condiments - breakfast power smoothies
special	waffles toasted with selection of toppings	chartwells smoothie tuesday!	fresh fruit with yoghurt & berries	banana & cinnamon oatmeal pots	banana, cinnamon & oats pikelets		
continental breakfast station	continental breakfast could include the following items: selection of 5 breakfast cereals including sultana bran, special k, oats, muesli, nutri grain whole fresh fruit, selection of breads including white bread, wholemeal grain & seed, gluten free selection of spreads including vegemite, honey & jams, nutella						
beverages	hot beverages including tea & coffee, 100% fruit juice, milk selection, soy milk, almond milk, water						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option #1	masala fish fillet with basmati rice	sesame tofu steaks with soy dressing & asian greens	moroccan chickpea vegetable tagine with cous cous	roasted jacket potatoes with mild mexican salsa, kidney beans & grated cheese with light sour cream	bbq outside or chef selection of meats that may include lamb on spit, chicken breast steaks, beef mini steaks, beef sausages, vegan cheesy pull apart pizza bread		
hot option #2	vegetable stir fry with silken tofu	chickpea falafel cakes with pita pockets, tahini sauce & tabouleh	fresh omelettes w/ mushrooms spinach & tomato	lentil cakes with coriander silken tofu dressing			
vegetables	items to accompany the main course selections may include; steamed seasonal vegetables, variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta, variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
range of breads	variety of breads that may include - olive, savoury, pane di casa, grain, whole meal, pita pockets, mexican wraps, bagels						
sandwich/myo salad	range of sandwich ingredients that may include - hard boiled eggs, tuna, cheddar cheese, sliced tomato, baby spinach red onion carrot roasted capsicums & cucumber						
fruit	seasonal fresh fruit will be available throughout the day						
soup	soups will be available in winter						

chartwells summer residential menu 2020

week 5	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	grilled chicken breast with caramelized baby onions and roasted mushroom sauce	beef, garlic & cumin koftas with hommous & tabbouleh	coconut, lime & lemongrass poached fish with steamed basmati & red chilli	korean beef with shredded vegetables & chilli sauce	thyme, lime & lemon roast chicken with pan-fried polenta	closed	minute steaks with onion & tomato relish
vegetarian	lebanese rice with lentils & toasted cauliflower	chermoula vegetable & tofu kebabs with coriander, red peppers & chilli	asian vegetable rice noodle stir fry, soy sauce & toasted sesame seeds	cantonese style noodles with asian vegetables, tofu, soy sauce	spicy chickpea veggie burgers with coleslaw		wok tossed vegetable medley with hoi sin sauce
salad	chermoula spiced carrot & chickpea salad with cumin & lime dressing	tabouleh salad with cracked wheat, chopped parsley & mint, tomatoes & lemon vinaigrette	shredded carrot, beansprout & sesame salad	asian salad with marinated tofu strips, bok choy & water chestnuts	fattoush salad with cucumbers, tomatoes, radish, black sesame seeds & crisp pita bread strips		green herb salad with mesculin, snow peas, pumpkin seeds & sage dressing
sides	cook your own stir-fry with selection of noodles & vegetables						
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	steamed broccoli	medley of seasonal vegetables	steamed broccoli & bok choy	tossed bok choy with green beans & broccoli	manuka honey glazed baby carrots	closed	baked sweet potato chips
the dessert station	fresh fruit salad with citrus honey dressing	carrot cake with frosting	bread & butter pudding	pear crumble with custard	red summer fruit salad with grapes & watermelon		apple berry pie & vanilla coconut pudding
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells summer residential menu 2020

week 6	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	cook your own eggs cook your own eggs any way you like them with selection of condiments that may include - spinach leaves, tomato, capsicum, mushroom & cheese					brunch from the chilled cabinet - banana bread -selection croissant, danishes or home-made muffins - greek yoghurt & berries - smoked salmon & avocado - selection of salads, sandwich ingredients & condiments	brunch from the hot cupboard - cook your own eggs any way you like them - selection of salads, sandwich ingredients & condiments - breakfast power smoothies
special	waffles toasted with selection of toppings	chartwells smoothie tuesday!	fresh fruit with yoghurt & berries	banana & cinnamon oatmeal pots	banana, cinnamon & oats pikelets		
continental breakfast station	continental breakfast could include the following items: selection of 5 breakfast cereals including sultana bran, special k, oats, muesli, nutri grain whole fresh fruit, selection of breads including white bread, wholemeal grain & seed, gluten free selection of spreads including vegemite, honey & jams, nutella						
beverages	hot beverages including tea & coffee, 100% fruit juice, milk selection, soy milk, almond milk, water						
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option #1	fish fillets in lemon butter served with fried rice with onions, mushrooms & corn, peas	cottage cheese & spinach filo parcels	crumbed vegetable & ricotta patties with tartare sauce	vegetable lasagna	bbq outside or chef selection of meats that may include lamb on spit, chicken breast steaks, beef mini steaks, beef sausages, black bean sunflower seed burger	closed	closed
hot option #2	black bean & quinoa stuffed zucchinis with roasted tomatoes, chili & roasted cumin	paprika & lemon baked eggplant with chickpeas, spinach & green olives.	tofu steak & mushroom sauce	tempeh & kumera patties with roast capsicum sauce			
vegetables	items to accompany the main course selections may include; steamed seasonal vegetables, variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta, variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
range of breads	variety of breads that may include - olive, savoury, pane di casa, grain, whole meal, pita pockets, mexican wraps, bagels						
sandwich/myo salad	range of sandwich ingredients that may include - hard boiled eggs, tuna, cheddar cheese, sliced tomato, baby spinach red onion carrot roasted capsicums & cucumber						
fruit	seasonal fresh fruit will be available throughout the day						
soup	soups will be available in winter						

chartwells summer residential menu 2020

week 6	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	penne pasta with bolognese sauce	chilli chicken breast with coriander & cucumber salad	beer battered fish with h&cut chips & our own sweet chilli mayo	stir fry chicken with a teriyaki sauce	roast beef with horseradish crust, pan gravy & roasted baby beetroots	closed	szechuan chicken with noodles, asian vegetables & sticky soy
vegetarian	pepper coated eggplant with roasted garlic tofu	home-made chickpea falafels with hummus & slaw	summer vegetable curry with green lentils, coconut & coriander	chinese cabbage & corn fritters with shallots , fresh herbs -	chimichurri marinated tofu, honey & soy fried vegetables		pumpkin & lentil curry with thai spices, coconut milk & coriander
salad	chermoula spiced carrot & chickpea salad with cumin & lime dressing	tabouleh salad with cracked wheat, chopped parsley & mint, tomatoes & lemon vinaigrette	shredded carrot, beansprout & sesame salad	asian salad with marinated tofu strips, bok choy & water chestnuts	fattoush salad with cucumbers, tomatoes, radish, black sesame seeds & crisp pita bread strips		fresh seasonal garden salads
sides	cook your own stir-fry with selection of noodles & vegetables						
vegetables	the following will be available to accompany the main course selection: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges						
additional vegetables	grilled zucchini with oil & sea salt stir fried summer vegetables	medley of seasonal vegetables	steamed broccoli & bok choy	tossed bok choy with green beans & broccoli	manuka honey glazed baby carrots	closed	wok tossed vegetable medley with hoi sin sauce
the dessert station	fresh fruit salad with citrus honey dressing	sliced seasonal melons	sticky date pudding	lemon & ginger cake with orange syrup	red summer fruit salad with berries, grapes & watermelon		toffee apple upside-down cake
special dietary requirements	all special dietary requirements will be met for each meal service						