



“Pray 2010” – Menu Selection

Wednesday 7th July 2010

Supper \$5.50

Selection of Ab Fab made cakes, slices and individual patty cakes
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar

Thursday 8th July 2010

Morning tea \$5.50

Buffet of savoury muffins and pancakes, assorted dips vegetable sticks & biscuits & breads
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
Filter water with disposable glasses

Lunch \$13.00

Individual boxed lunch containing leg ham/chicken salad roll, fruit portion cheese biscuit poppa
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Or \$10.00

Individual pizza salad and poppa

Afternoon tea \$5.50

Buffet of scones with jam and cream and apple tea cake slices
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Hot evening Meal \$15.00

Pumpkin & English spinach soup with beef and pasta salad container with buffet breads & butter
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Or \$10.00

Lemon rosemary marinated Chicken kebabs with greek salad and breads & drink



Friday 9th July 2010

Morning Tea \$5.50

Sweet and savoury items Including selection of Ab Fab baked sweet biscuits slices cakes
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Lunch \$13.00

Assorted triangles sandwiches with fruit portion
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Or \$10.00

Beef pie with potato peas
Soft drink and portion fruit

Afternoon Tea \$5.50

Inclusive of date scones, cranberry walnut scones poppy seed and apricot scones all with jam and butter
and savoury selection of Rye bread slices with ricotta feta spread
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Hot evening Meal \$15.00

Massaman lamb curry with aromatic rice and garden salads with buffet breads and butter or
Chicken and lentil vegetable curry with garden salads and buffet breads
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Or \$10.00

Individual pizza salad and poppa



Saturday 10th July

Morning tea \$5.50

Sweet and savoury muffins and fresh fruit kebabs
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Lunch \$13.00

Chicken Caesar salad with breads knife fork pack

Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Or \$10.00

Chicken Caesar burger with soft drink & mars bar

Afternoon Tea \$5.50

Buttermilk pancakes butter & jam, scones with jam and cream and buttered fruit/date scones
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Hot Evening Meal \$15.00

Quiche and assorted salad plate (greek salad, coleslaw, potato salad) with buffet breads & butter
Percolated and instant coffee, teas and herbal teas, decaffeinated coffee, assorted milks sugar cups etc.
filter water with disposable glasses

Or \$10.00

Beef pie with potato peas
Soft drink and portion fruit



Special diets

Pricing for these meals will be the same as all other meals

Vegetarian

Morning and afternoon tea items as suggested for each day

Day 1 lunch of filled salad roll

Evening meal of pumpkin & spinach soup with vegetable pasta salad

Day 2 lunch of assorted vegetarian sandwiches and fresh fruit

Evening meal of vegetable and lentil curry

Day 3 picnic box of providing zucchini cheddar frittata, marinated tofu, mixed bean salad, lettuce grated carrot and sliced tomato, hummus dip cheese biscuits

Evening Meal of Vegetarian quiche and salad

Coeliac diets:

Separate plates with coeliac morning and afternoon teas individually labeled

Day 1 lunch of grilled chicken salad tub with rice cakes

Evening meal of pumpkin and spinach soup and beef pasta salad (using coeliac pasta)

Day 2 lunch of coeliac bread open sandwich and fresh fruit

Evening meal of massaman lamb curry and assorted coeliac breads butter

Day 3 lunch of picnic box providing zucchini cheddar frittata, chicken slices sitting on lettuce grated carrot and sliced tomato, coeliac suitable pate tub cheese rice crackers and rice cakes and butter

Dairy free:

Separate plates with dairy free options individually labeled

Our usual spreads for dairy free options are nutelex and fresh avocado/lemon juice mix

Day 1 lunch of filled wrap with grilled chicken and salad with avocado spread

Evening meal of pumpkin and spinach soup and beef pasta salad (no dairy used)

Day 2 lunch of nutelex spread grain sandwich with assorted dairy free fillings

Evening meal of massaman lamb curry and assorted dairy free breads/spreads

Day 3 Picnic Box lunch of dairy free vegetable frittata, leg ham slice, chicken macadamia terrine slice sitting on lettuce grated carrot and sliced tomato, dairy free pate tub cheese biscuits

Vegan:

Our usual spreads for vegan options are nutelex and fresh avocado/lemon juice mix

Day 1 lunch of filled wrap with roasted vegetables and salad with avocado spread

Evening meal of pumpkin and spinach soup and roasted vegetable nut and bean salad

Day 2 lunch of nutelex spread grain sandwich with assorted salad/vegetable fillings

Evening meal of chickpea and lentil vegetable curry and assorted breads/spreads

Day 3 Picnic Box lunch of bean tofu and pine nut salad with lettuce grated carrot and sliced tomato hummus with vegetable sticks, dried fruit and nuts rice cakes and nutelex

Dinner of vegetable quiche and assorted vegan salads and breads & spreads

Combinations of above dietary requirements can be catered for i.e. vegetarian coeliac dairy free or coeliac vegetarian. Please state combination.

Ab.Fab. catering



postal: PO Box 5111 Mt Gravatt East Q 4122 kitchen/office: 24 Carrara Street Mt Gravatt East Q 4122
ph: 07 3420 3681 fax: 07 3420 4961 email: mail@abfabcatering.com.au web: www.abfabcatering.com.au
Delish Foods (Qld) Pty. Ltd. trading as Ab Fab Catering ABN 79 100 888 471

All care is taken to provide specific dietary requirements but please be aware that Ab Fab Catering is a fully commercial kitchen using food items such as seafood, sesame, peanut, whole flour, dairy and traces of these may be found in food items.

Given the number of participants attending the 2010 Prayer Conference we are able to provide the special diets only as listed. If your dietary needs fall outside of these categories it is suggested that you provide your own food requirements.

Some items may change due to seasonal availability

Ab.Fab. Catering
Delish Foods Qld Pty. Ltd

P 07 34203681