

# SAMPLE MENU



| WEEK 1                        | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   | SATURDAY   | SUNDAY   |
|-------------------------------|--|--|--|---|--|--|--|
| <b>BREAKFAST</b>              |  |  |  |   |  |  |  |
| Hot breakfast                 | Herb & cheddar scrambled eggs on sour dough bread  | Zucchini, ricotta & corn frittata with bacon & onion chutney             | Poached eggs with grilled bacon  | Cooked breakfast  | Ham & cheese toasted sandwiches on wholemeal bread                   | Toasted waffles with maple syrup   | Pastry selection                                       |
| Special                       | Banana bread   | Chartwells smoothie  | Porridge with cinnamon sugar   | Granola parfait with strawberries, toasted seeds & greek yoghurt                      | Mini muffins   | Boiled eggs  |  |
| Continental breakfast station | Continental breakfast may include a range of the following items:<br>Selection of breakfast cereals - corn flakes, sultana bran, weet bix, rice bubbles, muesli, nutrigrain, special k etc<br>Whole fresh fruit, stewed & poached fruits<br>Breads for toasting, including high fibre white bread, grain & seed, low gluten<br>Selection of spreads including vegemite, honey & jams<br>Hot beverages including tea & coffee, 100% orange juice, water<br>Variety of milks that may include full cream, lite & calcium fortified soy |  |  |   |  |  |  |
| Fruit                         | Seasonal fresh fruit will be available throughout the day  |  |  |   |  |  |  |
| <b>LUNCH</b>                  |  |  |  |   |  |  |  |
| Hot option                    | Tandoori chicken tenderloins with yoghurt raita, indian chopped salad & steamed basmati rice   | Home-made beef steak pies with shortcrust pastry tops & smashed potatoes | Oven baked panko & herb parmesan crumbed fish fillets with sweet potato wedges & coriander & pineapple salsa | Thai style fried rice with wok tossed shredded chicken, asian vegetables & thai basil | Slow roasted beef & vegetable ragu with spiced couscous              | Mexican nachos with refried beans, blackened corn, guacamole, salsa & corn chips | Sticky pork chow mein with wombok, peppers & snow peas |
| Hot option                    | Thai beef salad with shredded cucumber, mint & coriander   | Caesar wraps with poached egg & parmesan cheese                          | Roast chicken sandwich with chard corn, avocado, lettuce, tomato & garlic aioli                              | Lamb souvlaki wraps with tzatziki & charred vegetables                                | Pulled pork burgers with apple slaw & aioli                          |  |  |
| Vegetarian                    | Tandoori root vegetables with raita & spiced quinoa  | Home-made vegetable & borlotti bean pies with shortcrust pastry top      | Ricotta, olive & oven roasted tomato butterfly pasta with garlic & herb pangratatto                          | 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         | Sticky tofu chow mein with wombok, peppers & snow peas |
| Range of breads               | ciabatta, baguettes, brioche rolls, sour dough loaves, baguettes, pita pockets, mexican wraps, focaccia & turkish bread  |  |  |   |  |  |  |

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|---------------------------|--|---|--|---|---|--|--|
| <b>DINNER</b>             |  |   |  |   |   |  |  |
| Main course               | West Indian coconut lamb curry with sweet potato, beans & pappadums  | Loaded potato wedges with BBQ chicken, cheddar cheese & lite sour cream                             | Garlic, rosemary & lemon rubbed roast lamb with pan gravy  | Italian pasta night – penne pasta with pan seared chicken & sun-dried tomatoes      | Flaked salmon & prawns with asian vegetables & black bean sauce                                 | Sticky bbq beef ribs   | Roast chicken with lemon, lime & thyme   |
| Main course               | Chargrilled steak with grilled vegetables & caramelised onions   | Honey mustard glazed pork loin  | Chipotle spiced chicken with crumbled feta & coriander   | Ravioli with carbonara sauce  | Beef stroganoff with mushrooms, sour cream  | BBQ lemongrass chicken strips  | Roast beef with red wine jus   |
| Vegetarian                | Coconut vegetable & green lentil curry with pappadums  | Loaded idaho potato bowls with vegetable & 5 been chilli, cheddar cheese & lite sour cream          | Laksa with hokkien noodles, green beans, chinese broccoli & tofu   | Farfalle pasta with green peas, asparagus, crème fraiche & tarragon                 | Israeli baked cauliflower with fried chickpeas, toasted seeds, ginger & turmeric greek yoghurt, | Chargrilled mushroom, peppers, onions & haloumi kebabs with nut free pesto                                       | Oven roasted sweet potatoes with feta, olives, lite sour cream & spinach   |
| Compound salad - optional | 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 | Roasted nicoise salad with green beans, roasted tomatoes & 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                              |
| Salad bar                 | Protein ingredients that may include - shaved ham, poached chicken, turkey, roast beef, corned beef, tuna, salmon, hard boiled eggs, sliced cheddar cheese, light cheese, swiss cheese etc<br><br>Salad ingredients that may include - sliced tomato, lettuce, rocket, baby spinach, red onion, carrot, roasted capsicums, cucumber etc<br><br>Condiments that may include – mustards, relish, pickles, mayonnaise, aioli, tapenade, hummus, guacamole, tzatziki etc |   |  |   |   |  |  |
| Additional vegetables     | Oven roasted potatoes<br><br>Steamed rice steamed broccolini<br><br>Cauliflower cheese bake  | Chargrilled zucchini, eggplant & red onion<br><br>Fennel slaw<br><br>Mexican style brown rice salad | Potato bake<br><br>Steamed autumn vegetables<br><br>Braised cabbage with apples, cider & onions              | Garlic bread<br><br>Roasted ratatouille<br><br>Chargrilled corn cobs, butter & salt | Coconut rice<br><br>Chargrilled vegetable medley  | Garlic & herb rolls<br><br>Sweet potato chips<br><br>Roasted carrot, asparagus, green beans with cherry tomatoes | Steamed chat potatoes with rosemary & sea salt<br><br>Butternut squash & beetroot<br><br>Kale & leeks with lemon & bacon crumb |
| The dessert station       | Crushed meringues with greek yoghurt & blueberries   | Mini donuts with cinnamon sugar   | Ice cream bar  | Tiramisu  | Apple & pear crumble with custard   | Ice cream bar  | Lemon cupcakes with vanilla bean frosting  |