

chartwells spring residential menu 2025

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
main 1	french toast stack with maple syrup	soft boiled eggs with toasted english muffins	bacon, egg & avocado breakfast quesadillas	toasted crumpets with honey	baked eggs with tomato, feta, spinach & pita bread strips		
specials	spring fruit salad with toasted granola		greek yoghurt fruit parfaits		mixed berry & yoghurt smoothie		
morning tea							
morning tea	chartwells granola bar & fruit salad	tomato & basil soup with garlic croutons	hummus dip pots with carrots & cucumber	frozen yoghurt pots with raspberry bliss balls	vegetarian sushi with sticky soy		
lunch							
main 1	american bbq chicken with slaw, smokey bbq sauce & charred corn on the cob	mongolian beef rice noodle bowls with soy, fresh ginger & wombok	lamb souvlaki wraps with cumin yoghurt, tomato, onions & shredded lettuce	thai green beef curry with cucumber thai basil salad, jasmine rice & crunch station	crumbed fish burgers on a brioche bun with garlic aioli, lettuce & cheese with sweet potato wedges	turkish bread grilled chicken sandwiches with relish, sweet chilli aioli & salad	create your own poke bowl  quinoa asian spiced pulled chicken shredded vegetables avocado sweet chilli sauce
afternoon tea							
afternoon tea	sticky date pudding loaf	egg & cheddar tartlets	jumbo mixed berry muffins	pizza twists with ham, mozzarella & basil	piklets with spring jam	raspberry & coconut slice	spring apple tea cake
dinner							
dinner main 1	vietnamese style pork meatballs with lettuce cups  sticky vietnamese chicken wings with mint sauce	student pick, pasta night with garlic bread	oven baked panko crumbed beef schnitzels	peri peri chicken strips	spaghetti bolognese with shaved parmesan	moroccan lamb tagine with cauliflower, chickpeas & apricots	garlic & rosemary studded roast beef with pan juices
side starch	vietnamese fried rice		garlic herb mash potato	creamy potato salad	sweet potato wedges	steamed rice	steamed new potatoes
vegetables/salads	vietnamese slaw with crispy noodles	steamed spring vegetables  honey glazed carrots	iceberg lettuce salad with dill & mustard seed vinaigrette  cauliflower bake	charred vegetable medley  snow peas & beans tossed in garlic butter	sweet corn cobs with garlic butter  blistered tomato salad with balsamic dressing	zucchini & parmesan bake  roasted bok coy with soy	parmesan roasted pumpkin wedges  green vegetable medley
dessert		caramel pear cobbler with greek yoghurt		berry cheesecake slice			roasted honey & cinnamon apples
supper	in house	watermelon wedges	in house	orange wedges	cinnamon toast	in house	jelly cups

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week 2	mon	tue	wed	thu	fri	sat	sun
breakfast							
breakfast main 1	ham & cheese breakfast croissants	scrambled eggs with grilled bacon on thick cut toast	toasted waffles with honey	poached eggs with wilted spinach	tomato & cheesy toast bites		
breakfast special	mango smoothie		banana splits with greek yoghurt and berries		natural muesli with honey		
morning tea							
morning tea	chocolate brownies	roast pumpkin soup with baguettes	hummus with carrot & cucumber sticks	oatmeal superfood bar	lemon & poppyseed muffins with a sugar crust		
lunch							
lunch	mexican bean chilli con carne wraps with avocado salsa & sour cream	tandoori chicken strips with steamed basmati rice & raita	beef sausages with hotdog rolls, caramelised onions & big red sauce	roasted tomato risotto with basil, shaved parmesan & garlic focaccia strips	crumbed chicken schnitzel burger with mayonnaise, lettuce & cheese on burger buns with potato gems	create your own wraps honey, soy & ginger chicken wraps with slaw & sweet chilli aioli	bacon & egg frittata with steamed spring potato salad
afternoon tea							
afternoon tea	lemon cheesecake bliss balls with a spring fruit platter	rice crispy squares with dried cranberries & white chocolate	rhubarb & chia seed streusel slice	caramel slice with orange wheels	sushi with soy	berry banana oat smoothies with cornflake cookies	apple & cinnamon scrolls
dinner							
dinner main 1	Teriyaki beef stirfry with ginger & wombok	student pick, pasta night	classic chicken kiev with garlic butter	corned beef with seeded mustard sauce	penne pasta with slow cooked beef ragu, mushrooms & shaved parmesan	lamb rogan josh naan bread chutney	lemon, lime & thyme butterflied chicken
side starch	steamed rice	garlic bread	sweet potato bake	oven baked potato wedges	dinner rolls	indian rice	potato & sage galettes
vegetables	steamed spring potatoes roasted vegetable medley with rosemary yoghurt	Steamed broccolini roasted beetroot with fresh thymme	maple glazed carrots spring snow peas with lemon	oven baked pumpkin wedges steamed green bean medley	crispy smashed potatoes cauliflower cheese bake sweet corn cobs	tandorri roasted spring root vegetables	chargrilled spring vegetables slow roasted jap pumpkin wedges with chermoula yoghurt
dessert		apple & oat crumble with cinnamon & greek yoghurt		vanilla & sultana rice pudding			self-saucing chocolate pudding
supper	in house	watermelon wedges	in house	orange wedges	cinnamon toast	in house	jelly cups

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week 3	mon	tue	wed	thu	fri	sat	sun
breakfast							
breakfast main 1	soft boiled eggs with toast soldiers	breakfast muffins with spinach, eggs & tomato	pancake stacks with syrup & berries	fried eggs with grilled bacon, turkish bread & sauteed mushrooms	oven baked breakfast pizza hash browns		
breakfast special	banana & chia smoothie		raspberry crumble muesli bars		bircher muesli pots with Greek yoghurt		
morning tea							
morning tea	cheddar, rice crackers & grapes	homemade sausage rolls with bbq sauce	homemade fruit buns	apple & cinnamon crumble pots with custard	sushi with soy		
lunch							
lunch main 1	texan style pulled porkcrust pizza with tzatziki	chicken cacciatore with couscous	oven roasted jacket potatoes with cheddar, beans, guacamole, sour cream & slaw	lemongrass & basil chicken stir fried vegetables with fried rice	smashed beef burgers with bacon, salad, caramelised onions & big red sauce on brioche burger buns with shoestring fries	sweet chilli chicken tenders with pasta salad	spanakopita with filo pastry, greek salad & tzatziki
afternoon tea							
afternoon tea	vegetable pasties with big red sauce	potato & leek soup with breadsticks	ham & cheese croissants	tomato & avocado salsa with torn turkish bread strips	fruit salad with yoghurt parfaits with lemon slice bites	jumbo triple chocolate muffins	shredded beef & vietnamese noodle cups
dinner							
dinner main 1	butter chicken with naan bread	student pick, pasta night	yakitori beef kebabs	crumbed fish with tartare sauce & grilled lemon cheeks	chicken schnitzels with leg ham, mozzarella & tomato sugo	chargrilled steak with caramalised onions and gravy	middle eastern slow cooked lamb shoulder
side starch	steamed rice	garlic bread	steamed sticky rice	potato gems	sweet potato wedges	garlic mashed potato	garlic roasted potatoes
vegetables	parmesan roasted pumpkin wedges with baby carrots  charred vegetable medley	roasted parmesan cauliflower florets  sweet corn cobs	wok tossed spring greens with soy sauce  maple glazed pumpkin wedges	seasonal steamed greens with herbed oil  blistered tomato salad with balsamic dressing	green leaf salad with grilled haloumi, cherry tomatoes, red onions & a vinaigrette  indian spiced cauliflower	broccoli cheese bake  honey roasted carrots	roasted spring vegetables  steamed spring pea medley
dessert		panna cotta cups with smashed berry sauce		oreo cookie sandwich			sticky date pudding with butterscotch sauce
supper	in house	watermelon wedges	in house	orange wedges	cinnamon toast	in house	jelly cups

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week 4	mon	tue	wed	thu	fri	sat	sun
breakfast							
breakfast main 1	waffles with roasted pears & honey	breakfast egg, bacon & hashbrown muffins with big red sauce	smashed avocado & feta on turkish bread	poached eggs with oven roasted tomatoes	french toast with maple bacon		
breakfast special	granola & berry greek yoghurt cups		banana & chocolate chip muffins		berry & chia smoothie		
morning tea							
morning tea	oven roasted sweet potato wedges with sweet chilli sauce	cinnamon donuts	cheese & bacon buns	carrot & poppy seed cake with lemon frosting	rice paper rolls with sweet chilli dipping sauce		
lunch							
lunch main 1	beef stroganoff with buttered noodles	pulled pork fajitas with shredded lettuce, cheddar & guacamole salsa	middle eastern lamb fillos with garden salad	spaghetti bolognaise with shaved parmesan	loaded fries - bacon spring onions cheese smokey bbq sauce	create your own chicken caesar salad wraps	bacon, cheese & spinach frittata with garden salad
afternoon tea							
afternoon tea	berry smoothie with berry bliss balls	corn chip nachos with avocado salsa, shredded cheddar & sour cream	roasted Japanese spiced chicken drumettes	lamingtons	popcorn & pretzel bags with choc chip cookies	cheese & vegemite twists	chia yoghurt power bowls with puffed rice
dinner							
dinner main 1	homemade shepherd's pie	student pick, pasta night	nut free pesto charred pork steaks	chicken pad thai with rice noodles, green beans & broken eggs	american style beef brisket with sticky bbq sauce	chicken pasta bake with spinach, parmesan & pangratatto	rosemary roasted pork with maple apple chutney
side starch	sweet potato roesti's	garlic bread	steamed brown rice	mash potato	waffle fries	oven roasted chat potatoes	garlic smashed potatoes
vegetables	zucchini, mushroom & tomato provencale  wok tossed broccolini	citrus dressed green salad with cucumber, avocado & toasted pepitas  roasted spring vegetables	roasted parmesan cauliflower & broccoli bake  corn cobs with butter	maple glazed pumpkin  wok tossed broccolini	crunchy rainbow slaw  oven roasted zucchini chips	steamed spring grean pea medley  roasted baby carrots	roasted spring vegetables  oven roasted turmeric cauliflower steaks with minted yoghurt
dessert		lemon cheesecake mousse pots		oven baked churros with cinnamon sugar			create your own sundae
supper	in house	watermelon wedges	in house	orange wedges	cinnamon toast	in house	jelly cups

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	mon	tue	wed	thu	fri	sat	sun
<b>breakfast</b>							
<b>continental breakfast</b>	<p><b>continental breakfast may include a range of the following items -</b></p> <p><b>selection of breakfast cereals</b> - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc whole fresh fruit, stewed &amp; poached fruits.</p> <p><b>breads for toasting</b> - high fibre white bread, grain &amp; seed, low gluten.</p> <p><b>selection of spreads</b> - vegemite, honey &amp; jams</p> <p><b>hot beverages</b> - tea &amp; coffee, 100% orange juice, water</p> <p><b>variety of milks</b> - full cream, lite &amp; calcium fortified soy</p>						
<b>fruit</b>	seasonal whole fresh fruit will be available throughout the day						

	mon	tue	wed	thu	fri	sat	sun
<b>lunch</b>							
<b>range of breads</b>	sliced breads including high fibre white bread, grain & seed, low gluten, ciabatta, baguette, rolls, pita pocket, wraps, turkish bread etc						
<b>sandwich/ myo salad</b>	<b>protein ingredients that may include</b> - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc <b>salad ingredients that may include</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc <b>condiments that may include</b> – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
<b>fruit</b>	seasonal whole fresh fruit will be available throughout the day						

	mon	tue	wed	thu	fri	sat	sun
dinner							
salad	<b>salad ingredients (if applicable)</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc <b>condiments, that may include</b> – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc						
special dietary requirements	all special dietary requirements will be met for each meal service						