

st gregory's college autumn residential menu 2021

week 1	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	toasted egg & bacon sandwiches with side of hp sauce	spinach, cheddar, egg & avocado breakfast quesadilla	scrambled eggs with pumpkin & potato roesti	breakfast egg & garlic fried rice with chinese sausage & bacon	toasted waffles with maple syrup	baked eggs on sourdough toast with breakfast salsa	boarders bbq – eggs bacon beef patties sliced bread onions sauce orange juice muesli bars baked cookies
continental breakfast station	continental breakfast will include the following items: selection of 5 breakfast cereals including corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water						
residential morning tea	cheesymite wholemeal scrolls	lemon polenta biscuit	pizza focaccia strips	coconut banana bread	orange & poppyseed muffins		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	tandoori chicken with raita, salad, cos lettuce & steamed basmati rice	home-made beef steak pies with shortcrust pastry top	oven baked panko & herb parmesan crumbed chicken fillets with sweet potato wedges & coriander & pineapple salsa	thai style fried rice with wok tossed shredded pork, bean sprouts, asian vegetables & thai basil	moroccan chicken kebabs with yoghurt flat breads, tzatziki & harissa couscous	mexican beef nachos with beans, blackened corn, guacamole, salsa & corn chips	
vegetarian option	tandoori root vegetables with raita, salad, cos lettuce & steamed basmati rice	home-made vegetable & lentil pies with shortcrust pastry top	oven baked panko & herb parmesan crumbed eggplant with sweet potato wedges & coriander & pineapple salsa	thai style fried rice with wok tossed shredded tofu, bean sprouts, asian vegetables & thai basil	moroccan vegetable kebabs with yoghurt flat breads, tzatziki & harissa couscous	vegetarian burritos with refried beans, guacamole & tomato salsa	
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
sandwich/ myo salad	choices may contain - shaved ham, poached chicken, turkey, roasted beef or corn beef tuna / salmon, hard boiled eggs sliced cheddar cheese, light cheese, sliced tomato lettuce rocket, baby spinach red onion carrot roasted capsicums & cucumber						
afternoon tea	pineapple & melon with greek yoghurt, chia seeds & cornflake cookies	mini italian meatball wraps	jelly slice with coconut crumb & lemon cheese filling	homemade chicken & paprika sausage roll	dark chocolate chip & oat slice		
fruit	seasonal fresh fruit will be available throughout the day						

st gregory's college autumn residential menu 2021

week 1	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	chargrilled steak with side of cumin yoghurt	char sui glazed pork	garlic & rosemary studded roast lamb with pan gravy	italian pasta night – penne pasta with pan seared chicken & sun-dried tomatoes rigatoni carbonara	asian style baked salmon parcels	bbq – garlic & mint lamb sausage minute steaks with basil pesto smoky bbq chicken wings with tomato relish	roast chicken with lemon, lime & thyme
vegetarian	okonomiyaki tray bake with cabbage, shallots, kimchi & kewpie mayo	tomato, ricotta, basil & caramelised onion tart tatin	laksa with, hokkien noodles, green beans, chinese broccoli & tofu	farfalle pasta, green peas, asparagus, crème fraiche, tarragon shaved parmesan lemon & parsley pangratatto garlic baguettes	israeli whole baked cauliflower with ginger & turmeric	roasted vegetable & chickpea burgers with spiced kasoundi	oven roasted sweet potatoes with feta, olives, lite sour cream & sundried tomatoes on pizza bread
salad	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	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
additional vegetables	twice baked potatoes steamed beans cauliflower cheese bake	fragrant jasmine rice with crisp shallots wok tossed asian greens, green beans & oyster sauce	potato bake steamed autumn vegetables	italian style chopped salad with roma tomatoes, bocconcini, olives & balsamic dressing	ginger & coriander couscous pan seared broccolini, spring onions, sticky soy	idaho potatoes garlic & herb rolls	steamed chat potatoes with rosemary & sea salt butternut squash hash with kale & bacon crumb
the dessert station	coconut meringues with autumn fruit salad	lemon cupcakes with blueberry frosting	mini donuts with cinnamon sugar & vanilla bean custard	autumn fruit salad with cinnamon spiced yoghurt	tiramisu with mascarpone, cocoa & berries	mini frozen yoghurt tubs	build your ice-cream bowl with berry coulis & toffee crunch
special dietary requirements	all special dietary requirements will be met for each meal service						

st gregory's college autumn residential menu 2021

week 2	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	sweet potato & ricotta fritters with tomato salsa	scrambled egg, spinach & feta wrap	fried eggs with grilled tomatoes, sautéed mushrooms & wilted spinach	wholegrain breakfast blt's	breakfast omelettes with cheddar, tomato & herbs	ham & cheese filled bakery croissants cinnamon french toast bites, whipped mascarpone	boarders bbq – eggs chipolatas minute steaks sliced bread onions sauce orange juice muesli bars baked cookies
continental breakfast station	continental breakfast will include the following items: selection of 5 breakfast cereals including corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water						
residential morning tea	vegetable sushi rolls with soy, pickled ginger & wasabi	jumbo spinach & cheese rolls	cinnamon tea cake studded with fresh apple & pear shards	mini wholemeal pizza damper buns	anzac, cranberry & oat slice drizzled with tart lemon icing		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	saffron chicken risotto with roasted sweet potatoes, snap peas & wilted spinach	chargrilled lime rump steak soft tacos with shredded vegetables, smashed avocado & salsa	cantonese beef with singapore noodles, peppers, onions, tofu strips, shredded seasonal vegetables, chinese cabbage & sticky soy	chicken leek & seeded mustard pie with wholemeal pastry tops	pulled pork brioche burger with apple chutney & slaw	american style sticky beef ribs with smashed potatoes	
vegetarian option	vegetarian paella with green beans, sweet potato, broad beans & lemon cheeks	chargrilled lime vegetarian tacos with black beans, shredded vegetables, smashed avocado & salsa	vegetarian singapore noodles with peppers, onions, tofu strips, shredded seasonal vegetables, chinese cabbage & sticky soy	autumn vegetable, lentil & seeded mustard pies with wholemeal pastry tops	pulled jackfruit brioche burger with apple chutney & slaw	american style vegan ribs with smashed potatoes	
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
sandwich/myo salad	choices may contain - shaved ham, poached chicken, turkey, roasted beef or corn beef tuna / salmon, hard boiled eggs sliced cheddar cheese, light cheese, sliced tomato lettuce rocket, baby spinach red onion carrot roasted capsicums & cucumber						
afternoon tea	wholemeal carrot cake with yoghurt frosting	toasted pizza subs with roasted tomato & mozzarella	cheddar cheese, lavosh crackers & dried pineapple bags	fruit smoothies & nut free trail mix bags	zucchini, sweet corn & swiss cheese slice with relish		
fruit	seasonal fresh fruit will be available throughout the day						

chartwells autumn residential menu 2021

week 2	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	fennel & thyme pork roast with pan juices	oven baked parmesan & herb crumbed chicken schnitzels with apple slaw	thai green chicken curry with coconut milk, green beans & mushrooms	slow cooked beef cheeks with grilled shallots & chinese rice wine	salt & pepper crumbed oven baked fish strips with lemon	burger shack – chargrilled cajun chicken breast burgers with chipotle aioli chickpea falafels burgers with tahini	mustard & garlic studded roast beef with pan gravy
vegetarian	italian kale & borlotti beans braise with tomatoes, croutons & basil cream	mac & cheese pasta bake with cauliflower	spiced persian red lentils with roasted cauliflower steaks	mexican baked potatoes with kidney beans, charred corn, tomato, guacamole & tobasco	tuscan arancini, sundried tomatoes, spinach, artichokes, parmesan		spinach & ricotta cannelloni
salad	roasted autumn vegetable salad with fennel, red onions, butternut pumpkin, lemon & paprika dressing	puttanesca salad bowl with zucchini, celery, cherry tomatoes, red onion, nut-free pesto & sourdough croutons	roasted broccoli salad with sesame, ginger dressing, snow peas, edamame & avocado	autumn detox salad with roasted parsnip, sweet potato, beetroot, carrot, garlic dressing & toasted pepitas	cauliflower & garbanzo bean salad with shredded kale, salad onion, pepitas & lime dressing		chopped salad with parmesan & lime dressing
additional vegetables	sweet potato roesti oven roasted carrot medley steamed bok choy	parmesan roasted potatoes apple & fennel salad green bean & chickpea medley	steamed coconut rice wok tossed asian vegetables with sesame seeds	jacket spuds ginger & sesame steamed vegetables	layered potato bake green dukkha beans sweet corn cobbis	the burger salad bar - shredded lettuce, tomatoes, pickles, cheddar, charred onions etc	traditional roast potatoes steamed autumn vegetables
the dessert station	upside down pear cake with cinnamon yoghurt	cinnamon streusel coffee cake	autumn fruit with greek yoghurt	our own pineapple, star anise & passionfruit crush	apple & blackberry clafoutis pots	oven roasted potato fries american slaw with cabbage, mayonnaise & shredded vegetables	make your own sundaes with vanilla ice-cream, hot chocolate sauce & wafers
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential menu 2021

week 3	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	potato cakes with poached eggs & grilled tomatoes	breakfast bread & butter pudding crumble with smashed berries & grated apples	fried egg, bacon & grilled cheese sourdough sandwich	zucchini fritters with poached eggs & sautéed mushrooms	breakfast flat bread pizza with tomato sugo, egg & mozzarella	fried eggs on thick cut sourdough toast with our own spiced baked beans buttermilk scones with blueberries & coconut	boarders bbq – eggs bacon chicken kebabs sliced bread onions sauce orange juice muesli bars baked cookies
continental breakfast station	continental breakfast will include the following items: selection of 5 breakfast cereals including corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water						
residential morning tea	dark chocolate & berry muffins	toasted ham & tomato wholemeal rolls	haloumi & roasted capsicum pizza pockets	steamed vegetable dumplings with sriracha or sticky soy	jumbo cheddar spiced scones		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	wok tossed cantonese style egg noodles with spiced chicken strips, asian vegetables, soy & oyster sauce	ploughman's lunch with shaved honey glazed ham off the bone	spaghetti with lamb bolognese & shaved parmesan	minute steak grain sandwiches with caramelised onions	shredded lamb & rosemary shepherd's pie with sweet potato top	slow cooked pork fajitas with blackened corn salsa, hot salsa & light sour cream	
vegetarian option	wok tossed cantonese style egg noodles with spiced tofu strips, asian vegetables, soy & oyster sauce	quinoa & vegetable burgers with relish, salad & pickled vegetables	popcorn cauliflower bites with slaw & aioli	chargrilled vegetables grain sandwiches with caramelised onions	chickpea & root vegetable pies with sweet potato top	slow cooked spiced vegetable fajitas with blackened corn salsa, hot salsa & light sour cream	
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
sandwich/ myo salad	shaved ham, poached chicken, turkey, roasted beef or corn beef tuna / salmon, hard boiled eggs sliced cheddar cheese, light cheese, sliced tomato lettuce rocket, baby spinach red onion carrot roasted capsicums & cucumber						
afternoon tea	nachos with mexican dip, beans, charred corn, black beans & mozzarella	sultana & apricot loaf with vanilla glaze	coconut brownie energy bites	salted caramel popcorn bags with gingerbread cookies	red velvet cup cakes		
fruit	seasonal fresh fruit will be available throughout the day						

chartwells autumn residential menu 2021

week 3	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	chargrilled steak with nut free pesto, tomato & caper salsa	slow cooked apple cider chicken drumsticks	pan-asian - yakatori chicken sticks	honey & garlic grilled chicken pieces with baby red potatoes & green olives	oven baked parmesan & sage crumbed fish fillets	beef wellingtons pastry parcels	slow roasted pork shoulder with pan jus
vegetarian	moroccan cauliflower, chickpea & quinoa bake with cumin & coriander yoghurt	soba noodles with shredded vegetables, tofu & ginger shallot sauce	pork mince pad thai with thin rice noodles, eggs & bean shoots vegetarian green curry with chilli, coconut milk & vegetables	zucchini, feta & chickpea fritters with raita & coriander chutney	whole baked sweet potato with black beans, charred corn, lite sour cream & salsa	vegetarian kung-pao sweet potato with whole roasted chillies, ginger, lentils & basmati rice	roast pumpkin & ricotta cheese filo parcel
salad	middle eastern fattoush salad with cucumber, mint, parsley, radish, peppers, white wine vinegar dressing & toasted pita crisps	nori bowls with buckwheat, quinoa, smoked salmon, radish, avocado, nori & black sesame seeds	noodle salad with nori, shredded cabbage, edamame, toasted black sesame seeds & ginger dressing	tofu poke bowl with brown rice, cucumber, radish, red cabbage, coriander, avocado & soy marinated tofu	vietnamese noodle salad with chilli, coriander, cucumber, lemongrass, fish sauce & lime dressing & vermicelli noodles	asian quinoa slaw salad with sesame & rice vinegar dressing, toasted black sesame seeds & wombok	sweet potato, lemon, peas, basil, mint & ricotta dressing
additional vegetables	crispy parmesan potatoes autumn vegetables with coriander butter	sweet potato & burnt sage wedges steamed broccoli & carrot strips	special fried rice with egg omelette, bean sprouts, asian vegetables & sticky soy	roasted potatoes zucchini, squash & green beans with lemon thyme	sesame roasted sweet potatoes bok choy with garlic, honey & soy roasted maple carrots	rough smashed potatoes pea medley with garden peas, snow peas & sugar snaps	traditional mac 'n cheese, brown butter honey roasted carrots & hoisin glazed zucchini
the dessert station	lemon curd & jelly with ginger crumb	watermelon, kiwi & berry fruit salad with ginger sorbet	roasted rhubarb crème brulee	brown sugar & vanilla syrup cake with apple compote	raspberry studded dark chocolate fudge brownie	chocolate pudding with vanilla anglaise	vanilla ice-cream cones with our own berry sauce, sprinkles
special dietary requirements	all special dietary requirements will be met for each meal service						

chartwells autumn residential menu 2021

week 4	mon	tue	wed	thu	fri	sat	sun
breakfast							
residential breakfast	chargrilled breakfast sausages with grilled tomatoes & relish	sweet corn fritters with avocado salsa & poached egg	grilled banana oatmeal with honey	fried eggs with grain toast, oven baked tomatoes & wilted spinach	toasted cheese & tomato english wholemeal muffins	the chartwells saturday breakfast – fried eggs, roasted tomatoes, pan seared potatoes hash & grilled bacon	boarders bbq – eggs sausages beef patties sliced bread onions sauce orange juice muesli bars baked cookies
continental breakfast station	continental breakfast will include the following items: selection of 5 breakfast cereals including corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, low gluten selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% orange juice, water						
residential morning tea	homemade chicken & corn soup cups with prawn crackers	cheddar & rosemary damper rolls	shaved ham & 3 cheese muffins	muesli crunch bars with berries & yoghurt	sweet potato & chive croquette		
fruit	seasonal fresh fruit will be available throughout the day						
lunch							
hot option	chickpea falafel cakes with tahini dressing, shredded salad, coriander & flat bread	chartwells beef sausage rolls with tomato jam	butter chicken roti bread pockets	honey glazed pork with asian greens & rice noodles	pan seared chicken, leek & pea penne pasta bake	chicken cacciatore with steamed jasmine rice	
vegetarian option	chickpea falafel cakes with tahini dressing, shredded salad, coriander & flat bread	sweet potato & feta sausage rolls with tomato jam	vegan style 'butter' haloumi & broccoli pockets	honey glazed tofu with asian greens & rice noodles	autumn vegetable risotto with sun dried tomatoes & shaved parmesan	ratatouille vegetables with crumbled feta & pangrattato	
range of breads	ciabatta, baguettes, toscana loaf, brioche rolls, sour dough baguettes pita pockets, mexican wraps, piadina & turkish bread						
sandwich/ myo salad	shaved ham, poached chicken, turkey, roasted beef or corn beef tuna / salmon, hard boiled eggs sliced cheddar cheese, light cheese, sliced tomato lettuce rocket, baby spinach red onion carrot roasted capsicums & cucumber						
afternoon tea	orange & thyme cookies	english wholemeal muffins for toasting with spreads	banana bread bites	our own smoky hommous dip pots with grissini sticks	pizza wholemeal scrolls with tomato sugo, basil & mozzarella		
fruit	seasonal fresh fruit will be available throughout the day						

chartwells autumn residential menu 2021

week 4	mon	tue	wed	thu	fri	sat	sun
dinner							
main course	mexican pork strip fajitas with shredded cheese, guacamole & light sour cream	sticky honey chicken & noodle stir fry	american diner – american hot dog with ketchup, shredded cheese, pickles & onion	marmalade glazed slow roasted beef with pan gravy	tempura fried fish with hand cut chips	pork vindaloo with green beans & steamed jasmine rice	roasted leg of lamb rosemary & garlic jus
vegetarian	vegan cacciatore, capsicum, basil, kalamata olives, chick peas, rigatoni pasta	open faced mushroom pesto burgers, spinach, roasted capsicum, crumbled feta	pulled bbq beef brisket sliders with spicy bbq sauce buffalo chicken wings ranch dressing & onion rings	spinach & ricotta filo parcels with tzatziki	tempura fried vegetables with hand cut chips	leafy green vegetable stir-fry with brown rice, soy marinated tofu & fresh ginger	vegetarian lasagne with ricotta & spinach
salad	greek salad with kalamata olives, oregano dressing, cucumber & roma tomatoes	rocket, pear & parmesan salad	crispy cauliflower with ranch dressing & onion rings	blood orange & shaved fennel salad with currants, red wine & balsamic vinegar dressing	raw vegetable salad with sunflower seeds, pepitas, sesame seeds & honey & sherry dressing	basmati rice salad with edamame, cucumber, coriander, ginger, pinto beans & sesame oil & lime dressing	roasted vegetable salad
vegetables	taco seasoned roast potatoes mexican street corn cobs coriander roasted tomatoes	chinese style green vegetables	american slaw with ranch dressing	potato galette roasted green beans, mushrooms & caramelised onions	garden salad with rocket, avocado, cucumber, capsicum & salsa verde dressing	steamed basmati rice chargrilled zucchini, eggplant & tomato medley	semolina roasted potatoes steamed autumn vegetables
the dessert station	coconut cake with mint syrup	butterscotch self-saucing pudding	hand cut potato chips	vanilla & cinnamon poached pears with greek yoghurt	autumn apple, mint & brown sugar granola crumble with vanilla bean custard	fresh fruit salad cups with passionfruit	vanilla ice-cream with salted caramel popcorn crunch
special dietary requirements	all special dietary requirements will be met for each meal service						