

chartwells term 4 spring retail weekly menu 2021

week 1	mon	tue	wed	thu	fri
breakfast					
breakfast items	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				
bakery					
weekly specialty items	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				
recess					
the hot cupboard	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				
the cold cupboard	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				
café					
salad of the day		roasted butternut pumpkin salad	blackened corn, avocado & black bean salad	asparagus, tomato & feta salad	caesar salad
café lunch	café will also include a selection of the following: wraps, baguettes, panini & sandwiches bliss balls, slices, cookies caesar, greek and garden salad				
lunch					
bread/wrap option		chicken fillet burgers	toasted thick cut sourdough with bacon, lettuce, avocado & tomato	sweet potato, crisp bacon, leek & feta quiche with a chef's side salad	lamb souvlaki wraps
pasta/noodles/rice		mongolian beef rice noodle bowls	beef lasagna with garlic baguettes	bow tie pasta primavera	chinese tofu chow mein with noodles
chef's special		chicken parma' with roasted garlic chats potatoes	stir-fried pumpkin & chickpea red curry	chicken tikka masala with rice & roti bread	traditional fish & chip box with yoghurt tartare

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week 2	mon	tue	wed	thu	fri
breakfast					
breakfast items	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				
bakery					
weekly specialty items	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				
recess					
the hot cupboard	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				
the cold cupboard	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				
cafe					
salad of the day	tabbouleh salad	spring pea, quinoa & roasted carrot salad	white bean & broccolini salad	moroccan sweet potato salad	spring green salad
café lunch	café will also include a selection of the following: wraps, baguettes, panini & sandwiches bliss balls, slices, cookies caesar, greek and garden salad				
lunch					
bread/wrap option	quesadilla with re-fried beans	beef meatball roti bread wraps	cajun chicken fillet burgers	tandoori chicken flat bread parcels	grilled lamb sausages with wholemeal rolls
pasta/noodles/rice	beef bolognese with shaved parmesan	lasagna with meaty beef sauce	thin crust pizza with potato, rosemary & mozzarella	butternut mac 'n cheese	buttermilk fried chicken strips with hand cut potato wedges
chef's special	bacon & egg savory wholemeal tart with potato hash	chicken parma' with roasted garlic chats potatoes	italian thick cut toastie with salami, cheese & tomato	curry chicken with potatoes, carrots & steamed coconut rice	traditional fish & chip box with yoghurt tartare

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week 3	mon	tue	wed	thu	fri
breakfast					
breakfast items	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				
bakery					
weekly specialty items	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				
recess					
the hot cupboard	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				
the cold cupboard	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				
cafe					
salad of the day	zucchini, pea & pasta salad	spring tomato & bocconcini salad	spring broad bean salad	spring fattoush salad	green beans, cherry tomatoes, fetta & parsley salad
café lunch	café will also include a selection of the following: wraps, baguettes, panini & sandwiches bliss balls, slices, cookies caesar, greek and garden salad				
lunch					
bread/wrap option	chargrilled vegetable roti bread wraps	minute steak burgers with salad & relish	nacho's with salsa, lite sour cream, guacamole & shredded cheese	lamb pita wraps	peri peri chicken burger on wholemeal bun
pasta/noodles/rice	butter chicken with steamed jasmine rice	cantonese pan fried egg noodles with chicken	spinach & ricotta tortellini with garlic baguettes	thai pork rice bowl with asian greens	macaroni cheese bowls
chef's special	asian pork stir-fry	chicken parma' with roasted garlic chats potatoes	pulled beef tacos	oven roasted jacket potatoes with re-fried beans	traditional fish & chip box with yoghurt tartare

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week 4	mon	tue	wed	thu	fri
breakfast					
breakfast items	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				
bakery					
weekly specialty items	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				
recess					
the hot cupboard	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				
the cold cupboard	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				
cafe					
salad of the day	red pepper tabouli	heirloom caprese salad	roasted sweet potato salad	zucchini, bean & green chilli slaw	korean soba noodle salad
café lunch	café will also include a selection of the following: wraps, baguettes, panini & sandwiches bliss balls, slices, cookies caesar, greek and garden salad				
lunch					
bread/wrap option	re-fried bean fajitas	ham & cheese toasties on italian focaccia bread	margherita pizza scrolls	oven roasted chicken schnitzel burgers	pulled chicken sliders
pasta/noodles/rice	rigatoni pasta bake with tuna, spinach, tomatoes & parmesan	cauliflower mac 'n cheese with garlic ciabatta crumbs	chicken & vegetable stir-fry with special fried rice & prawn crackers	pork larb with roasted rice	thai green sweet potato & spring vegetable curry with steamed basmati
chef's special	pulled lamb shepherd's pie	chicken parma' with roasted garlic chats potatoes	spinach & ricotta tortellini with shaved parmesan	loaded oven baked potato wedges	traditional fish & chip box with yoghurt tartare