

MCET TRUST trading as...

Helen McNicol Catering

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Adult Retreat Menu

Available @ \$30 per head/day for a minimum of 30 people

Set Breakfast options: Fresh pancakes, home made toasted muesli (nut and wheat free) cereals, toast selection, condiments, juice, tea and coffee.

Please choose one option from each meal/snack time for each day's requirements.

Morning Tea

Option 1: Chocolate chip muffins, fresh fruit, cordial

Option 2: Apple and cinnamon muffin, fresh fruit, cordial

Option 3: Chocolate mud muffins, fresh fruit, cordial

Option 4: Banana muffins, fresh fruit, cordial

Lunch

Option 1: Salad rolls with cold meat selection and assorted fillings.

Option 2: Baked potatoes with sour cream, pineapple, cheese, coleslaw etc

Option 3: Home made pizza with garden salad (for groups up to 40 people)

Option 4: Minestrone or Pumpkin soup with simple salad rolls.

Option 5: Zucchini slice with rocket, parmesan and pine nut salad.

Option 6: Fresh home made quiche with garden salad (for groups up to 45 people)

Option 7: Nachos with Mexican beef sauce, sour cream and seasonal salad.

Option 8: Fresh home made hamburgers in fresh rolls.

Followed by

Fresh fruit platter

Afternoon Tea:

Option 1: Oat and choc-chip biscuits

Option 2: Fresh baked scones with jam and cream

Option 3: Home made dips with crudités

Option 4: Carrot muffins with lemon glaze

Dinner:

- Option 1: Barbecue of satay chicken/ sausages and three salads.
- Option 2: Lasagne with Greek salad and crusty bread
- Option 3: Chicken Schnitzel with home made tomato sauce, Italian potatoes garden salad
- Option 4: Spirali Pasta with chicken, bacon and (mushroom) in a creamy white wine reduction sauce.
- Option 5: Beef Stroganoff with poppy seed noodles and seasonal vegetables.

Dessert

- Option 1: Chocolate pudding with vanilla ice cream
- Option 2: Apple and rhubarb crumble with cream or ice cream, (or custard upon request)
- Option 3: Bread and butter fruit pudding with vanilla ice cream
- Option 4: Home made individual Pavlov's with passion fruit cream (for groups of up to 40)
- Option 5: Fresh fruit salad and ice cream
- Option 6: Sticky date pudding with caramel sauce and ice cream.

BREAKFAST PRICE:	\$5.20
MORNING TEA:	\$3.00
LUNCH:	\$8.70
AFTERNOON TEA:	\$3.10
DINNER:	\$9.00
SUPPER:	\$1.00

TOTAL PRICE PER PERSON: \$30

Please note that due to the current inflation rate the, drought and general world economic conditions I am unable to secure these prices beyond six weeks from time of quote to you. I am always reluctant to raise my prices, but never the less, on occasions I am forced to introduce an increase. However I think you will find that my prices are very competitive, and that the food, service and presentation are well above average. All goods freshly made using quality ingredients.

Full cleanup service is available with price upon application.