

anu bruce & wright halls summer residential menu – week 3

week 3	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	scrambled eggs, grilled breakfast tomatoes, shaved ham & cheddar croissants	mini asian vegetable & noodle omelettes, sweet corn fritters, hash browns	boiled eggs homemade bean ragout, sautéed zucchini & capsicum	bacon, tomato, egg & spinach wholemeal wrap, sautéed mushrooms	cheese & chive scrambled eggs with fresh dill, grilled bacon & sautéed mushrooms	eggs benedict on toasted english muffins, our own hash browns, toasted waffles with maple syrup	the chartwells sunday breakfast fried eggs, roasted tomatoes, pan seared potatoes & wilted spinach
special	summer fruit breakfast bowl with toasted seeds	chartwells smoothie tuesday - strawberry, mango & banana smoothies	quinoa porridge with roasted summer fruit medley	banana pancake stacks	coconut yoghurt with cinnamon spiced fruit mix		
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	pulled pork with cucumber pickle, spring onions & hoisin sauce & bao buns on the side	chicken souvlaki with flatbreads on the side	penne pasta with pan seared chicken, vegetables & shaved parmesan	battered fish strips with slaw & soft taco on the side	zucchini, ham & corn slice with roasted chat potatoes	beef burgers with mayonnaise	tuna, spinach, potato & parmesan filo bake
vegetarian	tofu, spring onions with cucumber pickle, & hoisin sauce, bao buns	vegetable & tofu souvlaki with flatbreads	penne pasta with chickpea & vegetable ragu with shaved parmesan	chickpea, corn bean soft tacos with slaw & avocado	zucchini, corn & roasted cherry tomato slice with roasted chat potatoes	vegetable burgers with mayonnaise	spinach, potato & ricotta filo bake
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	grilled indian chicken strips with raita & fresh lime	italian beef meatballs with pasta	wok tossed chicken with noodles	theme	beer battered fish with our own sweet chilli mayo	chicken tikka masala	herb crusted roast beef with pan juices
main course	sweet potato in tomato, lime & cardamom sauce	turkish lamb ragout with flatbreads	vegetarian mexican lasagne with kidney beans	theme	green pea, cottage cheese & saffron risotto with caramelised tomato relish	beef madras curry	sticky caramel pork
vegetarian	caramelised onion, mushroom & pumpkin risotto with crumbled feta	caprese thin crust pizza with buffalo mozzarella	black bean & quinoa zucchini bake	theme	zucchini, ricotta & chickpea fritters with raita & coriander chutney	indian spiced chickpea & carrot curry	potato gnocchi with oven roasted pumpkin sauce
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	steamed basmati rice wok tossed broccoli with shredded carrot & capsicum	summer beans with balsamic roasted tomatoes twice cooked chips	garlic & paprika roast sweet potatoes steamed peas, snow peas & sugar snaps	theme	seasoned potato wedges roasted lemon & paprika carrots	spiced steamed indian rice naan bread indian raita mango chutney	garlic butter smashed sweet potatoes zucchini & tomato bake
the dessert station	jelly slice	fresh fruit salad	hummingbird cake with cream cheese frosting	theme	layered strawberry & cream fool	caramelised pineapple slice with salted caramel sauce	lemon yoghurt & granola
special dietary requirements	all special dietary requirements will be met for each meal service						