

chartwells autumn residential weekly menu 2023

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
performer smoothie	breakfast supa smoothie with banana, berries, chia & natural yoghurt	strawberry green goddess smoothie with spinach, avocado, lemon & lime	blueberry, apple, mint, banana & yoghurt smoothie	sunshine smoothie with carrot, orange, passionfruit, pineapple & coconut water	cacao, banana, chia & yoghurt smoothie	tropical breakfast smoothie with passionfruit, pineapple, banana, mango & coconut	super berry smoothie with raspberry, strawberry, blueberry, blackberry oat milk & oats
bircher	bircher muesli with coconut yoghurt & dried cranberries	bircher muesli with coconut yoghurt & fresh raspberry	bircher muesli with coconut yoghurt & dried pineapple	bircher muesli with coconut yoghurt & macerated berries	bircher muesli with coconut yoghurt, grated apple & maple syrup	bircher muesli with coconut yoghurt & blueberries	bircher muesli with coconut yoghurt & strawberries
yogurt / chia / other	raspberry orange chia pudding with toasted coconut	pineapple, mint & brown sugar pot	coconut yogurt, raspberry coulis & toasted coconut pot	vanilla chia podding pots with macerated berries	greek yogurt pot mango, passionfruit	blueberry chia pudding with orange	eggs big brunch - poached or fried eggs with sauteed mushrooms, balsamic roasted tomatoes & bacon baked corn fritters with spring onions & sour cream teriyaki beef stir-fry with egg noodles & asian vegetables extras station with fried shallots, coriander fresh chilli & prawn crackers
eggs, 2 ways	scrambled or hard boiled	poached or over-easy	scrambled or omelettes	over-easy or dukkha eggs	baked eggs or poached	soft boiled or fried	
residential breakfast	ham cheddar cheese omelettes	zucchini, ricotta & corn frittata	grilled bacon, scrambled eggs	mushroom, sweet corn & haloumi fritters, tomato relish	toasted waffles with maple syrup	breakfast burritos with refried beans, guacamole & tomato salsa	
dip	eggplant	beetroot	capsicum	mexican	guacamole	tzatziki	
cheese	cheddar / havarti	swiss/ havarti	cheddar / swiss	light cheddar/ havarti	cheddar / swiss	cheddar / havarti	swiss/ havarti
fruit & vegetable market	<p style="text-align: center;">available at each meal service – fruit - whole & cut fresh fruit that may include kiwi, grapes, melons, pineapple, mango, berries, avocado, bananas, apples dips - hummus, tzatziki, eggplant, beetroot a range of vegetable sticks - carrots, cucumber, peppers, broccoli, cauliflower, cherry tomatoes, mushrooms etc</p>						
breakfast bar	<p style="text-align: center;">continental breakfast that may include the following items: selection of breakfast cereals - natural muesli (no added sugar), corn flakes, sultana bran, weet bix, rice bubbles gluten free cereals – weetbix, muesli & cornflakes stone ground porridge – create your own oat bowl, stewed fruits, brown sugar, fried fruit yoghurt – fruit flavoured & greek, soy on request fruit - whole fresh fruit, stewed, two fruit purees, poached fruits daily breakfast pot that may include - bircher muesli, fruit salad cups, our own granola bowls, overnight oats, yoghurt & fruit breakfast trifle dried fruit - cranberries, apple, banana, coconut, sultanas, currants cheese (2 options) - havarti, cheddar, tasty, swiss cold cuts - shaved ham, sliced turkey, salami, prosciutto milk - full cream, low fat, soy, lactose free, oat bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options spreads - vegemite, honey, jams beverages – tea, coffee, 100% fruit juice (every thursday), water</p>						
fruit	seasonal fresh fruit will be available throughout the day						
special dietary requirements	all special dietary requirements will be met for each meal service						
teachers morning tea	selection of sweet slices	sundried tomato, cheddar, basil puff pastry scrolls	petite scones, raspberry jam, whipped cream	chartwells grazing board with cheese, crackers, vegetables & dips	anzac cookies, ruby chocolate drizzle	n/a	n/a

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lunch							
hot option	tandoori chicken with yoghurt raita & steamed basmati rice	home-made beef steak pies with puff pastry tops smashed potatoes & mushy peas	oven baked crumbed fish fillets with sweet potato fries & tartare sauce	thai style fried rice with shredded chicken, asian vegetables & thai basil	slow roasted beef & vegetable ragu with spiced couscous	mexican nachos with blackened corn, guacamole, salsa & corn chips on the side	see brunch menu above
vegetarian option	tandoori roasted root vegetables, raita, spiced quinoa	home-made vegetable & borlotti bean pies with shortcrust pastry top	ricotta, olive & oven roasted tomato butterfly pasta with garlic & herb pangrattato	thai style fried rice with wok tossed shredded tofu, asian vegetables & thai basil	slow roasted moroccan vegetable & lentil tagine with spiced couscous	mexican nachos with beans, blackened corn, guacamole, salsa & corn chips	
vegetarian & grains	steamed baby bok choy, wombok & beans	garlic roasted carrots & parsnips	stir fried greens, toasted seeds vinegar & salt chips	salt & pepper broccoli & gai lan	rice & lentil pilaf with allspice, cloves & cumin	spanish chickpea & spinach braise with smoked paprika, cayenne pepper & fresh parsley	
compound salad	indian chopped salad with chickpeas, roma tomatoes, red onion, spinach & cumin yoghurt	green goddess salad with avocado, cucumber, green peppers, beans, spinach, toasted pepitas & lemon & chive dressing	mixed green leaf salad with cherry tomatoes, capsicum, red wine vinaigrette & toasted seed mix	japanese salad with spinach, light soy dressing & shredded autumn vegetables	lentils salad, red onion, mint, coriander & lime dressing	mexican street salad with charred corn, black beans & lime & chilli dressing	
range of breads	ciabatta, baguettes, brioche rolls, sour dough loaves, baguettes, pita pockets, mexican wraps, focaccia & turkish bread						
soup	kettle of home-made soup that changes daily will be available with a range of accompaniments						
lunch salad bar	<p>ingredients that may include the following –</p> <p>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef, lamb, tuna/salmon, hard boiled eggs 2 options cheese – havarti, swiss, tasty, cheddar</p> <p>1 option legumes – chickpeas, black beans, white beans, kidney beans salad greens – spinach, rocket, iceberg, leafy greens seasonal herbs – coriander, basil, thyme, mint</p> <p>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, cucumber dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils</p> <p>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p>dried spices – turmeric, cinnamon, dukkha</p> <p>saucers – soy, sriracha, teriyaki, fresh lemon juice</p>						
cold meats	tuna & roast beef	turkey & hard-boiled eggs	salami & shaved ham	salmon & shredded chicken	shaved ham & poached chicken	tuna & roast beef	shaved ham & poached chicken
cheese	havarti & tasty	tasty & swiss	swiss & cottage	cottage & havarti	cheddar & feta	havarti & tasty	cheddar & feta
legumes	black beans	white beans	kidney beans	pinto beans	navy beans	chickpeas	chickpeas
dips	tzatziki	eggplant	beetroot	capsicum	mexican	guacamole	guacamole
poke bowl	please refer to attached poke bar menu						
lunch on the go	<p>lunch on the go packs that may include the following –</p> <p>selection of filled sandwiches - wraps & rolls</p> <p>vegetable sticks – carrots, cucumber, capsicum, cherry tomatoes, celery dips – tzatziki, eggplant, capsicum, fresh whole seasonal fruit</p>						
fruit	seasonal fresh fruit will be available throughout the day						
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential weekly menu 2023

week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	coconut lamb curry with sweet potato, beans & pappadums basmati rice	mustard glazed pork chops	garlic, rosemary & lemon rubbed roast lamb with pan gravy	green tea roasted salmon	pasta night penne pasta with pan seared chicken & sun-dried tomatoes olive oil rigatoni carbonara farfalle pasta with green peas, asparagus, crème fraiche & tarragon shaved parmesan lemon & parsley pangrattato garlic baguettes	bbq lemongrass chicken lamb & rosemary sausages with tomato relish chargrilled mushroom, peppers, onions & haloumi kebabs with nut free pesto	roast chicken, lemon, thyme, garlic, pan juices oven roasted sweet potatoes with feta, olives, lite sour cream & spinach
main course	chargrilled steak with caramelised onions & green peppercorn sauce	loaded idaho potato with pulled chicken, shredded vegetables, cheddar & lite sour cream	chipotle spiced chicken with mexican green rice, crumbled feta & coriander	beef stroganoff, mushrooms, gherkins & sour cream			
vegetarian	coconut vegetable & green lentil curry with pappadums	loaded idaho potato, roasted spiced chickpeas, shredded vegetables, cheddar & lite sour cream	chipotle lentil chilli, sour cream, spring onions, pita bread	israeli baked cauliflower with ginger & turmeric greek yoghurt			
additional vegetables	herb oven roasted potatoes steamed broccoli cauliflower cheese bake	zucchini & eggplant provencale fennel slaw rosemary roasted baby potato	potato bake steamed autumn vegetables braised cabbage with apples, cider & onions	lemon parsley buttered noodles ratatouille chargrilled corn cobs, butter & sea salt	parmesan italian beans chargrilled vegetable medley	garlic & herb bread roasted carrot, asparagus, beans, sunflower seeds	steamed chat potatoes with rosemary & sea salt butternut squash with kale & sourdough crumb minted peas
salad	tabouleh couscous salad with parsley, mint, tomatoes, cucumber, crumbled feta & lemon vinaigrette	roasted cauliflower & farro salad with mint, spanish onion & red wine vinegar dressing	moroccan chickpea salad with turmeric & paprika roasted beets & pumpkin, coriander, ginger & cherry tomatoes	niçoise salad with green beans, roasted tomatoes, poached eggs & crumbled feta	italian style chopped salad with roma tomatoes, bocconcini, olives & balsamic dressing	caesar salad with poached eggs, baby cos lettuce, shaved parmesan & caesar dressing	red salad with red quinoa, red cabbage, radicchio, baby beetroot leaves, radish & spiced dressing
dinner salad bar	<p>ingredients will include the following –</p> <p>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef or corned beef, tuna/salmon, hard boiled eggs, sliced cheddar cheese, light cheese (<u>does this get served at dinner</u>)</p> <p>2 options cheese – havarti, swiss, tasty, cheddar</p> <p>legumes – chickpeas, black beans, white beans, kidney beans</p> <p>salad greens – spinach, rocket, iceberg, greens</p> <p>seasonal herbs – coriander, basil, thyme, mint</p> <p>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber</p> <p>dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p>specialty items – marinated eggplant, capsicums, zucchini, mushrooms, olives etc</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p>dried spices – turmeric, cinnamon, dukkha</p> <p>sauces – soy, sriracha, teriyaki citric fruit juices – lime, lemon</p>						
cold meats	shaved ham & poached chicken	tuna & roast beef	turkey & hard-boiled eggs	salami & shaved ham	salmon & shredded chicken	shaved ham & poached chicken	tuna & roast beef
cheese	cheddar & feta	havarti & tasty	tasty & swiss	swiss & cottage	cottage & havarti	cheddar & feta	havarti & tasty
legumes	chickpeas	black beans	white beans	kidney beans	pinto beans	navy beans	chickpeas
dessert	crushed meringues with greek yoghurt & blueberries	ice-cream with berry coulis & pepita praline	donuts with cinnamon sugar & vanilla bean custard	autumn fruit salad with greek yoghurt	italian rhubarb & apple crumble	mini frozen yoghurt tubs	lemon cupcakes with vanilla bean frosting
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential weekly menu 2023

week 2	mon	tue	wed	thu	fri	sat	sun
breakfast							
performer smoothie	super berry smoothie with raspberry, strawberry, blueberry, blackberry oat milk & oats	breakfast supa smoothie with banana, berries, chia & natural yoghurt	strawberry green goddess smoothie with spinach, avocado, lemon & lime	blueberry, apple, mint, banana & yoghurt smoothie	sunshine smoothie with carrot, orange, passionfruit, pineapple & coconut water	cacao, banana, chia & yoghurt smoothie	tropical breakfast smoothie with passionfruit, pineapple, banana, mango & coconut
bircher/chia	bircher muesli with coconut yoghurt & dried pineapple	bircher muesli with coconut yogurt & macerated berries	bircher muesli with coconut yogurt, grated apple & maple syrup	bircher muesli with coconut yogurt & blueberries	bircher muesli with coconut yogurt & strawberries	bircher muesli with coconut yogurt & blueberries	bircher muesli with coconut yogurt & strawberries
yogurt / chia / other	bircher muesli with coconut yoghurt & blueberries	raspberry orange chia pudding with toasted coconut	pineapple, mint & brown sugar pot	coconut yogurt, raspberry coulis & toasted coconut pot	vanilla chia podding pots with macerated berries	greek yogurt pot mango, passionfruit	ggs big brunch fried or soft-boiled eggs with hash browns grilled bacon & wilted spinach
eggs, 2 ways	scrambled or hard boiled	poached or over-easy	scrambled or omelettes	over-easy or dukkha eggs	baked eggs or poached	soft boiled or fried	
residential breakfast	sweet potato & ricotta fritters with tomato salsa	grilled tomatoes with sautéed mushrooms, crumbled feta & garlic crostini	baked berry french toast	the green goddess breakfast with poached egg, smashed avocado, spinach & nut-free pesto	breakfast frittata with roasted sweet potato, red onion, thyme grilled bacon	breakfast omelettes with cheddar, tomato & herbs	ricotta & honey pancakes with smashed blueberries
dip	eggplant	beetroot	capsicum	mexican	guacamole	tzatziki	scrambled egg breakfast wrap, spring onions & cheddar cheese
cheese	cheddar / havarti	swiss/ havarti	cheddar / swiss	light cheddar/ havarti	cheddar / swiss	cheddar / havarti	cheddar / swiss
fruit & vegetable market	available at each meal service – fruit - whole & cut fresh fruit that may include kiwi, grapes, melons, pineapple, mango, berries, avocado, bananas, apples dips - hummus, tzatziki, eggplant, beetroot a range of vegetable sticks - carrots, cucumber, peppers, broccoli, cauliflower, cherry tomatoes, mushrooms etc						
breakfast bar	continental breakfast that may include the following items: selection of breakfast cereals - natural muesli (no added sugar), corn flakes, sultana bran, weet bix, rice bubbles gluten free cereals – weetbix, muesli & cornflakes stone ground porridge – create your own oat bowl, stewed fruits, brown sugar, fried fruit yoghurt – fruit flavoured & greek, soy on request fruit - whole fresh fruit, stewed, two fruit purees, poached fruits daily breakfast pot that may include - bircher muesli, fruit salad cups, our own granola bowls, overnight oats, yoghurt & fruit breakfast trifle dried fruit - cranberries, apple, banana, coconut, sultanas, currants cheese (2 options) - havarti, cheddar, tasty, swiss cold cuts - shaved ham, sliced turkey, salami, prosciutto milk - full cream, low fat, soy, lactose free, oat bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options spreads - vegemite, honey, jams beverages – tea, coffee, 100% fruit juice (every thursday), water						
fruit	seasonal fresh fruit will be available throughout the day						
special dietary requirements	all special dietary requirements will be met for each meal service						
teachers' morning tea	mini ham & cheese croissant	blueberry, cranberry, lemon muffin	tomato, cheddar basil tart	chocolate cookie, chocolate drizzle, dried mandarin	chartwells chicken slider	n/a	n/a

chartwells autumn residential weekly menu 2023

week 2	mon	tue	wed	thu	fri	sat	sun	
lunch								
hot option	vegetarian paella with green beans, sweet potato, broad beans & lemon cheeks	chargrilled lime chicken tacos with shredded vegetables, smashed avocado & salsa	singapore noodles with peppers, onions, tofu strips, shredded seasonal vegetables, chinese cabbage & sticky soy	chicken, leek & seeded mustard pot pie with pastry tops	beef burgers with spiced tomato chutney, slaw, cheese & cos lettuce	sticky bbq beef & vegetable stir fry	see brunch menu above	
vegetarian option		chargrilled lime vegetarian tacos with black beans, shredded vegetables, smashed avocado & salsa	singapore noodles with peppers, onions, tofu strips, shredded seasonal vegetables, chinese cabbage & sticky soy	autumn vegetable, lentil & seeded mustard pot pies with wholemeal pastry tops	pulled jackfruit burgers with apple chutney & slaw	sticky bbq root vegetables & pearl barley		
vegetables/grains		green bean & chickpea braise	pea medley with sugar, snow & green peas	steamed broccoli, olive oil, lemon	steamed autumn vegetables with basil	wok tossed baby bok choy, wombok & ketjup manis		steamed coconut rice sweet chili broccoli with red onions & fried shallots
compound salad		fattoush salad with pita strips, cucumbers, tomatoes, autumn green leaves & extra virgin olive oil dressing	mexican bean salad with pinto beans, black beans, corn kernels, peppers & white wine vinegar dressing	autumn slaw with red cabbage, carrots, chives & lime vinaigrette	asian salad with tofu, edamame beans & light soy dressing	greek salad with roma tomatoes, cucumber & crumbled feta		asian quinoa salad with shredded vegetables, spring onions & sesame ginger dressing
bread	ciabatta, baguettes, brioche rolls, sour dough loaves, baguettes, pita pockets, mexican wraps, focaccia & turkish bread							
soup	kettle of home-made soup that changes daily will be available with a range of accompaniments							
lunch salad bar	<p>ingredients that may include the following –</p> <p>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef, lamb, tuna/salmon, hard boiled eggs 2 options cheese – havarti, swiss, tasty, cheddar</p> <p>1 option legumes – chickpeas, black beans, white beans, kidney beans salad greens – spinach, rocket, iceberg, leafy greens seasonal herbs – coriander, basil, thyme, mint</p> <p>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, cucumber dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils</p> <p>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p>dried spices – turmeric, cinnamon, dukkha</p> <p>sauces – soy, sriracha, teriyaki, fresh lemon juice</p>							
cold meats	turkey & hard-boiled eggs	salami & shaved ham	salmon & shredded chicken	shaved ham & poached chicken	tuna & roast beef	shaved ham & poached chicken	tuna & roast beef	
cheese	tasty & swiss	swiss & cottage	cottage & havarti	cheddar & feta	havarti & tasty	cheddar & feta	havarti & tasty	
legumes	white beans	kidney beans	pinto beans	navy beans	chickpeas	chickpeas	black beans	
dips	eggplant	beetroot	capsicum	mexican	guacamole	guacamole	tzatziki	
poke bowl	please refer to attached poke bar menu							
lunch on the go	<p>lunch on the go packs that may include the following –</p> <p>selection of filled sandwiches - wraps & rolls</p> <p>vegetable sticks – carrots, cucumber, capsicum, cherry tomatoes, celery dips – tzatziki, eggplant, capsicum, fresh whole seasonal fruit</p>							
fruit	seasonal fresh fruit will be available throughout the day							
special dietary requirements	all special dietary requirements will be met for each meal service							

chartwells autumn residential weekly menu 2023

week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	fennel & thyme pork roast with pan juices	beef bourguignon with pappardelle pasta & shaved parmesan	thai green chicken curry with coconut milk, green beans & mushrooms	slow cooked beef bolognese, with herbed rigatoni	oven baked crumbed chicken schnitzels	mexican fiesta – pork carnitas or chicken mole with mexican rice, corn dip, soft & crisp tortillas & spicy aioli	mustard & garlic studded roast beef with pan gravy
main course	slow cooked lamb with pumpkin & couscous	green pea & fetta risotto	crumbed oven baked fish strips with lemon & balsamic vinegar salt	greek lamb chops with oregano gremolata	beef & black bean stir-fry with hokkien noodles, capsicum & pak choy		vegetable & black-eyed bean enchiladas
vegetarian	italian kale & borlotti beans braise with tomatoes, croutons & basil cream		spiced persian red lentils with roasted cauliflower steaks	mexican baked potatoes with kidney beans, charred corn, tomato, guacamole & tobasco	parmesan, quinoa & herb crumbed eggplant schnitzels		
additional vegetables	thyme roasted sweet potato roasted fennel & carrots steamed green beans, broccoli & peas	apple & fennel salad mediterranean spiced cous cous, currents, cranberries green bean & chickpea medley	steamed coconut rice sauteed asian vegetables, ginger, garlic, lemongrass	steamed new potatoes, parsley, butter green beans, dukkha sweet corn cobb	layered potato bake ginger & sesame steamed vegetables	mexican spiced rice mexican street corn cobs	traditional roast potatoes, sweet potato & pumpkin steamed autumn vegetables
compound salad	roasted autumn vegetable salad with red onions, butternut pumpkin, lemon & paprika dressing	puttanesca potato salad	roasted broccoli salad, snow peas, edamame, avocado ginger dressing,	autumn salad with roasted parsnip, sweet potato, beetroot, carrot, garlic dressing & toasted pepitas	cauliflower & garbanzo bean salad with shredded kale, salad onion, pepitas & lime dressing	mexican layered street salad	chopped salad with parmesan & lime dressing
dinner salad bar	<p>ingredients will include the following –</p> <p>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef or corned beef, tuna/salmon, hard boiled eggs, sliced cheddar cheese, light cheese <u>(does this get served at dinner)</u></p> <p>2 options cheese – havarti, swiss, tasty, cheddar</p> <p>legumes – chickpeas, black beans, white beans, kidney beans</p> <p>salad greens – spinach, rocket, iceberg, greens</p> <p>seasonal herbs – coriander, basil, thyme, mint</p> <p>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber</p> <p>dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p>specialty items – marinated eggplant, capsicums, zucchini, mushrooms, olives etc</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p>dried spices – turmeric, cinnamon, dukkha</p> <p>sauces – soy, sriracha, teriyaki citric fruit juices – lime, lemon</p>						
cold meats	shaved ham & poached chicken	tuna & roast beef	turkey & hard-boiled eggs	salami & shaved ham	salmon & shredded chicken	shaved ham & poached chicken	tuna & roast beef
cheese	cheddar & feta	havarti & tasty	tasty & swiss	swiss & cottage	cottage & havarti	cheddar & feta	havarti & tasty
legumes	chickpeas	black beans	white beans	kidney beans	pinto beans	navy beans	chickpeas
the dessert station	upside down pear cake with cinnamon yoghurt	apple & plum & palm sugar puffed rice crumble	autumn fruit with greek yoghurt	vanilla panna cotta with shortbread crumb	apple & blackberry clafoutis	caramelised pineapple wedges with chilli salt & greek yoghurt	bread & butter pudding with dates, sultanas & dried apricots
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential weekly menu 2023

week 3	mon	tue	wed	thu	fri	sat	sun
breakfast							
performer smoothie	tropical breakfast smoothie with passionfruit, pineapple, banana, mango & coconut	super berry smoothie with raspberry, strawberry, blueberry, blackberry oat milk & oats	breakfast supa smoothie with banana, berries, chia & natural yoghurt	strawberry green goddess smoothie with spinach, avocado, lemon & lime	blueberry, apple, mint, banana & yoghurt smoothie	sunshine smoothie with carrot, orange, passionfruit, pineapple & coconut water	cacao, banana, chia & yoghurt smoothie
bircher/chia	bircher muesli with coconut yoghurt & blueberries	bircher muesli with coconut yoghurt & strawberries	bircher muesli with coconut yoghurt & blueberries	bircher muesli with coconut yoghurt & strawberries	bircher muesli with coconut yoghurt & dried pineapple	bircher muesli with coconut yoghurt & macerated berries	bircher muesli with coconut yoghurt, grated apple & maple syrup
yogurt / chia / other	greek yogurt pot mango, passionfruit	bircher muesli with coconut yoghurt & blueberries	raspberry orange chia pudding with toasted coconut	pineapple, mint & brown sugar pot	coconut yogurt, raspberry coulis & toasted coconut pot	vanilla chia podding pots with macerated berries	eggs big brunch - peach chia pudding with coconut yoghurt fried or poached eggs with hash browns, grilled bacon, wilted spinach & sauteed mushrooms coriander lamb stir fry with bok choy, peppers & snow peas extras station with fried shallots, coriander fresh chilli & prawn crackers
eggs, 2 ways	scrambled or hard boiled	poached or over-easy	scrambled or omelettes	boiled eggs or dukkha eggs	baked eggs or poached	soft boiled or fried	
residential breakfast	toasted english muffins with fried eggs, grilled tomatoes & swiss cheese	spanish frittata with potato, cheddar & basil	oven baked zucchini fritters with sautéed mushrooms	fried egg, bacon & grilled cheese sourdough sandwiches	baked eggs with tomatoes & peppers	fried eggs on thick cut sourdough toast with our own spiced baked beans	
dip	eggplant	beetroot	capsicum	mexican	guacamole	tzatziki	
cheese	cheddar / havarti	swiss/ havarti	cheddar / swiss	light cheddar/ havarti	cheddar / swiss	cheddar / havarti	cheddar / swiss
fruit & vegetable market	<p>available at each meal service –</p> <p>fruit - whole & cut fresh fruit that may include kiwi, grapes, melons, pineapple, mango, berries, avocado, bananas, apples</p> <p>dips - hummus, tzatziki, eggplant, beetroot</p> <p>a range of vegetable sticks - carrots, cucumber, peppers, broccoli, cauliflower, cherry tomatoes, mushrooms etc</p>						
breakfast bar	<p>continental breakfast that may include the following items:</p> <p>selection of breakfast cereals - natural muesli (no added sugar), corn flakes, sultana bran, weet bix, rice bubbles</p> <p>gluten free cereals – weetbix, muesli & cornflakes</p> <p>stone ground porridge – create your own oat bowl, stewed fruits, brown sugar, fried fruit</p> <p>yoghurt – fruit flavoured & greek, soy on request</p> <p>fruit - whole fresh fruit, stewed, two fruit purees, poached fruits</p> <p>daily breakfast pot that may include - bircher muesli, fruit salad cups, our own granola bowls, overnight oats, yoghurt & fruit breakfast trifle</p> <p>dried fruit - cranberries, apple, banana, coconut, sultanas, currants</p> <p>cheese (2 options) - havarti, cheddar, tasty, swiss</p> <p>cold cuts - shaved ham, sliced turkey, salami, prosciutto</p> <p>milk - full cream, low fat, soy, lactose free, oat</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options spreads - vegemite, honey, jams beverages – tea, coffee, 100% fruit juice (every thursday), water</p>						
fruit	seasonal fresh fruit will be available throughout the day						
special dietary requirements	all special dietary requirements will be met for each meal service						
teachers' morning tea	selection of sweet slices	sundried tomato, cheddar, basil puff pastry scrolls	date scones, butter, maple syrup	chartwells grazing board with cured meats, pickled vegetables & cheese	oat cookies with white chocolate & cocoa nibs	n/a	n/a

chartwells autumn residential weekly menu 2023

week 3	mon	tue	wed	thu	fri	sat	sun
lunch							
hot option	wok tossed cantonese style egg noodles with spiced chicken strips, asian vegetables, soy & oyster sauce	pulled pork burgers with relish, cabbage salad & pickled vegetables	crumbed popcorn chicken with slaw & aioli	mexican lamb & beans with salsa, guacamole, shredded salad, lite sour cream & flour tortillas	yakatori chicken drumsticks with special vegetable fried rice	slow cooked pork fajita stacks with blackened corn salsa, hot salsa & light sour cream	see brunch menu
vegetarian option	wok tossed cantonese style egg noodles with spiced tofu strips, asian vegetables, soy & oyster sauce	quinoa & vegetable burgers with relish, salad & pickled vegetables	grilled eggplant, haloumi & zucchini stack with slaw & aioli	mexican beans, salsa, guacamole, shredded salsa, lite sour cream & flour tortillas	yakatori vegetable & black bean stir-fry with special fried rice	slow cooked jackfruit fajitas with blackened corn salsa, hot salsa & light sour cream	
vegetables/grains	bok choy with garlic, honey & soy	sweet chili roasted sweet potato wedges	zucchini, squash & green beans with lemon thyme	parmesan roasted potatoes	steamed carrots with quinoa, squash & red peppers	oven roasted chat potatoes charred oven roasted tomatoes with couscous & parsley	
compound salad	asian salad with vermicelli noodles, wombok & chilli, soy & lime dressing	caesar salad with poached eggs, baby cos lettuce, shaved parmesan & caesar dressing	risoni salad with asparagus, lemon, peas, basil, mint & ricotta dressing	cobb salad with iceberg lettuce, tomatoes, avocado, grilled bacon, eggs & red wine vinegar & mustard dressing	autumn salad with leafy greens, radish, toasted seeds & orange & mint dressing	roasted vegetable salad, honey dijon dressing	
bread	ciabatta, baguettes, brioche rolls, sour dough loaves, baguettes, pita pockets, mexican wraps, focaccia & turkish bread						
soup	kettle of home-made soup that changes daily will be available with a range of accompaniments						
lunch salad bar	<p>ingredients that may include the following –</p> <p>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef, lamb, tuna/salmon, hard boiled eggs 2 options cheese – havarti, swiss, tasty, cheddar</p> <p>1 option legumes – chickpeas, black beans, white beans, kidney beans salad greens – spinach, rocket, iceberg, leafy greens seasonal herbs – coriander, basil, thyme, mint</p> <p>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, cucumber dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils</p> <p>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p>dried spices – turmeric, cinnamon, dukkha</p> <p>sauces – soy, sriracha, teriyaki, fresh lemon juice</p>						
cold meats	salami & shaved ham	salmon & shredded chicken	shaved ham & poached chicken	tuna & roast beef	shaved ham & poached chicken	tuna & roast beef	turkey & hard-boiled eggs
cheese	swiss & cottage	cottage & havarti	cheddar & feta	havarti & tasty	cheddar & feta	havarti & tasty	tasty & swiss
legumes	kidney beans	pinto beans	navy beans	chickpeas	chickpeas	black beans	white beans
dips	beetroot	capsicum	mexican	guacamole	guacamole	tzatziki	eggplant
poke bowl	please refer to attached poke bar menu						
lunch on the go	<p>lunch on the go packs that may include the following –</p> <p>selection of filled sandwiches - wraps & rolls</p> <p>vegetable sticks – carrots, cucumber, capsicum, cherry tomatoes, celery dips – tzatziki, eggplant, capsicum, fresh whole seasonal fruit</p>						
fruit	seasonal fresh fruit will be available throughout the day						
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential weekly menu 2023

week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	roast beef with peppered mushroom sauce	slow cooked apple cider chicken with thyme, pickling onions & granny smith apples	chargrilled steak with mint chimichurri sauce	crispy roasted pork neck with coconut sugar, star anise & ginger sticky sauce	spaghetti with slow cooked lamb ragu, autumn vegetable & shaved parmesan	pan-asian thai massaman beef curry with cumin, coriander & cinnamon balinese grilled coconut & turmeric chicken okonomiyaki pancakes with edamame beans, wombok & kewpie mayo steamed basmati rice wok tossed asian vegetables roti bread sliced chili, fried shallots, thai basil	slow roasted rosemary & garlic lamb shoulder with red wine jus
main course	grilled fish steaks with citrus aioli	greek beef moussaka with chargrilled zucchini, eggplant & peppers	whole baked sweet potato with black beans, charred corn, lite sour cream & salsa	honey & garlic grilled chicken with baby red potatoes & green olives	oven baked crumbed schnitzel		traditional mac 'n cheese with sourdough pangrattato
vegetarian	moroccan cauliflower, chickpea & quinoa bake with cumin & coriander yoghurt	greek potato moussaka with chargrilled zucchini, eggplant & peppers		zucchini, spring onion & feta fritters with raita & coriander chutney	spinach & ricotta ravioli with roasted pumpkin sauce & garlic sourdough pangrattato		
additional vegetables	crispy parmesan potatoes autumn vegetables with coriander butter	steamed jasmine rice steamed broccoli & carrot strips	pea medley with garden peas, snow peas & sugar snaps buttered corn cobs roasted garlic chats	roasted potatoes zucchini, squash & green beans with lemon thyme	roasted baby beets & potato bok choy with garlic, honey & soy roasted maple carrots, sunflower seeds charred corn salsa	roasted smashed potatoes brown butter honey roasted carrots hoisin glazed zucchini	
compound salad	moroccan chickpea salad, turmeric & paprika roasted beets & pumpkin, coriander, ginger & cherry tomatoes	middle eastern fattoush salad with cucumber, mint, parsley, radish, peppers, white wine vinegar dressing & toasted pita crisps	asian slaw salad with sesame & rice vinegar dressing & wombok	ancient grain salad with freekah, parsley, currants & lime dressing	garden salad with balsamic dressing	asian salad with crisp noodles, wombok & chilli, soy & lime dressing	risoni salad with asparagus, lemon, peas, basil, mint & ricotta dressing
dinner salad bar	<p align="center">ingredients will include the following –</p> <p align="center">2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef or corned beef, tuna/salmon, hard boiled eggs, sliced cheddar cheese, light cheese <u>(does this get served at dinner)</u></p> <p align="center">2 options cheese – havarti, swiss, tasty, cheddar</p> <p align="center">legumes – chickpeas, black beans, white beans, kidney beans</p> <p align="center">salad greens – spinach, rocket, iceberg, greens</p> <p align="center">seasonal herbs – coriander, basil, thyme, mint</p> <p align="center">salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber</p> <p align="center">dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p align="center">specialty items – marinated eggplant, capsicums, zucchini, mushrooms, olives etc</p> <p align="center">bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p align="center">dried spices – turmeric, cinnamon, dukkha</p> <p align="center">sauces – soy, sriracha, teriyaki citric fruit juices – lime, lemon</p>						
cold meats	tuna & roast beef	shaved ham & poached chicken	tuna & roast beef	turkey & hard-boiled eggs	salami & shaved ham	salmon & shredded chicken	shaved ham & poached chicken
cheese	havarti & tasty	cheddar & feta	havarti & tasty	tasty & swiss	swiss & cottage	cottage & havarti	cheddar & feta
legumes	chickpeas	chickpeas	black beans	white beans	kidney beans	pinto beans	navy beans
the dessert station	chocolate mousse with macerated strawberries & pepita praline	watermelon, kiwi & berry fruit salad with natural greek yoghurt	roasted rhubarb crème brule	brown sugar & oat cake with apple compote	ice-cream pot with our own berry sauce & sprinkles	sticky date pudding, vanilla custard	vanilla, ricotta & yoghurt cheesecake with roasted pears
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential weekly menu 2023

week 4	mon	tue	wed	thu	fri	sat	sun
breakfast							
performer smoothie	cacao, banana, chia & yoghurt smoothie	tropical breakfast smoothie with passionfruit, pineapple, banana, mango & coconut	super berry smoothie with raspberry, strawberry, blueberry, blackberry oat milk & oats	breakfast supa smoothie with banana, berries, chia & natural yoghurt	strawberry green goddess smoothie with spinach, avocado, lemon & lime	blueberry, apple, mint, banana & yoghurt smoothie	sunshine smoothie with carrot, orange, passionfruit, pineapple & coconut water
bircher/chia	bircher muesli with coconut yoghurt & dried cranberries	bircher muesli with coconut yoghurt & fresh raspberry	bircher muesli with coconut yoghurt & dried pineapple	bircher muesli with coconut yoghurt & macerated berries	bircher muesli with coconut yoghurt, grated apple & maple syrup	bircher muesli with coconut yoghurt & blueberries	bircher muesli with coconut yoghurt & strawberries
yogurt / chia / other	vanilla chia podding pots with macerated berries	greek yogurt pot mango, passionfruit	bircher muesli with coconut yoghurt & blueberries	raspberry orange chia pudding with toasted coconut	pineapple, mint & brown sugar pot	coconut yogurt, raspberry coulis & toasted coconut pot	eggs big brunch - poached or fried eggs with sauteed mushrooms, balsamic roasted tomatoes & bacon
eggs, 2 ways	scrambled or hard boiled	poached or over-easy	scrambled or omelettes	over-easy or dukkha eggs	baked eggs or poached	soft boiled or fried	
residential breakfast	mexican baked beans on toasted english muffins	grilled mushrooms with wilted spinach	grilled banana oatmeal pancakes with honey	oven baked tomatoes with grilled bacon & thick cut toast	soft boiled eggs with oven baked parmesan crumbed zucchini strips	pizza wholemeal scrolls with tomato sugo, basil & mozzarella	baked corn fritters with spring onions & sour cream
dip	eggplant	beetroot	capsicum	mexican	guacamole	tzatziki	teriyaki beef stir-fry with egg noodles & asian vegetables
cheese	cheddar / havarti	swiss/ havarti	cheddar / swiss	light cheddar/ havarti	cheddar / swiss	cheddar / havarti	extras station with fried shallots, coriander fresh chilli & prawn crackers
fruit & vegetable market	<p style="text-align: center;">available at each meal service – fruit - whole & cut fresh fruit that may include kiwi, grapes, melons, pineapple, mango, berries, avocado, bananas, apples dips - hummus, tzatziki, eggplant, beetroot a range of vegetable sticks - carrots, cucumber, peppers, broccoli, cauliflower, cherry tomatoes, mushrooms etc</p>						
breakfast bar	<p style="text-align: center;">continental breakfast that may include the following items: selection of breakfast cereals - natural muesli (no added sugar), corn flakes, sultana bran, weet bix, rice bubbles gluten free cereals – weetbix, muesli & cornflakes stone ground porridge – create your own oat bowl, stewed fruits, brown sugar, fried fruit yoghurt – fruit flavoured & greek, soy on request fruit - whole fresh fruit, stewed, two fruit purees, poached fruits daily breakfast pot that may include - bircher muesli, fruit salad cups, our own granola bowls, overnight oats, yoghurt & fruit breakfast trifle dried fruit - cranberries, apple, banana, coconut, sultanas, currants cheese (2 options) - havarti, cheddar, tasty, swiss cold cuts - shaved ham, sliced turkey, salami, prosciutto milk - full cream, low fat, soy, lactose free, oat bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options spreads - vegemite, honey, jams beverages – tea, coffee, 100% fruit juice (every thursday), water</p>						
fruit	seasonal fresh fruit will be available throughout the day						
special dietary requirements	all special dietary requirements will be met for each meal service						
teachers' morning tea	roast pumpkin, sage tart	blueberry, cranberry, lemon muffin	mini brie & tomato croissant	chocolate cookie, chocolate chip, toasted coconut	chartwells chicken & avocado slider	n/a	n/a

chartwells autumn residential weekly menu 2023

week 4	mon	tue	wed	thu	fri	sat	sun
lunch							
hot option	asian style grilled chicken fillet burger with asian slaw	beef & vegetable, red wine pie with chili jam	chicken korma with indian spiced basmati rice & poppadums	honey glazed pork, coconut rice	crispy fried fish with chipotle aioli	chicken cacciatore, spiced couscous	see brunch menu above
vegetarian	chickpea falafel with shredded salad, coriander & flat bread	sweet potato & feta sausage rolls with chili jam	mixed bean indian curry with indian spiced barley	honey glazed tofu with asian greens & rice noodles	crispy haloumi fries with za'atar, lemon cheeks & spicy yoghurt sauce	vegetable & red kidney bean cacciatore with spiced couscous	
vegetables/grains	steamed greens with basil	green bean & chickpea medley	red lentil dahl with spinach & chickpeas	asian greens with rice noodles, chili & soy	baked salt & vinegar potato wedges	wok tossed broccolini, lemon zest spiced couscous	
compound salad	roasted broccoli salad, ginger, dressing, snow peas, edamame, avocado	tandoori roasted cauliflower with wild rice & toasted seed mix	cauliflower & garbanzo bean salad with shredded kale, salad onion, pepitas & lime dressing	asian quinoa slaw salad, rice vinegar dressing, wombok	red cabbage, green apple slaw fattoush salad toasted cumin, yoghurt dressing	italian style chopped salad with roma tomatoes, bocconcini, olives & balsamic dressing	
bread	ciabatta, baguettes, brioche rolls, sour dough loaves, baguettes, pita pockets, mexican wraps, focaccia & turkish bread						
soup	kettle of home-made soup that changes daily will be available with a range of accompaniments						
lunch salad bar	<p>ingredients that may include the following –</p> <p>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef, lamb, tuna/salmon, hard boiled eggs 2 options cheese – havarti, swiss, tasty, cheddar</p> <p>1 option legumes – chickpeas, black beans, white beans, kidney beans salad greens – spinach, rocket, iceberg, leafy greens seasonal herbs – coriander, basil, thyme, mint</p> <p>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, cucumber dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils</p> <p>condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p>dried spices – turmeric, cinnamon, dukkha</p> <p>sauces – soy, sriracha, teriyaki, fresh lemon juice</p>						
cold meats	salmon & shredded chicken	shaved ham & poached chicken	tuna & roast beef	shaved ham & poached chicken	tuna & roast beef	turkey & hard-boiled eggs	salami & shaved ham
cheese	cottage & havarti	cheddar & feta	havarti & tasty	cheddar & feta	havarti & tasty	tasty & swiss	swiss & cottage
legumes	pinto beans	navy beans	chickpeas	chickpeas	black beans	white beans	kidney beans
dips	capsicum	mexican	guacamole	guacamole	tzatziki	eggplant	beetroot
poke bowl	please refer to attached poke bar menu						
lunch on the go	<p>lunch on the go packs that may include the following –</p> <p>selection of filled sandwiches - wraps & rolls</p> <p>vegetable sticks – carrots, cucumber, capsicum, cherry tomatoes, celery dips – tzatziki, eggplant, capsicum, fresh whole seasonal fruit</p>						
fruit	seasonal fresh fruit will be available throughout the day						
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential weekly menu 2023

week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	mexican beef strip taco wraps with shredded cheese, guacamole & light sour cream	orecchiette marinara with mussels, fish strips, tomato passata, white wine & shaved parmesan	pork vindaloo, chickpeas & spinach	marmalade glazed slow roasted beef with pan gravy	pan seared chicken, leek & pea penne pasta bake	american diner all american cheeseburgers with cheddar, lettuce, ketchup, pickles & grilled onions southern style buttermilk chicken or cauliflower steaks honey mustard dipping sauce	roast pork with crackling & pan gravy
main course	chicken risotto with tomatoes, smoked paprika & lemon	sticky honey lamb, asian vegetable & noodle stir fry	chinese five spiced beef with bok choy, wombok & peppers	spinach & ricotta filo bake with tzatziki	autumn vegetable risotto with field mushrooms, sun dried tomatoes & shaved parmesan		vegetarian lasagne with ricotta & spinach
vegetarian	vegan braised capsicum, kalamata olives, chickpeas & rigatoni pasta	penne pasta with mushrooms, roasted broccoli, green peas, cherry tomato, passata, white wine & shaved parmesan	leafy green vegetable stir-fry with brown rice, soy marinated tofu & fresh ginger	spiced cauliflower, cannellini beans & garden pea fritters with smoked paprika yoghurt sauce			
additional vegetables	taco seasoned roast potatoes mexican street corn cobs coriander roasted tomatoes	italian roasted root vegetables with honey, balsamic & thyme	steamed basmati rice chargrilled zucchini, eggplant & tomato medley	potato galette roasted green beans, mushrooms & caramelised onions	sauteed broccolini, cauliflower & wombok cabbage	french fries american style slaw	semolina roasted potatoes steamed autumn vegetables
compound salad	greek salad with kalamata olives, oregano dressing, cucumber & roma tomatoes	rocket, pear & parmesan salad	wild rice salad with edamame, cucumber, coriander, ginger, pinto beans & sesame oil & lime dressing	blood orange & shaved fennel salad with currants, red wine & balsamic vinegar dressing	raw vegetable salad with sunflower seeds, pepitas, honey & sherry dressing	cobb salad with iceberg lettuce, tomatoes, avocado, grilled bacon, eggs & red wine vinegar & mustard dressing	roasted vegetable salad
dinner salad bar	<p>ingredients will include the following –</p> <p>2-3 options cold meats - shaved ham, poached chicken, turkey, roasted beef or corned beef, tuna/salmon, hard boiled eggs, sliced cheddar cheese, light cheese <u>(does this get served at dinner)</u></p> <p>2 options cheese – havarti, swiss, tasty, cheddar</p> <p>legumes – chickpeas, black beans, white beans, kidney beans</p> <p>salad greens – spinach, rocket, iceberg, greens</p> <p>seasonal herbs – coriander, basil, thyme, mint</p> <p>salad ingredients - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber</p> <p>dressings – extra virgin olive oil, balsamic, italian, light ranch, variety of infused oils condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki</p> <p>specialty items – marinated eggplant, capsicums, zucchini, mushrooms, olives etc</p> <p>bread - high fibre white bread, multi grain, whole grain, sourdough, english muffins, fruit, gluten free options, low gi bread options</p> <p>dried spices – turmeric, cinnamon, dukkha</p> <p>sauces – soy, sriracha, teriyaki citric fruit juices – lime, lemon</p>						
cold meats	tuna & roast beef	turkey & hard-boiled eggs	salami & shaved ham	salmon & shredded chicken	shaved ham & poached chicken	tuna & roast beef	shaved ham & poached chicken
cheese	havarti & tasty	tasty & swiss	swiss & cottage	cottage & havarti	cheddar & feta	havarti & tasty	cheddar & feta
legumes	black beans	white beans	kidney beans	pinto beans	navy beans	chickpeas	chickpeas
the dessert station	coconut cake, lemon syrup	vanilla & berry panna cotta	frozen yoghurt pots with seasonal fresh fruit	cinnamon poached pears with honey & whipped cream	fresh fruit salad with passionfruit & greek yoghurt	ice-cream with crushed oreo cookies	autumn apple, mint & brown sugar granola crumble with vanilla bean custard
special dietary requirements	all special dietary requirements will be met for each meal service						