

chartwells summer residential weekly menu 2022

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	poached eggs with grilled bacon & thick cut grain toast	spinach, ricotta & mozzarella wholemeal scroll	boiled eggs with toasted english muffins	thick cut cinnamon french toast with honey	breakfast thin crust pizza with eggs, spinach, roasted tomatoes & mozzarella	shaved ham & cheddar croissants	poached eggs on home-made potato roesti's
special - optional	mango & coconut yoghurt pots	chartwells smoothie tuesday – super fruit smoothies	quinoa & coconut yoghurt bowls with summer fruits	bircher muesli with granola clusters	fresh fruit sundaes with yoghurt & summer passionfruit	crumpets with honey	pancake stacks with maple syrup
continental breakfast station	continental breakfast will include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice, water						
residential morning tea	apple & berry streusel slice	honeycomb muffins	lemon polenta cookies	chicken & avocado rice paper rolls	our own chickpea hummus with toasted baguette crisps & celery stix	chocolate chip muffins	berry & apple muesli cookie
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	chicken quesadillas with mexican beans, peppers, salsa & shredded cheese	Pork sausage & caramelised onion rolls with tomato jam	parmesan & lemon crumbed fish with oven roasted sweet potato wedges	singapore noodles with ketjup manis, egg noodles, tofu & shredded vegetables	chargrilled lamb burgers, tomato, cucumber and cos	pulled beef brisket & tabouleh baguette	cheesy pulled pork jaffles with slaw on the side!
vegetarian	mexican bean quesadillas with peppers, salsa & shredded cheese	plant based sausage caramelised onion rolls with tomato jam	parmesan & lemon crumbed eggplant with oven roasted sweet potato wedges	singapore noodles with, ketjup manis, egg noodles, tofu & shredded vegetables	chargrilled chickpea & vegetable burgers tomato, cucumber and cos	mediterranean falafel & tabouleh baguette	haloumi, nut free pesto & tomato jaffles with slaw on the side!
afternoon tea	jumbo cornflake crackles	banana & honey bread	cheddar & cracker packs	pan toasted sandwiches	blueberry, oatmeal muffins	ice your own vanilla cookie	special fried rice boxes & prawn crackers
fruit	seasonal fresh fruit will be available throughout the day						