

chartwells retail weekly menu 2024

week 1	mon	tue	wed	thu	fri
breakfast					
breakfast item	ham & cheese toastie	breakfast quiche	french toast with blueberry, banana & maple syrup	smashed avocado bagel	corn fritters with avocado & feta
additional breakfast items	variety of egg & bacon muffins, toasted wraps, toast toppers & pancakes, yoghurt pots, fruit cups, bircher muesli, juices & our own baked muffins & home baked goods direct to the counter straight from the oven				
recess					
option 1	steamed vegetable dumplings with sticky hoi sin sauce	corn chips with beans, peppers, salsa & cheese	chicken & avocado quesadillas	pepperoni pizza	vegetable spring rolls
option 2	tandoori spiced chicken drumettes	pepperoni frittata	vegemite & cheese scrolls	spiced roasted potato wedges with sour cream & sweet chilli	bacon & egg muffin
option 3	margarita pizza	berry muffin with granola crunch topping	ham & cheese toasties	chocolate croissant	apple cinnamon muffin with oats & brown sugar
lunch					
everyday salads greek, pasta, chicken caesar & chefs special	potato top beef pie	chicken & vegetable pies	spinach & ricotta rolls	beef traveller pies	sausage rolls
option 1	butter chicken curry & rice	pasta bolognese	crumbed chicken schnitzel wraps with sweet chilli mayo	pulled pork slider with slaw & cheddar cheese	crispy flathead with roasted potato wedges & slaw
option 2	baked penne with vegetables & cheese	falafels with pita bread, hummus & salad	lentil, spinach & chickpea dahl with pappadums	vegetable lasagne	grilled beef burger with big mac sauce, cheese & iceberg
option 3	toasted turkish bread with beef brisket, minted yogurt	thai green chicken curry with green beans & sesame jasmine rice	lamb souvlaki panini with mint yoghurt	mongolian chicken stir fry with greens, chili, ginger, soy & rice noodles	chilli bean nachos with cheese, salsa & sour cream

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week 2	mon	tue	wed	thu	fri
breakfast					
breakfast item	sourdough toasties	scrambled egg, & cheese wrap	bruschetta with avocado, tomato & feta	baked bean jaffles with cheese	bagels with cheese, tomato & basil
additional breakfast items	variety of egg & bacon muffins, toasted wraps, toast toppers & pancakes, yoghurt pots, fruit cups, bircher muesli, juices & our own baked muffins & home baked goods direct to the counter straight from the oven				
recess					
option 1	vegetable quesadilla with salsa	cheesy garlic loaf	pasta cups with tomato ragu & parmesan cheese	bbq chicken pizza	vegetable samosas with coriander dressing
option 2	corn fritters with sour cream & avocado salsa	sweet potato wedges with sour cream	tandoori chicken wrap with tzatziki, tomato & cucumber	vegetarian pizza	cherry tomato & feta tart
option 3	ham & cheese melts	vegemite scroll	chocolate chip muffin	toasted banana bread	homemade sausage roll & tomato sauce
lunch					
everyday salads greek, pasta, chicken caesar & chefs special	potato top beef pie	chicken & vegetable pies	spinach & ricotta rolls	sausage rolls	beef traveller pies
option 1	butter chicken curry & rice	pasta bolognese	crumbed chicken schnitzel wraps with sweet chilli mayo	pulled pork slider with slaw & cheddar cheese	crispy fish with roasted potato wedges & lemon
option 2	penne pasta with napolitana sauce	crumbed eggplant parmies with greek salad	korean fried chicken sandwich	vegetable & bean burritos	vegetarian pizza slice with basil pesto
option 3	hoisin beef bowl with shredded spring vegetables, steamed jasmine rice	thai beef curry with steamed rice & fried onions	char sui pork with stir fry with asian greens, toasted sesame seeds & coconut rice	chicken cacciatore with steamed rice	mexican beef & bean nachos with salsa & sour cream

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week 3	mon	tue	wed	thu	fri
breakfast					
breakfast item	pancakes with berry coulis	tomato, cheddar toasties	scrambled egg, onion, corn & cheddar quesadilla	scramble egg & hash brown muffin	open sandwich with tomato, avocado & cheese
recess					
option 1	meatballs with tomato ragu & garlic bread	bacon & egg muffins	tomato & feta bruschetta	chicken roll with salad & chipotle sauce	vegetable spring rolls
option 2	grilled sweet chilli chicken wrap with salad	dim sims with sticky soy sauce	nasi wok box	margherita pita pocket with basil	thai style sweetcorn fritters with spring onion
option 3	chorizo & roasted pepper frittata with tomato chutney	chocolate croissant	nachos with red beans, cheddar, avocado salsa & lite sour cream	cheese pretzel	apple cinnamon muffin with oats & brown sugar
lunch					
everyday salads greek, pasta, chicken caesar & chefs special	potato top beef pie	chicken & vegetable pies	spinach & ricotta rolls	beef traveller pies	sausage rolls
option 1	butter chicken curry & rice	pasta bolognese	crumbed chicken schnitzel wraps with sweet chilli mayo	pulled pork slider with slaw & cheddar cheese	crispy fish with roasted potato wedges & lemon
option 2	sticky chicken with noodles & coriander	vegetable burrito bowls with black beans, sweet potato & avo	falafel wraps with spinach & minted yogurt	hotdogs with grilled onions & tomato sauce	quesadilla with chargrilled vegetables, chipotle & cheddar
option 3	lemongrass & ginger pork with, asian vegetables, sticky chilli sauce & sesame rice	texan style pulled beef roll with, tomato, peppers, crispy onions & bbq sauce	squid rings with oven baked wedges	lamb massaman curry with potato, tomato, sesame rice & thai coleslaw	tandoori chicken burger

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week 4	mon	tue	wed	thu	fri
breakfast					
breakfast item	vegemite & cheddar toastie	belgian waffle with honey	breakfast burrito	sweet corn fritters with poached egg & avocado	scrambled egg & cheese wrap
additional breakfast items	variety of egg & bacon muffins, toasted wraps, toast toppers & pancakes, yoghurt pots, fruit cups, bircher muesli, juices & our own baked muffins & home baked goods direct to the counter straight from the oven				
recess					
option 1	mini brunch wrap	mini sausage rolls	garlic pretzel	ham & cheese pizza subs	toasted turkish bread & dips
option 2	italian meatballs with tomato sauce	steamed gyoza with soy sauce & sesame	pan au chocolate	gnocchi with tomato sauce & parmesan pots	special fried rice noodle box
option 3	pizza scroll	berry & white chocolate muffin	honey soy chicken wings with sweet & sour dipping sauce	vegemite & cheese puff	nachos, jalapeno, salsa, sour cream & cheddar
lunch					
everyday salads greek, pasta, chicken caesar & chefs special	potato top beef pie	chicken & vegetable pies	spinach & ricotta rolls	beef traveller pies	sausage rolls
option 1	butter chicken curry & rice	pasta bolognaise	crumbed chicken schnitzel wraps with sweet chilli mayo	pulled pork slider with slaw & cheddar cheese	crispy fish with roasted potato wedges & lemon
option 2	penne pasta with vegetables, tomato sauce	vegetable hokkien noodles with sweet soy sauce	mac n cheese with garlic bread	vegetable taco bowls with charred corn salsa	ravioli with roasted butternut pumpkin, edamame, tomato sugo,
option 3	chargrilled chicken tacos with smashed avocado salsa & sour cream	chicken stir fry with asian vegetables, lemongrass, chilli, special fried rice & prawn crackers	chinese beef & broccoli with steamed rice	hotdogs with grilled onions	nourish beef burgers with beetroot & grated carrot