

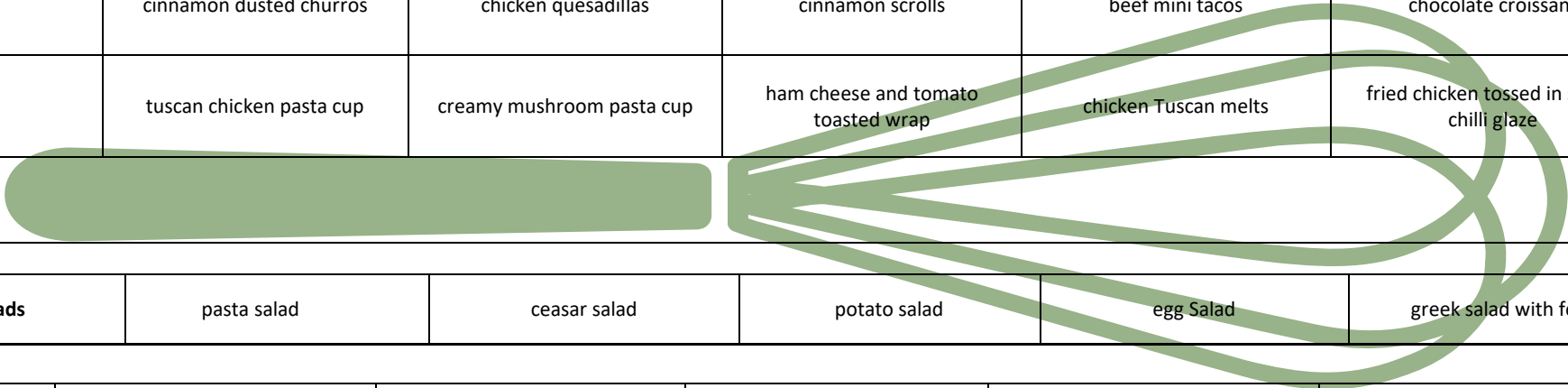
chartwells summer retail weekly menu 2026

| week 1 | mon | tue | wed | thu | fri |
|-----------------------------------|---|--|---|--|--|
| breakfast | | | | | |
| breakfast item | bacon and egg bagel | breakfast frittata topped with tomato relish | breakfast wrap | french toast with berry compote & maple syrup | scrambled egg on toast |
| additional breakfast items | variety of toasted wraps, & yoghurt pots, fruit cups, Bircher muesli, juices & our own baked muffins & baked goods. | | | | |
| recess | | | | | |
| 1 | garlic, cheese & herb bread | vegetable dumplings with soy sauce | crispy chicken bao buns with Asian slaw | meatball nap sauce | korean chicken bites with sesame mayo & shredded cabbage |
| 2 | baked honey soy sesame chicken wings | ham, cheddar & tuscan herb panini | ham, tomato and cheese toastie | vegetable quesadillas | Spinach and ricotta tortellini cup |
| everyday salads | | | | | |
| | greek salad with feta | ceasar salad | egg salad | pasta salad | creamy potato salad |
| lunch | | | | | |
| 1 | vegetarian nachos with sour cream and salsa | steak sandwich | greek lamb wrap with yoghurt | butter chicken with steamed basmati & naan bread | pasta bolognaises |
| 2 | crispy chicken sub with siracha mayo | chicken ceasar wrap | special fried rice with egg | mediterranean pasta | honey soy chicken noodles |

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| week 2 | mon | tue | wed | thu | fri |
|-----------------------------------|---|---|--|---|--------------------------------|
| breakfast | | | | | |
| breakfast item | sourdough toasties | scrambled egg, & cheese wrap | bruschetta with tomato & feta | brekky bagel | scrambled egg hashbrowns wrap |
| additional breakfast items | variety of toasted wraps, & yoghurt pots, fruit cups, bircher muesli, juices & our own baked muffins & baked goods, | | | | |
| recess | | | | | |
| 1 | tomato and cheese melts | toasted salami, cheese & tomato ciabatta | bacon and egg muffin with bbq sauce | buffalo wings with ranch dressing | apple scrolls |
| 2 | cheese and vegemite scrolls | rice in a box (beef) | potato wedges with sweet chilli and sour cream | hashbrowns | penne napolitana with parmesan |
| lunch | | | | | |
| everyday salads | greek salad with feta | ceasar salad | pasta salad | egg Salad | bacon potato salad |
| 1 | thai chicken curry with sticky rice | grilled chicken sub with lettuce and tomato | penne pasta with napolitana sauce and parmesan | vegetable curry | crispy chicken wrap |
| 2 | pulled beef roll with gravy onions | lamb korma with rice | bbq pulled pork with coleslaw in brioche bun | cheeseburger with lettuce and bbq sauce | mac n' cheese |

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| week 3 | mon | tue | wed | thu | fri |
|--|---|-----------------------------|---------------------------------------|--------------------------------------|--|
| breakfast | | | | | |
| breakfast item | ham, scrambled egg with toasted wrap | tomato, cheddar toasties | bacon and cheese in sourdough toastie | bacon and egg bagel | scramble egg & hash brown muffin |
| additional breakfast items | variety of toasted wraps, & yoghurt pots, fruit cups, bircher muesli, juices & our own baked muffins & baked goods. | | | | |
| recess | | | | | |
| 1 | cinnamon dusted churros | chicken quesadillas | cinnamon scrolls | beef mini tacos | chocolate croissant |
| 2 | tuscan chicken pasta cup | creamy mushroom pasta cup | ham cheese and tomato toasted wrap | chicken Tuscan melts | fried chicken tossed in sweet chilli glaze |
|  | | | | | |
| everyday salads | pasta salad | ceasar salad | potato salad | egg Salad | greek salad with feta |
| lunch | | | | | |
| 1 | creamy carbonara | cheesy beef nachos | teriyaki beef noodles | chicken burrito | fish & chips with lemon wedge & sauce |
| 2 | vegetable stir fry noodles | sweet n sour pork with rice | creamy chicken pesto penne | penne meatball with napolitana sauce | beef stroganoff with pasta |

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| week 4 | mon | tue | wed | thu | fri |
|-----------------------------------|---|-----------------------------------|-----------------------|-----------------------------|---|
| breakfast | | | | | |
| breakfast item | vegemite & cheddar toastie | waffle with maple syrup | breakfast burrito | cheese and tomato croissant | scrambled egg & cheese wrap |
| additional breakfast items | variety of toasted wraps, & yoghurt pots, fruit cups, bircher muesli, juices & our own baked muffins & baked goods. | | | | |
| recess | | | | | |
| 1 | tomato and cheese melts | rice in a box (chicken) | ham and cheese melts | chicken mini tacos | apple and raspberry danish |
| 2 | spring rolls and samosa | bacon scrolls | chicken alfredo penne | pear and blueberry danish | egg noodles with sweet soy and asian veg |
| everyday salads | pasta salad | ceasar salad | potato salad | egg salad | greek salad with feta |
| lunch | | | | | |
| 1 | blt wrap | beef burrito | Spiced chicken burger | bacon mac n cheese | creamy pesto penne |
| 3 | chilli bean & beef con carne & white rice | bangers and mash with onion gravy | pork Bahn mi | meatball sub | calamari & chips with lemon wedge & sauce |