

# chartwells autumn retail weekly menu 2021

week 1	mon	tue	wed	thu	fri
<b>breakfast</b>					
<b>breakfast items</b>	breakfast will include a selection of the following: the hot cupboard - variety of toasted sandwiches on grain, rye & white breads, egg & bacon muffins, toasted fruit bread, banana bread, the 'special' club toasted sandwich that changes daily plus more ... the reach in fridge - yoghurt pots, fruit salad tubs, tall single fruit cups, bircher muesli, breakfast sandwiches, wraps & rolls, juices & water the bakery counter - fresh whole fruit, cereal tubs with milk & yoghurt, our own baked muffins & home baked goods direct to the counter straight from the oven				
<b>bakery</b>					
<b>weekly specialty items</b>	bakery will include a selection of the following: orange & poppyseed muffins coconut banana bread with toasted coconut shards anzac cookies with pepitas and cranberries gingerbread slice with lemon glaze coconut cocoa energy balls				
<b>recess</b>					
<b>the hot cupboard</b>	will include a selection of the following: a variety of open toasties on grain, rye, turkish and white breads chicken goujons with choice of dipping sauce vegan spring rolls with sweet chilli sauce sausage rolls with choice of dipping sauce				
<b>the cold cupboard</b>	the reach in fridge will include the following: yoghurt pots with berry coulis and bircher muesli fruit salad tubs and tall single fruit cups assorted sandwiches and wraps sushi a selection of juices and water				
<b>café</b>					
<b>salad of the day</b>	student free day	roasted cauliflower & farro salad, fresh mint, spanish onion, red wine vinegar dressing, tuna chunks	tabouleh couscous salad, parsley, mint, tomatoes, cucumber, crumbled feta, lemon vinaigrette, sesame crusted haloumi	roasted nicoise salad, green beans, roasted tomatoes, crumbled feta, caramelised onions, oregano dressing, boiled egg	parmesan brussel sprout salad, kale, pomegranate, lemon dressing, pulled chicken
<b>café lunch</b>	café will also include a selection of the following: wraps, baguettes, panini & sandwiches bliss balls, slices, cookies caesar, greek and garden salad				
<b>lunch</b>					
<b>bread/wrap option</b>	student free day	vietnamese bahn mi, lemongrass pork, pickled vegetables, egg mayo, secret bbq sauce	new york street dogs with sauerkraut & spicy brown mustard	moroccan lamb kebabs with yoghurt flat breads, tzatziki & harissa couscous	classic aussie fish & chips
<b>pasta/noodles/rice</b>	student free day	korean vegetable stir-fry, mushrooms, peppers, snow peas, tofu, spring onions, tamari sauce	penne pasta bake, beef bolognese, spinach, parmesan	thai fried rice, egg omelette, sugar snaps, bok choy, thai mint, bean sprouts	teriyaki beef, ginger, honey, mirin, coconut steamed rice
<b>chef's special</b>	student free day	mexican chicken soft shell tacos, chilli salsa, shredded salad, refried beans	vegetable curry with jasmine rice	crispy, spiced thai chicken strips with roasted potato wedges & chilli dipping pot	zucchini, roasted tomato & eggplant lasagne, sourdough & garlic pangrattato

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week 2	mon	tue	wed	thu	fri	
<b>breakfast</b>						
<b>breakfast items</b>	breakfast will also include a selection of the following: the hot cupboard - variety of toasted sandwiches on grain, rye & white breads, egg & bacon muffins, toasted fruit bread, banana bread, the 'special' club toasted sandwich that changes daily plus more ... the reach in fridge - yoghurt pots, fruit salad tubs, tall single fruit cups, bircher muesli, breakfast sandwiches, wraps & rolls, juices & water the bakery counter - fresh whole fruit, cereal tubs with milk & yoghurt, our own baked muffins & home baked goods direct to the counter straight from the oven					
<b>bakery</b>						
<b>weekly specialty items</b>	bakery will include a selection of the following: caramel, apple & buttermilk muffins, salted caramel icing blueberry & lemon buttermilk loaf, vanilla bean icing coconut banana bread with toasted coconut shards anzac cookies with pepitas and cranberries coconut cocoa energy balls					
<b>recess</b>						
<b>the hot cupboard</b>	will include a selection of the following: a variety of open toasties on grain, rye, turkish and white breads chicken goujons with choice of dipping sauce vegan spring rolls with sweet chilli sauce sausage rolls with choice of dipping sauce					
<b>the cold cupboard</b>	the reach in fridge will include the following: yoghurt pots with berry coulis and bircher muesli fruit salad tubs and tall single fruit cups assorted sandwiches and wraps sushi a selection of juices and water					
<b>cafe</b>						
<b>salad of the day</b>	public holiday (anzac day)	puttanesca salad bowl, zucchini, celery, cherry tomatoes, red onion, nut-free pesto, sourdough croutons, flaked tuna	roasted broccoli salad, sesame, ginger dressing, snow peas, edamame, avocado, bacon crumb	autumn detox salad, roasted parsnip, sweet potato, beetroot, carrot, garlic dressing, toasted pepitas, seared tofu strips	cauliflower & garbanzo bean salad, shredded kale, salad onion, pepitas, lime dressing, pan seared chicken strips	
<b>café lunch</b>	café will also include a selection of the following: wraps, baguettes, panini & sandwiches bliss balls, slices, cookies caesar, greek and garden salad					
<b>lunch</b>						
<b>bread/wrap option</b>	public holiday (anzac day)	peri peri beef burger, cucumber, peri peri mayo	souvlaki lamb wraps, tzatziki, tabbouleh	cajun chicken baguette, corn salsa, spinach	pulled pork sliders, apple chutney, slaw	
<b>pasta/noodles/rice</b>	public holiday (anzac day)	oven roasted pumpkin and spinach lasagne	vegetarian singapore noodles with peppers, onions, tofu strips, shredded seasonal vegetables, chinese cabbage & sticky soy	stir fried coconut pork, coconut rice, toasted coconut strips	pasta primavera, garden peas, zucchini, lemon zest, parmesan	
<b>chef's special</b>	public holiday (anzac day)	chargrilled lime chicken fajitas with shredded vegetables, smashed avocado & salsa	red thai chicken curry, jasmine rice, lime	egg fried rice with asian vegetables, soy sauce and chilli	fish finger shoe-string chips, lime aioli	

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week 3	mon	tue	wed	thu	fri	
<b>breakfast</b>						
<b>breakfast items</b>	breakfast will also include a selection of the following: the hot cupboard - variety of toasted sandwiches on grain, rye & white breads, egg & bacon muffins, toasted fruit bread, banana bread, the 'special' club toasted sandwich that changes daily plus more ... the reach in fridge - yoghurt pots, fruit salad tubs, tall single fruit cups, bircher muesli, breakfast sandwiches, wraps & rolls, juices & water the bakery counter - fresh whole fruit, cereal tubs with milk & yoghurt, our own baked muffins & home baked goods direct to the counter straight from the oven					
<b>bakery</b>						
<b>weekly specialty items</b>	bakery will include a selection of the following: berry, yoghurt & vanilla bean muffins carrot & cinnamon cake, lemon icing drizzle coconut banana bread with toasted coconut shards anzac cookies with pepitas and cranberries coconut cocoa energy balls					
<b>recess</b>						
<b>the hot cupboard</b>	will include a selection of the following: a variety of open toasties on grain, rye, turkish and white breads chicken goujons with choice of dipping sauce vegan spring rolls with sweet chilli sauce sausage rolls with choice of dipping sauce					
<b>the cold cupboard</b>	the reach in fridge will include the following: yoghurt pots with berry coulis and bircher muesli fruit salad tubs and tall single fruit cups assorted sandwiches and wraps sushi a selection of juices and water					
<b>cafe</b>						
<b>salad of the day</b>	public holiday (labour day)	nori roll in a bowl, buckwheat, quinoa, smoked salmon, radish, avocado, nori, black sesame seeds	asian quinoa slaw salad, sesame & rice vinegar dressing, toasted black sesame seeds, wombok, shredded chicken	tofu poke bowl, brown rice, cucumber, radish, red cabbage, coriander, avocado, soy marinated tofu	vietnamese noodle salad, chilli, coriander, cucumber, lemongrass, fish sauce & lime dressing, vermicelli noodles, shredded pork strips	
<b>café lunch</b>	café will also include a selection of the following: wraps, baguettes, panini & sandwiches bliss balls, slices, cookies caesar, greek and garden salad					
<b>lunch</b>						
<b>bread/wrap option</b>	public holiday (labour day)	Tex mex nachos with chive sour cream, guacamole and salsa rosa	swiss mushroom, spinach & feta pizza,	pita pockets with hummus, quinoa tabouleh & yoghurt dressing	pan-fried cantonese style egg noodles, asian vegetables, soy & oyster sauce	
<b>pasta/noodles/rice</b>	public holiday (labour day)	mushroom, spinach & pan seared chicken risotto, shaved parmesan, garlic pangrattato	slow cooked chicken burritos, blackened corn salsa, hot salsa, light sour cream	sticky honey & soy pork, asian noodles, sweet corn, sugar snaps, bok choy	mongolian chicken, steamed jasmine rice, fresh coriander	
<b>chef's special</b>	public holiday (labour day)	indian chickpea, potato & cauliflower curry, indian chapatti strips	salt & pepper calamari with sweet potato wedges, slaw, & aioli	pulled lamb & rosemary shepherd's pie	panko crumbed fish strips with garlic aioli	

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week 4	mon	tue	wed	thu	fri
<b>breakfast</b>					
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<b>bakery</b>					
<b>weekly specialty items</b>	bakery will include a selection of the following: orange & thyme short bread cookies carrot & cinnamon cake, lemon icing drizzle coconut banana bread with toasted coconut shards anzac cookies with pepitas and cranberries coconut cocoa energy balls				
<b>recess</b>					
<b>the hot cupboard</b>	will include a selection of the following: a variety of open toasties on grain, rye, turkish and white breads chicken goujons with choice of dipping sauce vegan spring rolls with sweet chilli sauce sausage rolls with choice of dipping sauce				
<b>the cold cupboard</b>	the reach in fridge will include the following: yoghurt pots with berry coulis and bircher muesli fruit salad tubs and tall single fruit cups assorted sandwiches and wraps sushi a selection of juices and water				
<b>cafe</b>					
<b>salad of the day</b>	greek salad, kalamata olives, oregano dressing, cucumber, roma tomatoes, flaked salmon	autumn rigatoni pasta salad, broccoli, roasted pumpkin strips, pepitas, red wine vinaigrette, shredded chicken	basmati rice salad, edamame, cucumber, coriander, ginger, pinto beans, sesame oil dressing, greens, crumbled feta	blood orange & shaved fennel salad, currants, red wine & balsamic vinegar dressing, chorizo	raw vegetable salad, sunflower seeds, pepitas, sesame seeds, honey & sherry dressing, honey glazed tofu strips
<b>café lunch</b>	café will also include a selection of the following: wraps, baguettes, panini & sandwiches bliss balls, slices, cookies caesar, greek and garden salad				
<b>lunch</b>					
<b>bread/wrap option</b>	lamb kofta, roti bread, tzatziki	chicken & bacon burger with cheddar and aioli	butter chicken, naan bread, coriander, cumin, garam masala	mexican chicken baguette, salsa, shredded cheese, sour cream	ricotta and spinach ravioli in napoli sauce with shaved parmesan
<b>pasta/noodles/rice</b>	thai chicken curry and rice bowl, coriander, coconut milk, fresh lime	fresh tomato sugo, sautéed autumn vegetables & fresh basil penne pasta with shaved parmesan	chicken & flat egg noodle curry, turmeric, ginger, coriander	honey glazed pork with asian greens & rice noodles	sweet and sour fish with fresh herbs
<b>chef's special</b>	chickpea falafel cakes with tahini dressing, shredded salad, coriander & flat bread	gyozas with thai fried rice, fresh herbs	margherita pizza with fresh basil	pumpkin & spinach arancini boxes	chicken schnitzel with roasted hand cut wedges and dipping pot