

anu bruce & wright halls summer residential menu – week 2

| week 2 | mon | tue | wed | thu | fri | sat | sun |
|--------------------------------------|--|---|---|--|--|--|---|
| breakfast | | | | | | | |
| residential breakfast | poached eggs with cheddar on toasted wholemeal english muffins, slow roast tomatoes, beef chipolatas | scrambled eggs with soft herbs, grilled vegetables with haloumi, baked beans | boiled eggs, breakfast sausages, berry hot cakes with maple syrup | scrambled eggs with spinach, chives & mozzarella, baked beans, sautéed mushrooms | poached eggs with potato roesti & wilted spinach, baked beans, sautéed mushrooms | soft boiled eggs with toasted sourdough thin crust breakfast pizza with leg ham, mozzarella & basil coconut & berry loaf | egg & bacon mc chartwells muffins home style hash browns oven roasted balsamic tomatoes |
| special | stone fruit salad cups with berry mascarpone | chartwells smoothie tuesday - breakfast smoothie with banana, chia, coconut & honey | orange & ricotta dip with fresh summer fruit | summer fruit salad | vanilla chia pudding pots | | |
| 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 | beef tortellini | chicken banh mi burgers | thai red beef curry with steamed rice | open grilled lamb sausage with spiced tomato relish | wok tossed chicken coconut noodles | mexican beef, guacamole, salsa, & shredded mozzarella with potatoes on the side | kofta spiced beef with warm hummus & tabbouleh |
| vegetarian | spinach & ricotta ravioli | banh mi burger with crispy tofu | thai red pumpkin & spinach curry with steamed rice | grilled tofu steaks with tomato relish | wok tossed tofu coconut noodles | taco idaho baked potatoes with mexican vegetables | kofta spiced crispy chickpeas with pearl cous cous & tabbouleh |
| 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 ... | | | | | | |

chartwells summer residential weekly menu 2021

| week 2 | mon | tue | wed | thu | fri | sat | sun |
|-------------------------------------|---|--|---|-------|--|--|---|
| dinner | | | | | | | |
| main course | roast beef with pan gravy | tandoori chicken thigh cutlets | tuna rigatoni pasta bake | theme | penne pasta with slow cooked lamb ragu & shaved parmesan | thick crust pizza with shaved ham, salami & mozzarella | garlic & rosemary studded roast lamb with pan gravy |
| main course | summer vegetables & rice noodle stir fry | crumb fish with caponata | primavera pasta bake | theme | gnocchi 'mac 'n cheese' | bbq chicken pizzas with spicy bbq sauce, mozzarella & spinach | italian chicken risotto with roasted tomato sugo & shaved parmesan |
| vegetarian | lemon, zucchini & shredded tofu carbonara | vegetable fried rice with wok tossed tofu | roasted teriyaki mushrooms with noodles & chickpeas | theme | cauliflower & lentil tikka masala | thin crust pizza with charred vegetables, mushrooms, spinach & mozzarella | sweet potato & quinoa 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 | balsamic roast potatoes maple dijon roasted carrots steamed broccoli & sugar snap peas | cumin & mustard roast potatoes steamed carrots with poppy seed butter | wilted spinach with lemon & garlic sweet corn cobettes | theme | sweet potato with cumin cauliflower, broccoli, red onion & cheddar bake peas with fresh mint | caesar salad with baby cos, ciabatta croutons, poached eggs, caesar dressing & shaved parmesan | herbed polenta roasted vegetable medley with red onion, zucchini, pumpkin, carrots & parsnip |
| the dessert station | jelly fruit & custard | pear & blueberry clafoutis | summer fruit salad with lemon yoghurt dressing | theme | honey pear cake | summer fruit panna cotta | bananas & smashed berry trifle |
| special dietary requirements | all special dietary requirements will be met for each meal service | | | | | | |