

chartwells summer retail weekly menu 2024

week 1	mon	tue	wed	thu	fri
breakfast item	vegemite & cheddar toasties	scrambled egg, bacon & cheese toasted wrap	breakfast croissants with baby spinach, egg, bacon & tomato	sweet corn fritters with poached egg	bagels with ham, cheese, tomato & basil
additional 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	home baked cookie	raspberry white chocolate muffin	salted caramel cupcake	passionfruit syrup tea cake	blueberry & poppyseed muffin
recess	egg, bacon & cheese muffin	toasted ham, cheese & tomato focaccia	cheddar, ham & spinach scroll	chicken & bacon club sandwich	margarita toasted quesadilla
recess special	corn fritters with sour cream & avocado salsa	potato pie	hash browns	meatball subs with tomato sugo & tasty cheese	spinach & cheese roll
lo carb option	moroccan spiced chicken drumettes	dim sims with sticky soy sauce	tandoori chicken with tzatziki, tomato & cucumber	salt & pepper calamari cups with salad	honey, soy & ginger chicken with salad
snack option	veg pastie	cheese, tomato & herb pastry puffs	steamed vegetable gyoza with sweet chilli & soy sauce	chicken & leek pie	sweet chilli chicken snack wraps
fresh					
salad	roast pumpkin salad with chickpeas, five beans, feta, & vinaigrette	rainbow salad	bowtie pasta salad with tangy tomato dressing	caesar salad	italian chopped salad with vinaigrette
salad with protein	roast pumpkin salad with chickpeas, five beans, feta, vinaigrette & sliced beef	rainbow salad with boiled eggs	bowtie pasta salad with tangy tomato dressing & grilled chicken	caesar salad with chicken	italian chopped salad with vinaigrette with tuna
lunch					
bread/wrap option	pulled pork roll with hoisin sauce and slaw	beef burger with lettuce, beetroot, caramelised onion & big red sauce	crumbed chicken schnitzel wrap with lettuce & mayo	lamb souvlaki with tzatziki, tomato, red onion & lettuce	chargrilled beef or vegetable burger
pasta/noodles	ginger chicken with vegetables, & hokkien noodles	beef or vegetarian lasagne	pasta bolognese with parmesan	singapore noodles (v)	special fried rice in a box
chef's special	home baked veggie pizza	baked potato with cheese, slaw, & sour cream	burrito rice bowl with salsa, beans, guacamole & sour cream	butter chicken with rice & naan bread	crumbed fish with oven roasted potato wedges

Items in green also available as daily specials for St Johns campus.