

anu bruce & wright halls summer residential menu – week 1

| week 1 | mon | tue | wed | thu | fri | sat | sun |
|--------------------------------------|--|---|--|--|--|--|--|
| breakfast | | | | | | | |
| residential breakfast | boiled eggs, hash browns, baked beans | herb scrambled eggs beef chipolatas slow roast tomatoes | poached eggs with wilted spinach grilled vegetables with haloumi mini butter croissant | scrambled eggs with chives grilled bacon toasted blueberry muffins with berry jam | cheddar, tomato & kale frittata with red pepper relish boiled eggs baked beans | poached eggs with ham & cheese grilled chipolatas sweet corn fritters with balsamic roasted tomatoes | scrambled eggs with chives pan fried bacon sautéed zucchini & capsicum |
| special | mango & coconut yoghurt pots | chartwells smoothie tuesday - watermelon smoothies | quinoa, apple & cinnamon breakfast bowls | fresh fruit sundaes with yoghurt & summer passionfruit | banana bread with maple butter | | |
| continental breakfast station | continental breakfast will include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, wheat 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 and coffee, 100% fruit juice, water | | | | | | |
| lunch | | | | | | | |
| hot option | chicken burrito | beef stir-fry with noodles | parmesan crumbed fish with oven roasted sweet potatoes | singapore noodles with chicken, bean shoots, ketjup manis, egg noodles & shredded vegetables | cumin & paprika lamb tagine with cous cous | mexican chicken chilli with salsa & corn chips on the side | open pulled pork burgers with apple slaw & aioli |
| vegetarian | beans burrito | stir-fried vegetables & noodles | parmesan crumbed eggplant with oven roasted sweet potatoes | singapore noodles with tofu, bean shoots, ketjup manis, egg noodles & shredded vegetables | cumin & sweet potato tagine with cous cous | mexican chickpea & vegetable chilli with salsa & corn chips | vege burgers with apple slaw & aioli |
| range of breads | high fibre wholemeal, grain & seed, gluten free, mexican wraps | | | | | | |
| sandwich/ myo salad | protein ingredients that may include - shaved ham, poached chicken, turkey, roasted beef or corn beef tuna/salmon, hard boiled eggs, sliced cheddar cheese, light cheese ... salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber ... condiments that may include - mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki ... | | | | | | |

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| dinner | | | | | | | |
| main course | coriander lime chicken | pork, apple & caramelised onion ragout | chicken strips with tomatoes | theme | beef bolognese | buttermilk marinated chicken | thyme, lime & lemon roast chicken |
| main course | roast vegetable pasta with toasted seeds & fire roasted capsicum | chargrilled lamb with flatbreads & tzatziki | vegetarian lentil & zucchini lasagne | theme | penne pasta primavera with zucchini, white beans, basil, broccoli & pangratatto | thai red seafood curry | lamb stir fry with egg noodles & asian vegetables |
| vegetarian | zucchini & chickpea fritters | spinach & feta strata | cantonese style noodles with asian vegetables, tofu & soy sauce | theme | chermoula roast vegetables & tofu | grilled miso eggplant & haloumi burgers | green pea & cauliflower fritters |
| vegetables | a selection of the following will be available to accompany the main course: steamed seasonal vegetables variety of steamed rice, jasmine, basmati, wild, long grain selection of cous cous, quinoa, polenta variety of potatoes - roasted, smashed, fat chips, oven baked wedges | | | | | | |
| additional vegetables | seeded mustard mashed potatoes wok tossed cauliflower, beans & carrots | twice baked potatoes steamed vegetable medley with spiced dukkha | mediterranean cous cous wok tossed bok choy & choy sum with oyster sauce | theme | stir fried summer vegetables wok tossed broccoli with shredded carrot & capsicum | potato wedges green beans with lemon vinaigrette | roasted semolina potatoes baked pumpkin wedges with nutmeg & cracked black pepper |
| the dessert station | summer strawberry shortcake | coconut & lime panna cotta | fresh cut summer fruit with mango yoghurt | theme | red velvet chocolate fudge brownie | summer berries with crème chantilly | baked peaches, greek yoghurt, cinnamon crumb |
| special dietary requirements | all special dietary requirements will be met for each meal service | | | | | | |