

## chartwells spring residential weekly menu 2026 (menu option 2)

| week 1                        | mon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | tue                                                               | wed                                          | thu                                               | fri                                                                                     | sat | sun |
|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------|---------------------------------------------------|-----------------------------------------------------------------------------------------|-----|-----|
| breakfast                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                   |                                              |                                                   |                                                                                         |     |     |
| residential breakfast         | poached egg, fresh tomato & bagel toasts                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | spinach & mushroom english muffins with hollandaise               | chartwells baked beans with mushroom & bacon | scrambled eggs & hash browns                      | chartwells big breakfast - grilled chipolatas, roasted half tomato & balsamic mushrooms |     |     |
| special                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | chartwells smoothie tuesday! banana, blueberry & yoghurt smoothie |                                              | iced tea thursdays! citrus, mint & peach iced tea |                                                                                         |     |     |
| continental breakfast station | <p>continental breakfast may include a range of the following items -</p> <p>selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc</p> <p>fruit - whole, stewed &amp; poached.</p> <p>breads for toasting - high fibre white bread, grain &amp; seed, gluten free.</p> <p>selection of spreads - vegemite, honey &amp; jams</p> <p>hot beverages - tea &amp; coffee, 100% orange juice, water</p> <p>variety of milks - full cream, lite &amp; calcium fortified soy</p> |                                                                   |                                              |                                                   |                                                                                         |     |     |
| residential morning tea       | beef sausage rolls with tomato sauce & salad                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | muesli slice                                                      | scones with strawberry jam & cream           | vegemite scroll                                   | Ham & cheese toasties                                                                   |     |     |
| fruit                         | seasonal fresh fruit will be available throughout the day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                   |                                              |                                                   |                                                                                         |     |     |

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| week 1                 | mon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | tue                                                                          | wed                                                                                                       | thu                                 | fri                                               | sat                                                                          | sun                                                         |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------|---------------------------------------------------|------------------------------------------------------------------------------|-------------------------------------------------------------|
| lunch                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                              |                                                                                                           |                                     |                                                   |                                                                              |                                                             |
| hot option             | chicken, leek, peas & parmesan pasta bake                                                                                                                                                                                                                                                                                                                                                                                                                                                          | beef tacos with capsicum & onion rice, guacamole & sour cream                | chicken butter curry with red capsicums, tomato & spinach with steamed basmati rice, pappadums            | beef burger with caramelised onions | crumbed fish & chips with tartare sauce and lemon | teriyaki chicken with cabbage & carrot slaw, steamed rice & kewpie mayo      | pulled lebanese beef pizza with spring salad                |
| vegetarian option      | chickpea, leek, peas & parmesan pasta bake with lettuce                                                                                                                                                                                                                                                                                                                                                                                                                                            | baked halloumi tacos with capsicum & onion rice, guacamole & lite sour cream | tofu butter curry with red capsicums, sweet potato, tomato & spinach with steamed basmati rice, pappadums | vege burger with caramelised onions | Tempura tofu & chips with tartare sauce and lemon | teriyaki pulled-mushroom bites with pickled slaw, steamed rice & kewpie mayo | grilled eggplant, capsicum, chickpea & fetta lebanese pizza |
| range of breads        | bread selection that may include - high fibre white, grain & seed, gluten free, ciabatta, baguette, rolls, pita pocket, wraps, turkish bread etc                                                                                                                                                                                                                                                                                                                                                   |                                                                              |                                                                                                           |                                     |                                                   |                                                                              |                                                             |
| sandwich/<br>myo salad | <p><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.</p> <p><b>salad ingredients that may include</b> - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc.</p> <p><b>condiments that may include</b> – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc</p> |                                                                              |                                                                                                           |                                     |                                                   |                                                                              |                                                             |
| afternoon tea          | lemon & oat cookie                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | fruit platter                                                                | yoghurt cups                                                                                              | fruit platter                       | strawberry jam drop cookie                        | watermelon slices                                                            | chef's choice scrolls                                       |
| 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           | honey & soy pork with stir fry asian vegetables and egg noodles                                                                                                                                                                                                | beef lasagne                                    | pizza night -<br>traditional tomato & basil margarita                                                                                                                   | chicken drumsticks, green bean, spinach & zucchini tray bake                                          | peri peri grilled chicken thigh                                                           | grilled jamaican pork steaks with capsicum & pineapple                          | sunday roast                                                                                                |
| vegetarian            | honey soy tofu with stir fry asian vegetables and egg noodles                                                                                                                                                                                                  | vegetarian lasagne                              | korean bbq beef, garlic yoghurt<br><br>thin crust vegetarian pizza with grilled zucchini, eggplant & crumbled feta<br><br>selection of soft herbs, chilli & garlic oils | cannellini, broad bean, sweet potato, chickpea & spinach tagine                                       | peri peri tofu with lentil & egg                                                          | jamaican spiced eggplant, tofu, zucchini, capsicum & pineapple                  | herb roasted beef or chicken<br><br>herb roast plant based chicken strips<br><br>gravy                      |
| additional vegetables |                                                                                                                                                                                                                                                                | roasted vegetable medley                        | green beans & red capsicums<br><br>buttered corn cobs<br><br>soft herb & garlic bread baguettes                                                                         | steamed broccoli<br><br>roasted red onions & green beans                                              | steamed chat potatoes<br><br>roast green beans with tomato sauce and spinach              | peas & broccoli<br><br>roast sweet potato & carrot                              | crispy thyme roast potatoes<br><br>steamed broccoli & green beans with garlic oil<br><br>cauliflower gratin |
| salad bar             | salad ingredients (if applicable) - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc<br>condiments, that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc |                                                 |                                                                                                                                                                         |                                                                                                       |                                                                                           |                                                                                 |                                                                                                             |
| salad                 | spinach salad with peas, mozzarella & herb dressing                                                                                                                                                                                                            | garden salad<br><br>classic slaw                | apple, celery & red cabbage salad with maple tahini dressing                                                                                                            | roasted spring vegetable salad with zucchini, red onions, butternut pumpkin, lemon & paprika dressing | apple, celery & red cabbage salad with white bean, tomato, red onion, rocket & feta salad | apple, raisin, spinach, celery & pearl barley salad with lemon yoghurt dressing | classic caesar salad with iceberg, croutons, shaved parmesan & caesar dressing                              |
| the dessert station   |                                                                                                                                                                                                                                                                | vanilla bean panna cotta with blueberry compote |                                                                                                                                                                         | sticky date slice with butter-scotch sauce & vanilla custard                                          |                                                                                           |                                                                                 | chocolate mousse pots                                                                                       |
| supper                | in house                                                                                                                                                                                                                                                       | jelly                                           | in house                                                                                                                                                                | cinnamon toast                                                                                        | orange wedges                                                                             | in house                                                                        | fruit platter                                                                                               |

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| week 2                        | mon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | tue                                                     | wed                                                                                      | thu                                                        | fri                                           | sat | sun |
|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------|------------------------------------------------------------------------------------------|------------------------------------------------------------|-----------------------------------------------|-----|-----|
| breakfast                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                         |                                                                                          |                                                            |                                               |     |     |
| residential breakfast         | fried egg & ham english muffins                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | whipped avocado & balsamic roasted tomato bagel toasts  | build your own breakfast wraps with hash browns, scrambled egg, onions, tomatoes & salsa | toasted belgian waffles with greek yoghurt & maple syrup   | ham, cheese & tomato croissants               |     |     |
| special                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | chartwells smoothie tuesday! mango & blueberry smoothie |                                                                                          | iced tea thursdays! maple & cinnamon spiced apple iced tea |                                               |     |     |
| continental breakfast station | <p>continental breakfast may include a range of the following items -</p> <p>selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc</p> <p>fruit - whole, stewed &amp; poached.</p> <p>breads for toasting - high fibre white bread, grain &amp; seed, gluten free.</p> <p>selection of spreads - vegemite, honey &amp; jams</p> <p>hot beverages - tea &amp; coffee, 100% orange juice, water</p> <p>variety of milks - full cream, lite &amp; calcium fortified soy</p> |                                                         |                                                                                          |                                                            |                                               |     |     |
| residential morning tea       | cheesymite scrolls                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | apple & coconut muffin                                  | quiche lorraine                                                                          | vegetable spring rolls with salad                          | hummus with toasted pita strips and crudities |     |     |
| fruit                         | seasonal fresh fruit will be available throughout the day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                         |                                                                                          |                                                            |                                               |     |     |

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| week 2                 | mon                                                                                                                                                                                                                                                                                                                                                                                                                                                            | tue                                                                                        | wed                                                       | thu                                                          | fri                                                    | sat                                                                              | sun                                                                                   |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-----------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------------------------------------------|
| lunch                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                            |                                                           |                                                              |                                                        |                                                                                  |                                                                                       |
| hot option             | sweet potato & lamb korma with steamed rice & naan bread                                                                                                                                                                                                                                                                                                                                                                                                       | stir fry beef with capsicums, onions, mushrooms, bok choy, carrot & noodles                | loaded wedges with pulled pork, grated cheddar & coleslaw | sweet chilli chicken with spinach wraps & cheese             | beef & onion sausage rolls with salad                  | pork chow mein with hokkien noodles, carrots, mushrooms, snow peas & red peppers | make your own turkish –<br><br>lemon, paprika & herb marinated chicken or tofu        |
| vegetarian option      | cauliflower & sweet potato korma with steamed rice and naan bread                                                                                                                                                                                                                                                                                                                                                                                              | mushroom & plant-based chicken stir fry with capsicums, onions, bok choy, carrot & noodles |                                                           | loaded wedges with fajita spiced plant-based chicken & salad | sweet chilli halloumi with spinach wraps & mixed salad | vegetable pastie with salad                                                      | mushroom chow mein with hokkien noodles, carrots, snow peas, capsicums & green onions |
| range of breads        | bread selection that may include - high fibre white, grain & seed, gluten free, ciabatta, baguette, rolls, pita pocket, wraps, turkish bread etc                                                                                                                                                                                                                                                                                                               |                                                                                            |                                                           |                                                              |                                                        |                                                                                  |                                                                                       |
| sandwich/<br>myo salad | protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc.<br>salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc.<br>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc |                                                                                            |                                                           |                                                              |                                                        |                                                                                  |                                                                                       |
| afternoon tea          | coconut rough slice                                                                                                                                                                                                                                                                                                                                                                                                                                            | fruit platter                                                                              | anzac cookies                                             | vanilla yoghurt cups with mixed berries                      | apple cinnamon muffins                                 | fruit platter                                                                    | jelly                                                                                 |
| fruit                  | seasonal fresh fruit will be available throughout the day                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                            |                                                           |                                                              |                                                        |                                                                                  |                                                                                       |

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| week 2                | mon                                                                                                                                                                                                                                                            | tue                                                | wed                                                                                                | thu                                                                                                            | fri                                                          | sat                                                                                                    | sun                                                                   |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------|----------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------|
| dinner                |                                                                                                                                                                                                                                                                |                                                    |                                                                                                    |                                                                                                                |                                                              |                                                                                                        |                                                                       |
| main course           | penne and meatballs with garlic bread and parmesan                                                                                                                                                                                                             | char sui chicken with stir fried vegetables        | oven baked crumbed fish with lemon & garlic aioli                                                  | aussie bbq night –<br>grilled beef minute steaks<br><br>halloumi, capsicum, pineapple, mushroom & onion kebabs | shepherd’s pie                                               | buttermilk fried chicken                                                                               | Sunday roast<br><br>slow roast brisket or crumbed eggplant with fetta |
| vegetarian            | penne and plant based balls with garlic bread and parmesan                                                                                                                                                                                                     | char sui tofu with stir fried vegetables           | falafel with lemon and garlic aioli                                                                |                                                                                                                | butternut pumpkin, green pea, sage & parmesan risotto        | Buttermilk fried cauliflower                                                                           | roast potatoes                                                        |
| additional vegetables | green beans & mixed capsicums                                                                                                                                                                                                                                  | steamed rice<br><br>roasted green beans & broccoli | seasoned oven baked chat potatoes with crispy capers<br><br>peas<br><br>spinach & green bean sauté | oven baked seasoned hot chips<br><br>charred corn cobs with parmesan<br><br>spring cabbage slaw                | roast cauliflower<br><br>roast cherry tomatoes & green beans | oven roasted sweet potato wedges<br><br>roasted butternut pumpkin<br><br>slaw                          | steamed broccoli<br><br>rosemary roasted carrots<br><br>green beans   |
| salad bar             | salad ingredients (if applicable) - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc<br>condiments, that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc |                                                    |                                                                                                    |                                                                                                                |                                                              |                                                                                                        |                                                                       |
| salad                 | caprese salad with olives, bocconcini, tomatoes, basil & spinach                                                                                                                                                                                               | arugula, parmesan, pickled pear & goji berry salad | roasted spring vegetable couscous salad                                                            | classic cobb salad with iceberg, tomatoes, egg, chives & red wine vinaigrette                                  | kachumber & minted yoghurt salad                             | chopped garden salad with iceberg, tomato, avocado, cucumber & carrot with a lime & coriander dressing | roasted carrot, sweet potato, rocket, fetta, cranberry & pepita salad |
| the dessert station   |                                                                                                                                                                                                                                                                | sticky date pudding with butterscotch sauce        |                                                                                                    | apple crumble with vanilla custard                                                                             |                                                              |                                                                                                        | make your own ice-cream sundae bar                                    |
| supper                | in house                                                                                                                                                                                                                                                       | cinnamon toast                                     | In house                                                                                           | watermelon slices                                                                                              | jelly cups                                                   | In house                                                                                               | orange slices                                                         |

## chartwells spring residential weekly menu 2026 (menu option 2)

| week 3                        | mon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | tue                                                    | wed                                                                  | thu                                           | fri                                                                              | sat | sun |
|-------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------|----------------------------------------------------------------------|-----------------------------------------------|----------------------------------------------------------------------------------|-----|-----|
| breakfast                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                        |                                                                      |                                               |                                                                                  |     |     |
| residential breakfast         | french toast with blueberry, banana & maple yoghurt                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      | cheese & bacon omelettes                               | baked shakshuka eggs with tomato, fetta, spinach & pita bread strips | avocado & tomato bagel                        | chartwells big breakfast - bacon, hash browns, tomatoes & herb roasted mushrooms |     |     |
| special                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | chartwells smoothie tuesday! pineapple & coconut blitz |                                                                      | iced tea thursdays! blueberry & mint iced tea |                                                                                  |     |     |
| continental breakfast station | <p>continental breakfast may include a range of the following items -</p> <p>selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc</p> <p>fruit - whole, stewed &amp; poached.</p> <p>breads for toasting - high fibre white bread, grain &amp; seed, gluten free.</p> <p>selection of spreads - vegemite, honey &amp; jams</p> <p>hot beverages - tea &amp; coffee, 100% orange juice, water</p> <p>variety of milks - full cream, lite &amp; calcium fortified soy</p> |                                                        |                                                                      |                                               |                                                                                  |     |     |
| residential morning tea       | sausage rolls with tomato sauce & salad                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | blueberry and brown sugar muffins                      | bbq ham & cheese sandwich                                            | egg fried rice                                | mixed sushi rolls                                                                |     |     |
| fruit                         | seasonal fresh fruit will be available throughout the day                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                        |                                                                      |                                               |                                                                                  |     |     |

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| week 3                         | mon                                                                                                                                                                                                                                                                                                                                                                                                                                                            | tue                                                                              | wed                                                                                                                                                                                     | thu                                                                                                    | fri                                                       | sat              | sun                                                    |
|--------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------|-----------------------------------------------------------|------------------|--------------------------------------------------------|
| <b>lunch</b>                   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                                                                  |                                                                                                                                                                                         |                                                                                                        |                                                           |                  |                                                        |
| <b>hot option</b>              | sticky bbq drumsticks<br>with steamed rice                                                                                                                                                                                                                                                                                                                                                                                                                     | banh mi with roast pork,<br>carrots, spring onions,<br>sticky sauce & coriander  | chicken caesar salad -<br><i>WRAPS</i><br>chicken strips, poached<br>eggs, romaine lettuce,<br>spinach, croutons, shaved<br>parmesan, grilled<br>halloumi, avocado &<br>caesar dressing | beef tacos with shredded<br>vegetables, smashed<br>avocado, lite sour cream<br>& salsa                 | tempura battered fish<br>chips<br>tartare sauce and lemon | beef cottage pie | salt & pepper chicken<br>wings<br><br>combo fried rice |
| <b>vegetarian</b>              | sticky bbq tofu with<br>steamed rice                                                                                                                                                                                                                                                                                                                                                                                                                           | banh mi baguette with<br>tofu, carrot, spring onion,<br>sticky sauce & coriander |                                                                                                                                                                                         | tofu soft shelled tacos<br>with shredded<br>vegetables, smashed<br>avocado, lite sour cream<br>& salsa | tempura battered<br>zucchini<br>chips<br>lemon wedge      | vegetable pastie | salt and pepper halloumi<br><br>combo fried rice       |
| <b>range of breads</b>         | bread selection that may include - high fibre white, grain & seed, gluten free, ciabatta, baguette, rolls, pita pocket, wraps, turkish bread etc                                                                                                                                                                                                                                                                                                               |                                                                                  |                                                                                                                                                                                         |                                                                                                        |                                                           |                  |                                                        |
| <b>sandwich/<br/>myo salad</b> | protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc.<br>salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc.<br>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc |                                                                                  |                                                                                                                                                                                         |                                                                                                        |                                                           |                  |                                                        |
| <b>afternoon tea</b>           | butter milk scones with<br>strawberry jam                                                                                                                                                                                                                                                                                                                                                                                                                      | fruit platter                                                                    | gingerbread loaf                                                                                                                                                                        | greek yoghurt with mixed<br>berries                                                                    | orange & poppy seed<br>muffin                             | fruit platter    | jelly cups                                             |
| <b>fruit</b>                   | seasonal fresh fruit will be available throughout the day                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                  |                                                                                                                                                                                         |                                                                                                        |                                                           |                  |                                                        |

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| week 3                   | mon                                                                                                                                                                                                                                                            | tue                                                            | wed                                                                           | thu                                                                                             | fri                                                                                                                  | sat                                                                                             | sun                                                                                                   |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------|-------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------|
| dinner                   |                                                                                                                                                                                                                                                                |                                                                |                                                                               |                                                                                                 |                                                                                                                      |                                                                                                 |                                                                                                       |
| main course              | <b>burger shack night -</b><br>aussie beef burger with<br>grilled pineapple,<br>beetroot, fried egg,<br>tomato & lettuce                                                                                                                                       | creamy chicken<br>carbonara                                    | pork chops with gravy &<br>apple sauce                                        | chicken maryland &<br>mushroom ragu pasta<br>bake with garlic &<br>parmesan pangratatto         | <b>indian night –</b><br>beef & sweet potato<br>rogan josh with coconut                                              | chicken chasseur with<br>mushrooms, shallots,<br>tomato, chat potatoes &<br>tarragon            | Sunday roast                                                                                          |
| vegetarian               | falafel burger with<br>capsicums, roasted<br>mushroom & yoghurt<br><br>selection of sauces &<br>condiments                                                                                                                                                     | creamy tofu alfredo                                            | pumpkin & sun-dried<br>tomato gnocchi with<br>lemon                           | pulled mushrooms,<br>capsicum & lentil ragu<br>pasta bake with garlic &<br>parmesan pangratatto | coconut & red lentil dhal<br>with roasted vegetables<br><br><b>extras -</b><br>naan bread<br>mint raita<br>pappadums | mushroom & bean<br>chasseur with shallots,<br>tomato, chat potatoes &<br>tarragon               | slow roast beef<br>herb roasted chicken<br>or<br>crumbed eggplant with<br>fetta<br><br>roast potatoes |
| additional<br>vegetables | grilled parmesan corn cobs<br><br>apple slaw<br><br>potato salad                                                                                                                                                                                               | penne pasta<br><br>grilled eggplant<br>green beans & broccoli  | mash potato<br><br>green beans, red onion<br>& rocket<br><br>steamed broccoli | jacket potatoes<br><br>broccoli & spinach<br><br>roasted carrots                                | brown rice pilaf<br><br>bombay & spinach<br>potatoes<br><br>curry roasted<br>cauliflower                             | citrus & herb bulgur<br>wheat tabbouleh<br><br>roasted root vegetables<br>with honey & balsamic | steamed broccoli<br>rosemary roasted carrots<br><br>green beans                                       |
| salad bar                | salad ingredients (if applicable) - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc<br>condiments, that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc |                                                                |                                                                               |                                                                                                 |                                                                                                                      |                                                                                                 |                                                                                                       |
| salad                    | roasted carrot, sweet<br>potato, fetta & pepita<br>salad                                                                                                                                                                                                       | roasted chickpea & kale<br>salad with dill yoghurt<br>dressing | quinoa, rocket, chickpea,<br>red onion & fetta salad<br>with citrus dressing  | roasted broccoli salad<br>with sesame, snow peas,<br>edamame & avocado                          | roasted pumpkin,<br>sultana & spinach salad<br>with crumbled fetta                                                   | apple, raisin, kale, celery<br>& pearl barley salad with<br>lemon yoghurt dressing              | kachumber salad –<br>cucumber, tomato &<br>onion salad with lemon,<br>coriander & mint<br>dressing    |
| the dessert station      |                                                                                                                                                                                                                                                                | mango mousse                                                   |                                                                               | baked apples with oats &<br>vanilla ice cream                                                   |                                                                                                                      |                                                                                                 | panna cotta with oranges                                                                              |
| supper                   | in house                                                                                                                                                                                                                                                       | cinnamon toast                                                 | In house                                                                      | fruit platter                                                                                   | sliced oranges                                                                                                       | in house                                                                                        | jelly cups                                                                                            |

## chartwells spring residential weekly menu 2026 (menu option 2)

| week 4                        | mon                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | tue                                                            | wed                                                                | thu                                                                 | fri                                                                | sat | sun |
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| breakfast                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                |                                                                    |                                                                     |                                                                    |     |     |
| residential breakfast         | poached eggs & bacon                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | chicken chipolatas<br>spaghetti                                | scrambled eggs, shaved ham, wilted spinach & toasted turkish bread | bbq beans with bacon & hash browns                                  | breakfast waffles with roasted pears & honey                       |     |     |
| special                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | chartwells smoothie tuesday - mango & coconut yoghurt smoothie |                                                                    | blueberry & vanilla yoghurt chia pudding with natural greek yoghurt |                                                                    |     |     |
| continental breakfast station | continental breakfast may include a range of the following items -<br>selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc<br>fruit - whole, stewed & poached.<br>breads for toasting - high fibre white bread, grain & seed, gluten free.<br>selection of spreads - vegemite, honey & jams<br>hot beverages - tea & coffee, 100% orange juice, water<br>variety of milks - full cream, lite & calcium fortified soy |                                                                |                                                                    |                                                                     |                                                                    |     |     |
| residential morning tea       | cornflake crackles                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | pizza scroll                                                   | cake with orange yoghurt glaze                                     | chartwells chicken & cheese toasties                                | beetroot & tzatziki dip pots with corn chips & vegetable crudities |     |     |
| fruit                         | seasonal fresh fruit will be available throughout the day                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                |                                                                    |                                                                     |                                                                    |     |     |

## chartwells spring residential weekly menu 2026 (menu option 2)

| week 4                 | mon                                                                                                                                                                                                                                                                                                                                                                                                                                                                           | tue                                                                                            | wed                                                     | thu                                                                              | fri                                               | sat                                                                          | sun                                                                |
|------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|---------------------------------------------------------|----------------------------------------------------------------------------------|---------------------------------------------------|------------------------------------------------------------------------------|--------------------------------------------------------------------|
| lunch                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                |                                                         |                                                                                  |                                                   |                                                                              |                                                                    |
| hot option             | pork stir fry with jasmine rice & prawn crackers                                                                                                                                                                                                                                                                                                                                                                                                                              | greek chicken gyros with lebanese flat bread, tomatoes, cucumber, leaf salad & lemon yoghurt   | chicken, leek & mushroom pasta with garlic bread slices | lamb massaman with basmati rice, minted yoghurt & roti breads                    | bbq pulled beef torpedo roll with green salad     | japanese – style beef with rice, peas, spinach & cucumber                    | oven baked fish goujon tacos with lemon slaw & tossed garden salad |
| vegetarian option      | plant-based chicken stir fry with jasmine rice & prawn crackers                                                                                                                                                                                                                                                                                                                                                                                                               | chickpea falafel gyros with lebanese flat breads, tomato, cucumber, leaf salad & lemon yoghurt | leek and mushroom pasta with garlic bread slices        | chickpea & sweet potato massaman with basmati rice, minted yoghurt & roti breads | bbq pulled mushroom torpedo roll with green salad | japanese – style mushroom, lentil & tofu with rice, peas, spinach & cucumber | oven baked halloumi tacos with lemon slaw & tossed garden salad    |
| range of breads        | bread selection that may include - high fibre white, grain & seed, gluten free, ciabatta, baguette, rolls, pita pocket, wraps, turkish bread etc                                                                                                                                                                                                                                                                                                                              |                                                                                                |                                                         |                                                                                  |                                                   |                                                                              |                                                                    |
| sandwich/<br>myo salad | <p>protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc.</p> <p>salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc.</p> <p>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc</p> |                                                                                                |                                                         |                                                                                  |                                                   |                                                                              |                                                                    |
| afternoon tea          | vegetable quiches                                                                                                                                                                                                                                                                                                                                                                                                                                                             | apple crumble slice                                                                            | fruit platter                                           | choc chip cookies                                                                | fruit platter                                     | chef's choice muffins                                                        | jelly                                                              |
| fruit                  | seasonal fresh fruit will be available throughout the day                                                                                                                                                                                                                                                                                                                                                                                                                     |                                                                                                |                                                         |                                                                                  |                                                   |                                                                              |                                                                    |

## chartwells spring residential weekly menu 2026 (menu option 2)

| week 4                | mon                                                                                                                                                                                                                                                            | tue                                                                                                       | wed                                                                                                                           | thu                                                                                                             | fri                                                                                             | sat                                                                                               | sun                                                                                            |
|-----------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|
| dinner                |                                                                                                                                                                                                                                                                |                                                                                                           |                                                                                                                               |                                                                                                                 |                                                                                                 |                                                                                                   |                                                                                                |
| main course           | chicken kiev with garlic butter                                                                                                                                                                                                                                | chinese fake-away dinner –<br><br>honey pepper beef & broccoli with oyster sauce                          | gangnam style honey garlic chicken                                                                                            | mexican pulled beef & kidney bean chilli con carne nachos, with lite sour cream guacamole & tomato salsa        | oregano & rosemary marinated lamb tagine with carrots, potatoes                                 | braised beef pie with mushroom, onions, carrot & thyme with puff pastry crust                     | sunday roast                                                                                   |
| vegetarian            | field mushroom kiev with garlic butter                                                                                                                                                                                                                         | maple, chilli & soy pan seared tofu stir fry with bok choy, green beans, capsicums, carrot & bean sprouts | gangnam tofu                                                                                                                  | roasted squash & mixed bean chilli con carne nachos with lite sour cream, guacamole & tomato salsa              | onion, tomato, roasted chickpeas, olives, fetta, basil & tahini tagine                          | spiced vegetable, cannellini, haricot & tofu cassoulet with butternut squash, tarragon & tomatoes | roast pork & chicken with apple sauce and gravy<br><br>cauliflower steaks<br><br>mashed potato |
| additional vegetables | garlic roast potatoes<br><br>roasted pumpkin<br><br>marinated tomatoes & green beans                                                                                                                                                                           | garlic & pea steamed rice<br><br>chow mein noodles<br><br>asian greens                                    | jasmine rice with sesame & spring onions<br><br>cauliflower, broccoli & leek panache<br><br>tuscan marinated grilled eggplant | mexican rice<br><br>lemon pepper tossed steamed broccoli with ranch dressing<br><br>roasted tomato & red onions | minted yoghurt<br><br>garlic & lemon silverbeet<br><br>steamed broccoli & carrots               | parsley steamed chat potatoes<br><br>sautéed leeks & broccoli<br><br>honey roasted carrots        | roast pumpkin and sweet potato<br><br>citrus green beans                                       |
| salad bar             | salad ingredients (if applicable) - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc<br>condiments, that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc |                                                                                                           |                                                                                                                               |                                                                                                                 |                                                                                                 |                                                                                                   |                                                                                                |
| salad                 | rainbow power salad with salsa verde dressing                                                                                                                                                                                                                  | asian soba noodle salad with carrots, fire roasted capsicums, spring onions & wombok cabbage              | italian panzanella salad                                                                                                      | chopped garden salad with cucumber, celery, tomato, mixed leaves, with a parmesan & lime dressing               | classic greek salad with cucumber, capsicum, cherry tomatoes, feta, red onion & kalamata olives | roasted spring vegetable couscous salad with aged balsamic dressing                               | fattoush market salad                                                                          |
| the dessert station   |                                                                                                                                                                                                                                                                | cinnamon apple crumble with vanilla custard                                                               |                                                                                                                               | red velvet warm chocolate fudge brownies                                                                        |                                                                                                 |                                                                                                   | make your own ice-cream waffle cone with strawberry sauce, oreo pieces & smashed berries       |
| supper                | in house                                                                                                                                                                                                                                                       | orange slices                                                                                             | in house                                                                                                                      | fruit platter                                                                                                   | jelly cup                                                                                       | in house                                                                                          | sliced watermelon                                                                              |