

# Chartwells Summer Residential Weekly Menu 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Hot breakfast</b>	grilled bacon, fried egg with wholegrain toast & spinach	grilled potato rosti with oven roasted balsamic tomatoes poached egg & baked beans	toasted fruit bagels or melted cheese & tomato bagels with baked beans	myo egg & bacon toasties with tinned spaghetti	blueberry & honey french toast with crispy bacon, baked beans	thin crust wholemeal breakfast pizza with mozzarella, oregano & basil, tinned spaghetti	fried eggs with grilled bacon, home style hash browns, sauteed spinach & sauteed mushrooms baked beans
<b>Special - optional</b>	mango & coconut yoghurt pots	chartwells smoothie Tuesday – super fruit smoothies	yoghurt bowls with rockmelon & honeydew	bircher muesli with granola clusters	fresh fruit sundaes with yoghurt & summer peaches	pastry selection	breakfast crepes with lemon & passionfruit
<b>Continental breakfast station</b>	continental breakfast may include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, Weet Bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free (tip top bread only) selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice (Sundays only) water						
<b>Morning tea</b>	home-made wholemeal fruit buns	guacamole with vegetable crudités & damper	sourdough toasties	spinach & semi dried tomato pizza scrolls	home-made pork & vegetable sausage rolls with big red sauce		
<b>Fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>Lunch</b>							
<b>Option</b>	banh mi baguette with shredded chicken, asian slaw & sriracha aioli	beef lasagne with garlic baguette	wok tossed teriyaki beef with asian vegetables, steamed basmati rice & toasted black sesame seeds	grilled lamb & rosemary sausages with caramelised onions & wholegrain rolls	tandoori chicken strips with steamed basmati rice & pappadums		sticky pork chow mein with noodles, baby corn, snow peas, red peppers, wombok & green onions
<b>Option</b>	thigh green chicken curry with coconut rice	ham, salad knotted roll with iceberg lettuce, grated carrot & sliced cucumber	bbq chicken bites with charred corn & wholemeal tortilla	chicken quesadillas with mexican beans, salsa, lite sour cream, guacamole & shredded cheese	chargrilled lamb burgers with wholemeal buns, caramelised onions, beetroot, pineapple, salad greens, cheddar cheese & relish	spanakopita with create your own greek salad bar - tzatziki, roasted chickpea salad, pita chips & greek style chickpeas	
<b>Option</b>	egg caesar salad with torn cos, parmesan & crunch croutons	pulled pork boa with asian slaw & blackened sesame	tuna sushi roll with soy & wasabi	chorizo paella with saffron rice, capsicum, peas & tomatoes			sticky vegetable chow mein with noodles, baby corn, snow peas, red peppers, wombok & green onions
<b>Option</b>	chili bean nacho with crushed avo, sour cream & tomato salsa	grilled fish with oven roasted potato wedges & tartare sauce on the side	italian meatballs with penne pasta, shaved parmesan & toasted baguettes	beef pie with hand cut chips			
<b>Afternoon tea</b>	chicken sushi rolls with soy, pickled ginger & wasabi	summer fruit muffins	jumbo anzac cookie	choc chip mini muffin	granola & seed muesli bar		
<b>Fruit</b>	seasonal fresh fruit will be available throughout the day						

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<b>Dinner</b>							
<b>Main course</b>	roast beef with horseradish crust, pan gravy	texan grilled chicken with cowboy beans	slow cooked marmalade pork	coq au vin with steamed broccoli	bbq dinner - home-made beef burgers with pineapple, beetroot, slaw & big red sauce	penne pasta with slow cooked beef ragu & shaved parmesan	garlic & rosemary studded roast lamb with pan gravy
<b>Main course</b>	chicken pad see ew with rice noodles, water chestnuts, chinese broccoli, beans, egg omelette & ketjup manis	sweet chilli & lime salmon fillets	lamb shepherd's pie with mash potatoes	chargrilled rump steak with salsa verde	greek chicken kebabs with peppers, zucchini & yoghurt dressing	japanese panko crumbed fish with wasabi aioli	gnocchi 'mac 'n cheese'
<b>Additional vegetables</b>	balsamic roast potatoes maple dijon roasted carrots steamed broccoli & sugar snap peas	steamed rice steamed carrots with poppy seed butter broccoli with lemon olive oil	crispy potatoes, steamed carrots with lemon & garlic sweet corn cobbettes	parmesan & chive roasted potatoes stir fried cabbage with apple cider, onions & granny smith apples wok tossed zucchini & snow peas	jacket potatoes with light sour cream & bacon crumb (on side)	french fries steamed cauliflower, broccoli & red pepper pea medley with fresh mint	roast potatoes roasted vegetable medley with red onion, zucchini, pumpkin, carrots & parsnip
<b>Compound salad - optional</b>	chermoula spiced carrot & chickpea salad with cumin & lemon dressing	roasted eggplant, beetroot & tomato salad with balsamic dressing	summer risoni salad with baby spinach, olives, onion & apple cider vinegar dressing	green bean salad with spring onions, shredded carrot & extra virgin olive oil dressing	caesar salad bowl with baby cos, ciabatta croutons, eggs, caesar dressing & shaved parmesan	cabbage salad with chilli, mint, spring onions & roasted sesame seeds	green summer herb salad with mixed green leaves, snow peas, toasted pumpkin seeds & sage dressing
<b>The dessert station</b>	layered summer stone fruit & mascarpone cups	sticky toffee pudding with toffee sauce	summer fruit salad with sorbet	apple & apricot crumble cake with toasted oats	coconut pudding with spiced mango	fresh blueberry turnovers with vanilla custard	ice-cream sundaes with bananas, crushed praline & smashed summer berry sauce
<b>Supper</b>	popcorn bag	seasonal fruit platter	chicken pot noodle	fruit salad & yoghurt pot			cheese, crackers & fresh fruit platter

# Chartwells Summer Residential Weekly Menu 2023

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Hot breakfast</b>	breakfast tart with roasted summer vegetables, bacon bites & tinned spaghetti	toasted crumpets with honey poached egg with wilted spinach & cracked pepper baked beans	bacon, lettuce & egg wrap tinned spaghetti	thick cut cinnamon french toast with honey baked beans	build your own breakfast bruschetta with smashed avocado, roasted tomatoes, bacon & crumbled feta tinned spaghetti	sweet corn & zucchini fritters with fried egg, avocado salsa & summer garden salad	fried eggs with grilled bacon, hashbrown, roasted tomatoes, baked field mushroom & tinned spaghetti
<b>Special - optional</b>	fruit salad cups with passionfruit yoghurt	chartwells smoothie tuesday – strawberry, mango & banana	orange & ricotta dip with fresh cut summer fruit	summer red fruit salad	vanilla chia pudding pots	pancake stacks with maple syrup	fresh apricot & honey wholemeal muffin
<b>Continental breakfast station</b>	continental breakfast may include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice, water						
<b>Morning tea</b>	chicken rice paper rolls with sweet chilli sauce	bbq cheese scroll	special fried rice boxes & prawn crackers	pan toasted sandwiches	cheesymite wholegrain twist		
<b>Fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>Lunch</b>							
<b>Option</b>	banh mi baguette with shredded chicken, asian slaw & sriracha aioli	beef lasagne with garlic baguette	wok tossed teriyaki beef with asian vegetables, steamed basmati rice & toasted black sesame seeds	grilled lamb & rosemary sausages with caramelised onions & wholegrain rolls	tandoori chicken strips with steamed basmati rice & pappadums	<b>build your own bowl bar –</b> - shredded roast chicken - pulled beef brisket - mediterranean falafels - selection of dips - summer salad ingredients - selection of condiments & homemade dressings	cheesy pulled pork or haloumi & tomato jaffles with nut free pesto, slaw, sriracha & sweet chilli sauce
<b>Option</b>	thigh green chicken curry with coconut rice	ham, salad knotted roll with iceberg lettuce, grated carrot & sliced cucumber	bbq chicken bites with charred corn & wholemeal tortilla	chicken quesadillas with mexican beans, salsa, lite sour cream, guacamole & shredded cheese	chargrilled lamb burgers with wholemeal buns, caramelised onions, beetroot, pineapple, salad greens, cheddar cheese & relish		
<b>Option</b>	egg caesar salad with torn cos, parmesan & crunch croutons	pulled pork boa with asian slaw & blackened sesame	tuna sushi roll	chorizo paella with saffron rice, capsicum, peas & tomatoes			
<b>Option</b>	chili bean nacho with crushed avo, sour cream & tomato salsa	grilled fish with oven roasted sweet potato wedges & tartare sauce on the side	italian meatballs with penne pasta, shaved parmesan & toasted baguettes	beef pie with hand cut chips			
<b>Afternoon tea</b>	apple & cherry streusel slice	honeycomb muffins	lemon & mandarin shortbread	fruit & yoghurt cups with home-made granola	slow cooked beef pie with dipping sauce		
<b>Fruit</b>	seasonal fresh fruit will be available throughout the day						

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<b>Dinner</b>							
<b>Main course</b>	cider braised corned silverside	grilled cajun chicken with smashed avocado salsa	beef, garlic & cumin koftas with hommus & tabbouleh	popcorn fish with home-made tartare sauce	honey, soy & ginger pork skewers	<b>pizza night -</b> thin crust pizza with tandoori lamb & tzatziki  triple cheese & ham pizza	traditional summer roast chicken
<b>Main course</b>	chargrilled lemon & oregano greek lamb with flatbreads & tzatziki	wok tossed hoisin beef with steamed jasmine rice & asian vegetables	summer fettuccine with spinach, oven roasted tomatoes, crumbled feta & shaved parmesan (bacon crumb optional)	beef & field mushroom stroganoff with rice	thai spiced chicken with rice salad	thin crust vegetarian pizza with charred sweet potato, caramelised onions, spinach & crumbled feta	teriyaki beef stir-fry with egg noodles & asian vegetables
<b>Additional vegetables</b>	seeded mustard mashed potatoes steamed cauliflower, beans & carrots	steamed jasmine rice wok tossed bok choy & choy sum with oyster sauce	mediterranean couscous steamed vegetable medley with spiced dukkha	paprika & lemon salted roast potatoes roasted tomatoes, zucchini & eggplant medley sautéed summer squash with herbs & balsamic vinegar		chopped garden salad with lemon vinaigrette	layered potato bake baked pumpkin wedges with nutmeg green bean & pea medley
<b>Compound salad - optional</b>	mediterranean pasta salad with rocket, sundried tomatoes & lemon dressing	grilled zucchini salad with charred corn, capsicum & summer herb vinaigrette	watermelon, crumbled feta & pomegranate salad	rice salad with black beans, shallots, cucumber & avocado	super green salad with apple, peppers & wombok	freekah salad with torn herbs, pomegranate, tomatoes & crumbled feta	asian salad with sticky soy dressing
<b>The dessert station</b>	fresh apple & berry turnovers with vanilla custard	fresh cut summer stone fruit platters with mango yoghurt	wholemeal french pancakes with poached summer pears	baked raspberry & pear oat crisp	red velvet chocolate fudge brownie	mango frozen yoghurt pots	peach melba with shortbread crumb
<b>Supper</b>	fresh fruit platter	our own chickpea hummus with toasted baguette crisps & celery stix	corn chips with tomato salsa & sour cream	hummingbird cake			cheese, crackers & fresh fruit platter



# Chartwells Summer Residential Weekly Menu 2023

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Hot breakfast</b>	open toasted tomato, cheddar & pesto english muffins with poached egg & baked beans	fried eggs, grilled bacon & charred mushrooms, tinned spaghetti	breakfast quesadillas with mild salsa & baked beans	grilled bacon, scrambled egg with tinned spaghetti	butter milk pancakes with smashed summer berries baked beans	fried egg & grilled cheese open bap's tinned spaghetti	fried eggs, hash browns, grilled bacon, sourdough toast, grilled tomatoes & baked beans
<b>Special - optional</b>	summer fruit breakfast bowl with toasted seeds	chartwells smoothie tuesday – power smoothies with kale, berries & greek yoghurt	porridge with roasted peaches & nectarines	summer fruit salad with greek yoghurt	yoghurt with cinnamon spiced fruit mix	toasted waffles with maple syrup	cinnamon scrolls with vanilla glaze
<b>Continental breakfast station</b>	continental breakfast will include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice, water						
<b>Morning tea</b>	cheddar & spinach scrolls	steamed dumplings with sweet chilli sauce	chicken rice paper rolls with sweet chilli sauce	honey, soy & ginger chicken drumettes	baba ganoush with toasted pita bread strips & carrot stix		
<b>Fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>Lunch</b>							
<b>Option</b>	banh mi baguette with shredded chicken, asian slaw & sriracha aioli	beef lasagne with garlic baguette	wok tossed teriyaki beef with asian vegetables, steamed basmati rice & toasted black sesame seeds	grilled lamb & rosemary sausages with caramelised onions & wholegrain rolls	tandoori chicken strips with steamed basmati rice & pappadums	minute steak burgers with mozzarella, avocado, salad, chipotle mayonnaise & fried eggs	tandoori lamb pizza with ricotta cheese & yoghurt dressing
<b>Option</b>	thigh green chicken curry with coconut rice	ham, salad knotted roll with iceberg lettuce, grated carrot & sliced cucumber	bbq chicken bites with charred corn & wholemeal tortilla	chicken quesadillas with mexican beans, salsa, lite sour cream, guacamole & shredded cheese	chargrilled lamb burgers with wholemeal buns, caramelised onions, beetroot, pineapple, salad greens, cheddar cheese & relish	myo salad bar	tandoori lamb with ricotta cheese, yoghurt dressing & summer salad greens
<b>Option</b>	egg caesar salad with torn cos, parmesan & crunch croutons	pulled pork boa with asian slaw & blackened sesame	tuna sushi roll	chorizo paella with saffron rice, capsicum, peas & tomatoes			
<b>Option</b>	chili bean nacho with crushed avo, sour cream & tomato salsa	grilled fish with oven roasted sweet potato wedges & tartare sauce on the side	Italian meatballs with penne pasta, shaved parmesan & toasted baguettes	beef pie with hand cut chips			
<b>Afternoon tea</b>	frozen yoghurt pots with raspberry sauce	vanilla cookie	glazed cinnamon scones	giant chocolate chip cookie	summer peach & coconut muffins		
<b>Fruit</b>	seasonal fresh fruit will be available throughout the day						

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dinner</b>							
<b>Main course</b>	roast lamb with rosemary & garlic	beef souvlaki with greek roasted potatoes & hummus	oven baked panko crumbed pork schnitzel with lemon cheeks	beer battered fish with our own sweet chilli mayo	beef sausage with caramelized onions & smoky bbq sauce	<b>thai dinner -</b> thai spring rolls with nuoc cham dipping sauce pad thai chicken noodles with vegetables & egg omelette thai yellow beef curry with spring onions	herb crusted roast beef with pan juices
<b>Main course</b>	grilled indian korma chicken strips with raita & fresh lime	turkish gozleme with lamb, mint & spiced yoghurt	spinach & ricotta filo parcels with tzatziki	chargrilled steak with mushrooms, onions & red wine jus	indonesian sticky pork chop with charred limes	roti bread strips steamed jasmine rice	sticky caramel pork with chilli glaze, wok seared vegetables
<b>Additional vegetables</b>	steamed basmati rice wok tossed broccolini with shredded carrot & capsicum roasted vegetable medley	lemon & oregano roasted potatoes summer beans with balsamic roasted tomatoes	oven baked chips steamed peas, snow peas & sugar snaps	hand cut potato wedges roasted lemon asparagus garlic & ginger bok choy	layered potato bake garden salad	steamed jasmine rice wok tossed asian vegetables	roasted sweet potatoes seared summer vegetables
<b>Compound salad - optional</b>	farro salad with zucchini, salad onion, herbs, shaved parmesan & apple cider vinegar dressing	fattoush market salad with tomato, cucumber, radish, pita bread strips & mint dressing	cannellini bean salad with snow peas, red cabbage, orange & dijon honey dressing	tomato & cucumber salad with black & white toasted sesame seeds with soy dressing	green bean & risoni pasta salad with fresh thyme & lemon dressing	indian chopped salad with curry leaves, toasted spices & seeds, lettuce, tomatoes, smashed pappadums, raita & mango chutney	roasted chickpea & kale salad with sun dried tomato vinaigrette
<b>The dessert station</b>	jelly slice with shortbread crumb, raspberry jelly & yoghurt	summer stone fruit salad with citrus honey dressing	carrot, sultana & allspice cake	chocolate mousse pots with crushed meringues & strawberries	caramelised pineapple wedges with salted caramel sauce	make your own ice-cream sundae with smashed berries, passionfruit & wafers	nectarine, lemon yoghurt & granola parfaits
<b>Supper</b>	hummus & vegetable sticks	fruit salad tubs	watermelon wedge	choc yogo			cheese, crackers & fresh fruit platter

# Chartwells Summer Residential Weekly Menu 2023

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>							
<b>Hot breakfast</b>	vegemite & cheddar breakfast jaffles tinned spaghetti	soft boiled eggs with grain toast soldiers & baked beans	poached eggs with mediterranean vegetable hash browns & spiced relish tinned spaghetti	grilled breakfast burrito with bacon, onions, peppers & salsa baked beans	vanilla & cinnamon waffles with honey tinned spaghetti	scrambled egg, bacon & chive breakfast wraps baked beans	fried eggs with grilled bacon, hashbrown, roasted tomatoes, baked field mushroom & tinned spaghetti
<b>Special - optional</b>	honey & lime fruit salad cups	chartwells smoothie tuesday – mango & blueberry smoothies	home-made peach iced tea	watermelon with vanilla bean yoghurt	coconut chia seed cups with summer berries	banana buttermilk loaf	raspberry & dark chocolate breakfast muffins
<b>Continental breakfast station</b>	continental breakfast will include the following items: selection of breakfast cereals including natural muesli, corn flakes, sultana bran, weet bix, rice bubbles whole fresh fruit, stewed & poached fruits breads for toasting, including high fibre white bread, grain & seed, gluten free selection of spreads including vegemite, honey & jams hot beverages including tea & coffee, 100% fruit juice, water						
<b>Morning tea</b>	mini pasty with dipping sauce	bbq chicken pull a-parts	savoury damper scones	roasted red pepper dip pots with natural corn chips & carrot stix	chocolate chip muffins		
<b>Fruit</b>	seasonal fresh fruit will be available throughout the day						
<b>Lunch</b>							
<b>Option</b>	banh mi baguette with shredded chicken, asian slaw & sriracha aioli	beef lasagne with garlic baguette	wok tossed teriyaki beef with asian vegetables, steamed basmati rice & toasted black sesame seeds	grilled lamb & rosemary sausages with caramelised onions & wholegrain rolls	tandoori chicken strips with steamed basmati rice & pappadums	honey & sriracha lamb stir-fry with flat rice noodles, asian vegetables, prawn crackers & toasted sesame seeds	create your own panko crumbed chicken strip baguettes with sweet chilli mayo, summer salad greens & condiment station
<b>Option</b>	thigh green chicken curry with coconut rice	ham, salad knotted roll with iceberg lettuce, grated carrot & sliced cucumber	bbq chicken bites with charred corn & wholemeal tortilla	chicken quesadillas with mexican beans, salsa, lite sour cream, guacamole & shredded cheese	chargrilled lamb burgers with wholemeal buns, caramelised onions, beetroot, pineapple, salad greens, cheddar cheese & relish	honey & sriracha lamb stir-fry with asian vegetables, prawn crackers, toasted sesame seeds & flat rice noodles on the side	
<b>Option</b>	egg caesar salad with torn cos, parmesan & crunch croutons	pulled pork boa with asian slaw & blackened sesame	tuna sushi roll	chorizo paella with saffron rice, capsicum, peas & tomatoes			
<b>Option</b>	chili bean nacho with crushed avo, sour cream & tomato salsa	grilled fish with oven roasted sweet potato wedges & tartare sauce on the side	Italian meatballs with penne pasta, shaved parmesan & toasted baguettes	beef pie with hand cut chips			
<b>Afternoon tea</b>	gingerbread biscuits	lemon & coconut slice	watermelon, rockmelon & nectarine cups with fresh mint & strawberry yoghurt	berry & apple muesli bar	tropical smoothies with pineapple, coconut, passionfruit & mini honey oat bites		
<b>Fruit</b>	seasonal fresh fruit will be available throughout the day						

# Chartwells Summer Residential Weekly Menu 2023

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Dinner</b>							
<b>Main course</b>	black bean pork stir fry with summer greens, sticky rice & soy	asian style grilled chicken fillet burgers with slaw	crumbed fish with avocado, tomatoes, lettuce & mayo	traditional shepherd's pie	grilled lamb chops with tomato relish	<b>italian dinner -</b> lasagne with garlic baguettes spaghetti carbonara with shaved parmesan	slow roasted pork shoulder with pan gravy & brown sugared apples
<b>Main course</b>	gremolata chicken with parmesan	sticky bbq beef short ribs with mango & coconut salsa	chargrilled pork kebabs with plum glaze	gangnam style chicken tenderloins with honey & garlic	summer bbq chicken with tarragon,	spinach & ricotta cannelloni garlic focaccia strips sourdough & parmesan pangratatto	chicken chow mein noodle bowls with toasted black sesame seeds
<b>Additional vegetables</b>	sticky rice steamed beans, roasted cherry tomatoes & garlic pangratatto	hassel backed potatoes wok tossed vegetables with cauliflower, broccoli & leeks	fat chips charred sweet corn cobs roasted tomatoes, spring onions & mushrooms	fried rice zucchini provencale with cheese & grain crumb crust	steamed new potatoes apples & caramelised onions roasted baby beets salad	italian oven roasted potatoes chargrilled mediterranean vegetable medley	double baked loaded potatoes ricotta & summer vegetable tray bake
<b>Compound salad - optional</b>	summer slaw with sweet chilli, lime & ginger dressing	roasted vegetable couscous salad with lime vinaigrette	rainbow power salad with salsa verde dressing	burrito bowl salad with quinoa, zucchini, roasted beets, greek yoghurt dressing, shredded cheese & coriander	asian soba noodle salad with peppers, carrots, onions & sambal oelek dressing	italian panzanella salad	spinach salad with snap peas, mozzarella & herb dressing
<b>The dessert station</b>	individual chocolate cheesecake pots with strawberries & white chocolate drizzle	red summer fruit salad with berries, grapes, watermelon & plums	apple pies with mascarpone	frozen yoghurt tubs studded with summer strawberries	charred nectarines with spiced greek yoghurt & shortbread	tiramisu pots	vanilla ice-cream sundaes with caramel sauce & wafers
<b>Supper</b>	carrot cake with cream cheese icing	apricot, date & coconut sugar bliss balls	rocky road bite	fresh fruit salad cup			cheese, crackers & fresh fruit platter