

chartwells summer residential weekly menu 2024

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	eggs benedict on english muffin	caramelised onion, red pepper & cheese tartlet	french toast with blueberry, banana & maple syrup	poached eggs with baked beans	corn fritters with smashed avocado & feta	belgian waffles	scotch college big breakfast
special							
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						
residential morning tea	passionfruit syrup tea cake	wholemeal scrolls with peppers, tomato & basil	sourdough toasties with assorted fillings	buckwheat & dark chocolate cookies with sea salt	assorted pizza bagels		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	grilled chicken with green beans, potato salad, parsley & oregano	teriyaki beef & vegetables with rice	lamb ragu with fettucini, parmesan & parsley	fish burger with baked potato wedges	assorted sandwiches, wraps & rolls	roast pork baguette with gravy	tandoori chicken strips with basmati rice, raita & pappadums

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week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	meat loaf with tomato relish & feta cheese	baked salmon with potato, lemon & dill	bbq dinner - beef burgers with cheese, pickles, lettuce & burger sauce	chargrilled steak with mushroom & onions	chicken saltimbocca	grilled lemon & garlic chicken breast	roast lamb with garlic & rosemary & gravy
main course	baked pork with fennel, red onions & apple	chicken penne pasta with tomato sauce, pesto, parmesan & garlic bread	chicken kebabs with sauteed peppers, onions & yoghurt dressing	sweet & sour pork	stir fried noodles with beef strips, broccoli, cabbage, greens, egg & ketjup manis	thick beef sausages with red cabbage & potato	gnocchi 'mac 'n cheese' with loads of peas
salad	tomato, plum & coriander salad with citrus aioli	roast pumpkin salad with 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	summer green salad with 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	roast potatoes 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	french fries zucchini, leeks & peas with sage	roasted baby potato 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	lemon roast potato wilted spinach with garlic & parmesan cheese corn with chipotle	parmesan roasted potato roasted red onion, pumpkin, carrots, beetroot & parsley green beans with poppy seeds
the dessert station	caramelised pineapple with frozen yoghurt	summer stone fruit with lemon scented mascarpone cream cheese	chocolate buckwheat brownie with vanilla raspberry drizzle	summer fruit salad with sorbet	pineapple upside-down cake with vanilla bean custard	coconut pudding with spiced mango	ice-cream sundaes with bananas, crushed praline & smashed summer berry sauce
supper	guacamole dip with corn chips	granola & seed bar	mini anzac cookie with goji berries	mini sausage roll with big red sauce			baked raspberry & pear oat crisp bite
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 berries, yoghurt & honey	scrambled egg, bacon, cheddar & spring onion wrap	boiled eggs with toast	baked potato gem & cheese frittata with spicy tomato salsa	open bagels with cheese, tomato & basil	wholemeal pancakes with banana & maple syrup	scotch college big breakfast
special							
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						
residential morning tea	apple & cinnamon muffin	baked bean wholemeal toasties with mozzarella cheese	special fried rice boxes with prawn crackers & chicken	steamed dumplings with sweet chilli sauce	jumbo margherita wholemeal scroll		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	fried chicken with fried rice	pork sausage rolls with tomato sauce & garden salad	lamb burger	crumbed fish with oven roasted sweet potato wedges & tartare sauce	assorted sandwiches, wraps & rolls	build your own bowl bar - -shredded roast chicken - pulled beef brisket - chickpea falafels - selection of dips guacamole, beetroot, tzatziki - summer salad ingredients - selection of condiments & homemade dressings	pasta lunch penne & farfalle carbonara sauce with bacon, egg & parmesan cheese primavera with asparagus, peas, leeks, board beans, basil & parmesan cheese herb pangratatto garlic & herb bread

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week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	corned beef with sweet mustard glaze	tuna mornay pasta	french dinner - crispy skin confit chicken leg	minute steaks with caramelised onion jam	beef stroganoff with pilaf rice	grilled lamb chops with flatbread & tzatziki	roast pork with apple sauce
main course	roast pork belly with honey, soy & garlic	sticky chicken chops with spicy cucumber salad	beef bourguignon with pearl onions, mushrooms & carrots	pumpkin ravioli with tomato sauce & parmesan	cajun chicken with spicy corn, avocado & tomato salsa	chickpea fritters with sweet corn, wilted spinach, ricotta & cucumber raita	teriyaki beef stir-fry with egg noodles & asian vegetables
salad	risoni salad with spring onion dressing	lemony chickpea salad with turmeric dressing	soft leaf greens with french vinaigrette	sorghum rainbow salad with mustard vinaigrette	super green salad with green apple, green peppers & wombok	brown rice salad with shallots & avocado	asian salad with 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 sauteed spinach with garlic	steamed jasmine rice steamed vegetable medley cajun spiced roasted summer vegetables	potatoes au gratin beans with garlic & butter ratatouille	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	greek style lemon roast potatoes spicy corn ribs with parmesan green bean & pea medley	crushed baby potato with butter & parsley baked pumpkin wedges with nutmeg stir fried vegetables with black bean sauce
the dessert station	apple & cinnamon crumble with vanilla bean custard	baked raspberry & pear oat crisp	crème brûlée	soft chocolate & orange with pepita praline	mango frozen yoghurt pots	summer stone fruit salad with mint & lime drizzle	peach melba with crumble topping
supper	mini cheesymite wholegrain twist	apple tea cake with rolled out topping	cacao bliss balls	lemon drop cookies			mini honey & oat bites
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	buttermilk pancakes with summer berries	tomato, cheddar topped english muffins	scrambled egg quesadilla with tomato salsa	fried eggs with bacon, roasted mushrooms & multigrain toast	porridge with peaches	open sandwich with tomato, avocado & mozzarella	scotch college big breakfast
special							
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						
residential morning tea	vegemite & cheddar scrolls	chicken wings with honey, soy & ginger	lamb pizza with spiced yoghurt	sticky date scone scrolls	steamed dumplings with sweet chilli sauce		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	chicken noodles & prawn crackers	beef meatballs with pasta, parmesan ciabatta	pork rolls with, cheese, salad & bbq sauce	steak burger with onions, mushrooms, cheese & mayonnaise	assorted sandwiches, wraps & rolls	singapore noodles with ketjap manis on the side: fried shallots toasted sesame seeds marinated tofu sliced fresh chili spring onions soy sauce	create your own caesar salad - herb roasted chicken legs poached eggs crisp bacon strips giant croutons cos lettuce caesar dressing

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week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	chargrilled steak	coq au vin	indian dinner - crispy baked potato & pea samosa with tamarind dipping sauce	beef ragu pasta with parmesan cheese	beer battered fish with lemon aioli	crumbed pork schnitzel with apple chutney	indonesian sticky lamb with bok choy
main course	salmon fish cakes with lemon aioli	sticky glazed pork	chicken korma cooked in yoghurt lamb pasanda curry biryani rice with crispy onions roti bread cucumber raita mango chutney papadums	grilled chicken kebabs with honey, soy & sesame	beef lasagne with garlic bread	massaman sweet potato curry with jasmine rice	herb crusted roast beef
salad	moroccan beetroot salad with mint & yoghurt dressing	roasted chickpea & kale salad with sun dried tomato vinaigrette	indian chopped salad	fattoush salad with mint dressing	garden salad with italian dressing	risoni pasta salad with thyme & lemon dressing	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 broccolini with green cabbage & garlic roasted summer vegetable medley	baked potatoes summer beans tossed with chickpeas & tarragon balsamic roasted tomatoes	biryani rice lentil & coconut dahl indian mixed vegetables	baby potato parsley & butter sauteed zucchini & squash with lemon thyme	chips steamed vegetable medley	potato wedges with italian herbs peas & beans tossed with lemon & olive oil steamed corn on the cob with toasted yeast butter	potato galette summer vegetable & white bean stir fry bbq sweet corn
the dessert station	vanilla panna cotta with peaches	carrot cake with cream cheese frosting	baked custard with vanilla macerated berries	chocolate mousse with crushed meringues & summer berries	make your own ice-cream sundae with smashed berries, passionfruit & wafers	rockmelon & pineapple with sorbet	fruit parfaits with nectarine, plums, lemon yoghurt & crunchy oats
supper	cheese & crackers	palmier bites	mini passionfruit yo-yo's	raspberry coconut bliss balls			coconut yoghurt with fruit mix
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 potato, vegetable hash	soft boiled eggs with bacon & toast	vegemite & cheddar toastie	waffles with yoghurt, cinnamon & honey	burrito with potatoes, onions, peppers & salsa	sweet corn fritters with poached eggs & guacamole	scotch college big breakfast
special							
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						
residential morning tea	bbq chicken pull a-parts	strawberry & white chocolate wholemeal muffins home-made peach iced tea with frozen peach	pasta with tomato sauce, basil, parmesan cheese & garlic bread	puff pastry pizza scroll with ham & cheese	banana bread with honey cream cheese		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	pork ragu with flat rice noodles	beef tacos with salsa, guacamole, sour cream & rice	lamb rogan josh with basmati rice & grilled naan bread	crumbed chicken baguette	assorted sandwiches, wraps & rolls	baked potato with crisp bacon, mozzarella, grilled corn salsa & chipotle aioli	mac 'n cheese kettles with garlic & herb pangratatto sides - roasted pumpkin roasted cherry tomatoes shaved parmesan cheese torn herbs herb, garlic & cheese focaccia bread

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week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	fried fish with sweet chilli sauce	grilled chicken burgers	italian dinner - tomato bruschetta spaghetti bolognese	chargrilled pork kebabs with plum glaze	sticky bbq beef brisket	shepherd's pie	roast pork with apple sauce
main course	grilled rosemary & garlic lamb chops	slow roasted pork shoulder with gravy	chicken cacciatore with tomatoes, onions, peppers & mushrooms gnocchi with sugo di pomodoro bocconcini & basil pesto sourdough & parmesan pangratatto	wok tossed beef with ketjup manis & toasted sesame seeds	fish tacos with pickled cucumbers & slaw	asian chicken cutlets with honey & garlic	penne pasta with green peas, basil, chili & cheese
salad	italian panzanella salad	roasted vegetable couscous salad with lime vinaigrette	italian chopped salad with salami, cheese & olives	burrito bowl salad	spinach salad with herb dressing	rainbow salad with salsa verde	asian soba noodle salad with 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	italian herb roasted potato baked eggplant with mozzarella sauteed zucchini with garlic	loaded fried rice braised red cabbage with apples & caramelised onions	steamed new potatoes bbq corn with mexican spice & olive oil chargrilled mediterranean vegetable medley	sweet potato wedges greens tossed with lemon & olive oil zucchini provencale	sesame rice stir fried asian greens with oyster sauce
the dessert station	red summer fruit salad with berries, grapes, watermelon & plums	ice-cream sundaes with caramel sauce & wafers	tiramisu	summer fruit salad with mint & vanilla greek yoghurt	frozen yoghurt with vanilla scented summer strawberries	charred nectarines with spiced greek yoghurt & shortbread	apple & rhubarb crumble with mascarpone
supper	lemon & coconut slice	grilled cheese triangles	mini chicken & leek pies	raspberry coconut loaf fingers			cornflake crackles
special dietary requirements	all special dietary requirements will be met for each meal service						