

# anu bruce & wright halls summer residential menu – week 4

week 4	mon	tue	wed	thu	fri	sat	sun
<b>breakfast</b>							
<b>residential breakfast</b>	poached eggs, beef chipolatas, roast tomatoes	scrambled eggs, sautéed mushrooms vanilla & cinnamon waffles with honey	poached eggs & toasted ciabatta loaf, sweetcorn fritters, baked beans, vegemite & cheddar breakfast wraps	the 'special' breakfast - fried eggs, grain toast, oven baked tomatoes, lean bacon & wilted spinach	buttermilk pancakes with smashed summer berries, roast tomatoes, boiled eggs	zucchini fritters, poached eggs & sautéed mushrooms shaved ham & cheese filled croissants	fried eggs on thick cut sourdough toast with our own spiced baked beans pan fried bacon pear & raspberry bread
<b>special</b>	honey & lime quinoa fruit salad cups	chartwells smoothie tuesday - breakfast smoothie with blueberries & coconut	apple pikelet stacks	watermelon with vanilla bean greek yoghurt	coconut chia seed cups with summer berries		
<b>continental breakfast station</b>	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						
<b>lunch</b>							
<b>hot option</b>	steamed chicken dim sims & special fried rice	beef mazette with tomato passata, penne & mozzarella	indian lamb rogan josh with naan bread strips on the side	fish cakes with lemon pepper aioli & summer slaw	open minute steak sandwiches with salad	honey & sriracha lamb stir-fry with rice noodles	crumbed chicken strip with summer salad
<b>vegetarian</b>	vegetarian steamed dim sims & special fried rice	chickpea & vegetable mazette with tomato passata, penne & mozzarella	indian sweet potato rogan josh with naan bread strips	green pea & feta arancini with summer slaw	chargrilled vegetable sandwiches with salad	honey & sriracha tofu stir-fry with rice noodles	crumbed tofu with summer salad
<b>range of breads</b>	high fibre wholemeal, grain & seed, gluten free, mexican wraps						
<b>sandwich/myo salad</b>	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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<b>dinner</b>							
<b>main course</b>	black bean pork stir fry with sticky rice	chicken with parmesan	chicken, spinach & vegetable filo mille feuille	theme	lasagne with garlic baguettes & greek salad	thai red seafood curry	slow roasted lamb studded with garlic & rosemary
<b>main course</b>	summer vegetables & lentil pies with fresh thyme, seeded mustard	coconut, lime & lemongrass crumbed fish	italian bean & short pasta casserole with baby spinach, white beans, tomatoes, olives, ciabatta croutons & shaved parmesan	theme	spicy jambalaya with brown rice, lentils, hot sauce & jalapenos	spiced chicken tenderloins	tandoori chicken thin crust pizza with tzatziki, spinach & lemon
<b>vegetarian</b>	spiced indian potato, cannellini beans & spinach curry with jasmine rice	cajun spiced quinoa & zucchini fritters	oven roasted sweet potatoes with feta	theme	lentil & eggplant dhal with naan bread & rice pilaf	sweet potato & white bean chilli	spinach & ricotta ravioli bake
<b>vegetables</b>	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						
<b>additional vegetables</b>	roasted chat potatoes steamed beans, roasted cherry tomatoes & garlic pangratatto	fat chips wok tossed asian greens with oyster sauce	baked potatoes wok tossed asian vegetables	theme	steamed carrots with poppy seed butter green beans with lemon vinaigrette	fried rice zucchini provencale with cheese & grain crumb crust	roasted italian potatoes with garlic & lemon steamed summer vegetables
<b>the dessert station</b>	chocolate cheesecake	red summer fruit salad	summer apple, pear & cinnamon cake	theme	summer trifle with caramel sauce	vanilla dixie cups	charred pears
<b>special dietary requirements</b>	all special dietary requirements will be met for each meal service						