

chartwells autumn residential weekly menu 2024

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	bacon & egg muffin	corn fritters with eggs	breakfast burrito with chorizo	boiled eggs & toast	frittata with bacon	scrambled eggs with ham & cheese	scotch college big breakfast
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						
morning tea	meatballs with pasta	cheesymite scrolls	honey, soy, ginger & sesame chicken drumettes	assorted pizza focaccia strips	banana bread		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	tandoori chicken with rice & salad	beef pot pie & tossed salad	crumbed fish with wedges & salsa	chicken fried rice	assorted sandwiches & wraps	beef ragu with creamy mash	pork chow mein noodles with vegetables

chartwells autumn residential weekly menu 2024

week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	grilled steak with mushrooms	pork chop with apple sauce	wednesday bbq - bbq lemongrass chicken strips	lamb moussaka	pasta night - penne pasta with chicken & tomatoes	pork skewers with soy glaze	roast lamb leg with gravy
main course	roasted salmon	chicken baked potato with guacamole		crumbed fish tacos, slaw, corn salsa, avocado, chipotle aioli & lime	rigatoni carbonara shaved parmesan pangrattato	chipotle chicken with mexican rice	vietnamese tofu with vegetables & rice
vegetables	baked potato wedges steamed broccolini roasted pumpkin with sage	pilaf rice with peas & corn	potato gratin	chargrilled corn cob, butter & chilli salt	garlic & herb ciabatta roasted carrot & asparagus	steamed jasmine rice	steamed chat potato with rosemary & sea salt
		sautéed cauliflower with lemon pangrattato steamed greens with seeded mustard vinaigrette	steamed autumn vegetables braised cabbage with apples, cider & onion	baked crumbed zucchini baked lemon potato wedges		parmesan beans chargrilled vegetable medley	butternut squash hash with kale & sourdough crumb
salads	tabouleh salad lemon vinaigrette	moroccan chickpea salad with seeded mustard vinaigrette	niçoise salad with lemon vinaigrette	italian chopped salad with balsamic vinaigrette	caesar salad	roasted cauliflower salad with red wine vinaigrette	garden salad with french vinaigrette
dessert	fruit salad with greek yoghurt	rhubarb & apple pie	neapolitan ice cream sandwich	pavlova roll with whipped greek yoghurt, cream & berries	mini frozen yoghurt tubs	watermelon with ginger & mint drizzle	baked custard, summer berries
supper	house made arancini with lemon aioli	mini spring rolls with sweet chilli sauce	lemon slice bites	choc chip cookie			mini gourmet beef pie with big red sauce

chartwells autumn residential weekly menu 2024

week 2	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	french toast with fruit salsa	coconut quinoa porridge with banana	poached eggs with bacon & toast	bacon, lettuce, tomato, avocado, multi grain toastie	scrambled eggs with spinach & toast	three cheese omelette with bacon	scotch college big breakfast
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						
morning tea	raspberry & apple muffin	english muffin with fried egg, tomato & cheese	giant anzac cookie	roasted chicken drumettes	apple & yoghurt scrolls		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	pulled pork slider	baked penne bolognaise with garlic bread	singapore noodles	chicken & leek pot pie	assorted sandwiches & wraps	sticky beef with smashed potato	loaded chargrilled chicken tacos

chartwells autumn residential weekly menu 2024

week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	battered fish with lemon mayonnaise	chop with red pepper capsicum sauce	mexican fiesta - loaded nachos, black beans, cheese, gauc, sour crem & salsa or chicken mole corn salsa chipotle aioli soft & hard tortillas	beef roast with pan juices	crumbed chicken schnitzel	pork meatballs with ratatouille	roast pork with pan gravy
main course	thai green chicken curry	chicken risotto with peas, pumpkin, sage & parmesan		turkish rice with fried cauliflower, broken egg, sumac & coriander	beef & black bean stir-fry with hokkien noodles	beef bourguignon	lamb ragu with herb dumplings
vegetables	coconut rice						
	wok tossed vegetables with ginger roasted sweet potato wedges	rosemary roasted potato wedges sauteed italian leafy greens with garlic	mexican spiced rice pilaf mexican street corn cobs	roast potatoes green beans with nut free dukkah sweet corn cobbs	roasted potato wedges with herbs ginger & sesame steamed vegetables steamed brown rice	mashed potato oven roasted carrot medley with poppy seeds steamed green beans	steamed new potatoes steamed autumn vegetables
salads	roasted autumn vegetable salad with smoked paprika vinaigrette	puttanesca salad with nut-free pesto	mexican layered street salad with chipotle yoghurt dressing	autumn salad with garlic dressing	cauliflower & garbanzo bean salad with tahini dressing	roasted broccoli salad with ginger vinaigrette	chopped salad with lime vinaigrette
dessert	upside down pear cake with cinnamon yoghurt	plum & palm sugar puffed rice crumble	caramelised pineapple wedges greek yoghurt	panna cotta with chocolate sauce	fruit salad with lemon sorbet	fruit cup with yoghurt	bread & butter pudding with date & sultana
supper	cheese, crackers & dried fruit	raspberry jam drop cookie	assorted sushi hand roll	grilled cheese triangles			cornflake crackles

chartwells autumn residential weekly menu 2024

week 3	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	fried eggs with tomatoes & english muffin	poached eggs with tomatoes, onions & toast	waffles with whipped cream & honey banana	spanish frittata with chorizo sausage	baked eggs with tomato	bacon egg and cheese toasties	scotch college big breakfast
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						
morning tea	chocolate & berry muffins	cheese & tomato pull-a-parts	steamed dumplings with sweet chilli sauce	parmesan & garlic bread twist	salted caramel popcorn with gingerbread cookies		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	chicken noodles & prawn crackers	beef fajitas with salsa	popcorn chicken with plum sauce & caesar salad	loaded soft shell lamb tacos	assorted sandwiches & wraps	yakitori chicken drumsticks with vegetable fried rice	build your own pho: seasoned vegetable broth shredded chicken boiled egg tofu, mushrooms, greens, spring onions fresh lime vietnamese mint, coriander, chilli fried shallots rice noodles

chartwells autumn residential weekly menu 2024

week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	beef & broccoli stir fry	apple cider chicken	pan-asian - thai beef curry	chargrilled steak with BBQ sauce	grilled fish steaks with citrus aioli	crispy roasted pork with sticky ginger sauce	lamb shoulder with red wine jus
main course	loaded chilli con carne baked potato with black beans, charred corn, lite sour cream & salsa	salmon cakes with lemon aioli	balinese chicken okonomiyaki pancakes with edamame beans	grilled chicken cutlet with potatoes, olives & wine	veal schnitzel parmagiana	penne pasta with bolognaise sauce	mac 'n cheese with pangrattato
vegetables	steamed rice autumn vegetables with garlic butter	crispy parmesan potatoes steamed broccoli & carrot strips maple roasted pumpkin	steamed jasmine rice grilled roti bread wok tossed asian vegetables	roasted potatoes zucchini, squash & green beans with lemon thyme sauteed onions & mushrooms	roasted baby beets bok choy with garlic, honey & soy maple roasted carrots	mashed potato pea medley with garden peas, snow peas & sugar snaps bbq corn with parmesan cheese	roasted smashed potatoes brown butter honey roasted carrots grilled zucchini with olive oil & sage
salads	fattoush salad with white wine vinaigrette	creamy macaroni pasta salad with sour cream dressing	asian slaw salad with sesame lime vinaigrette	tofu salad with soy vinaigrette	garden salad with honey, dijon balsamic dressing	bok choy salad with chilli, soy, lime dressing	risoni salad with ricotta dressing
dessert	roasted pears with vanilla bean yoghurt & toasted oats	crème brûlée with poached fruit compote	watermelon, kiwi & berry fruit salad with natural greek yoghurt	brown sugar & oat cake with apple compote	toasted brioche ice cream bun	portuguese custard tartlet	baked ricotta cheesecake with vanilla roasted pear
supper	sausage rolls with tomato sauce	apple & oat biscuits	steamed dumpling with sriracha & soy	raspberry coconut bliss balls			mini cheesymite wholegrain twist

chartwells autumn residential weekly menu 2024

week 4	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	baked beans with toast	poached eggs with bacon & grain toast	wholemeal pancakes with blueberries & maple syrup	fried eggs with grain toast, oven baked tomato & avocado	soft boiled eggs with oven baked parmesan crumbed zucchini strips	pizza wholemeal scroll with tomato sugo, basil & mozzarella	scotch college big breakfast
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						
morning tea	sausage roll with tomato sauce	spiced apple & pear tea cake	spicey chicken nachos	ham cheese tomato scroll	toasties with cheddar, chicken & tomato		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	special fried rice noodle box with chicken & prawn crackers	lamb minute steak wrap	chicken korma with rice & papadums	spicy pork sausage penne with spinach, wine & cream	assorted sandwiches & wraps	chicken meat balls with sauce & couscous	tempura fried fish with chips

chartwells autumn residential weekly menu 2024

week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	apricot glazed roasted pork leg with pan gravy	spiced pulled beef taco	american diner - all american cheeseburgers with cheddar, lettuce, ketchup, pickles & grilled onions	chicken schnitzel parmigiana with ham	chinese five spiced beef	lamb stir fry with egg noodles	roast pork with crackling & pan gravy
main course	chicken paella	autumn vegetable risotto		fish spaghetti	lemon & herb roast chicken	pork vindaloo with rice	rich beef lasagne
vegetables	potato galette wilted spinach, kale & cabbage	taco seasoned roast potatoes mexican street corn cobs white miso roast cabbage	french fries maple roasted butternut pumpkin buttered green beans	roast sweet potato wedges sauteed green beans with mushroom	mashed sweet potato with honey mustard sauteed broccolini, broccoli, beans & peas	steamed basmati rice roasted eggplant & zucchini with basil sauteed green peas with garlic	semolina roasted potatoes steamed autumn vegetables
salads	super green salad with sesame & lime dressing	rocket, pear & parmesan salad	cobb salad: with red wine vinegar & mustard dressing	blood orange & shaved fennel salad with balsamic vinaigrette	roasted vegetable salad with honey dijon dressing	raw vegetable salad with honey, sherry dressing	greek salad with oregano dressing
dessert	coconut cake with cream cheese frosting	vanilla panna cotta with berries	ice-cream with crushed oreo cookies	cinnamon poached pears with honey & whipped ricotta	fresh fruit salad with passionfruit greek yoghurt	frozen yoghurt pot	baked vanilla custard with apple, granola crumble
supper	haloumi & roasted capsicum pizza pockets	assorted mini quiches	bliss balls	muesli crunch bars			strawberry mousse cups