



## The Glenbarr Camp and Conference Centre

ABN 84 007 758 376

### Glenbarr Catering Price List 2012

We specialize in healthy, home cooked meals which vary according to price and seasonal availability. Meals are usually served in the Stable Inn that will seat up to 40 and are often self-serve. Tea and coffee facilities are also available in The Barn conference room.

**Standard Menu      \$45 per day      Other catering options available by negotiation**

- |   |                      |
|---|----------------------|
| ▪ Breakfast –self-serve continental breakfast         | \$ 9.00 pp           |
| ▪ Lunch – Cold wraps/rolls, fruit and dessert         | \$11.00 pp           |
| ▪ Dinner – 2 courses, hot meal and dessert            | \$17.00 pp           |
| ▪ Tea Breaks - fresh cakes/slices/scones (x2 per day) | \$ 4.00 pp per break |

### Descriptions

#### Continental Breakfast

*Self-service of assorted Cereals, with white or wholegrain toast with assorted jams and spreads. Tea, Coffee and fruit juice is included.*

#### Cooked Breakfast

*Self-service of assorted Cereals, with white or wholegrain toast with assorted jams and spreads. Tea, Coffee and fruit juice is included PLUS Choice of 1 option per day*

- 1. Mixed grill. Egg, Tomato, mushroom, bacon and sausage.*
- 2. Porridge and/or French toast*
- 3. Pancakes and/or baked beans*

#### Lunch

*Self service of Salad Wraps, Rolls or Beef Burgers with a cold dessert i.e. fruit platter and ice cream. Tea, coffee and cordial provided.*

#### Dinner

*Two course hot meal with rolls and dessert*

**Leaders - Please confirm** your catering numbers, and any special dietary requests 14 days prior to camp with the booking officer. An information sheet is available for your campers.

NB Weekend rate \$115 per person included accommodation plus 5 main meals, but does not include dinner Friday evening. Tea and coffee and fruit will be available on arrival. A discount of 5% as part of the total cost applies to all large groups (over 25 people) or groups that stay for 3 days for longer. One discount rate per camp group.

## PHOTOCOPY SHEET for Catered Camps

At times people attending our camp will have special dietary needs. We are happy to provide for dietary requirements for medical and religious reasons, but do not cater for personal likes and dislikes. People are welcome to supplement our foods by bringing their own. Please indicate the number and type of meal required.

**Gluten Free Diet**

Gluten free alternatives will be provided for the main meal and any sauces will be thickened with gluten free flour or pure corn flour. Ice cream and yogurt are usually available for gluten free desserts. Rice cakes will be provided as alternatives to bread or rolls, or feel free to bring your own bread. (Gluten free bread may be available). Breakfast cereals provided are Sanitarium Weetbix, Kellogg's Cornflakes and Kellogg's Rice Bubbles. If you cannot eat these cereals please provide your own. Fresh fruit is available throughout the day.

**Diabetic Diet**

All meals are based on a nutritious, healthy and balanced diet. Low GI alternatives are available on request and wholegrain breads and rolls are provided as standard. Sugar free jelly and cordial is available as a choice if other foods/drinks are not suitable. Fresh fruit is available throughout the day. Please provide your own emergency foods if needed.

**Dairy Allergy or Lactose Intolerance**

We will provide So Good Soy Milk and dairy free spread for you, which is used in cooking if needed. Some of our snacks are dairy free and fresh fruit is available throughout the day. Please notify us if a small amount of dairy in cooking is possible.

**Nut allergies**

We do not use peanut/nut oil in cooking and do not have any peanut butter onsite. We do not add any nuts to any foods especially if we are aware of a person with nut allergies. Most foods are made from whole foods, but we occasionally use products that warn there may contain 'traces of nuts'. Please make your special requirements clear to the cooks on arrival.

**Vegetarian/Vegan**

Vegetables and fruit are a part of all meals. We are happy to provide extra for vegetarians as part of their main meal when notified of this in advance. Please advise the cooks if chicken, fish or eggs are a suitable alternative to red meat. Fresh fruit is available throughout the day.

**Any other Dietary information**

---

Number of special meals \_\_\_\_\_

Group/organisation \_\_\_\_\_

Date of camp \_\_\_\_\_

**Leaders PLEASE NOTE - Special meal requirements must be notified 14 days prior to your event to the booking officer on ph (08) 8536 2311 along with the final attendance. You will be invoiced for these meals as per the price list.**