## Community Cater

| team guidelines | team prepare | guest get |
| :---: | :---: | :---: |
| Part 1 - Starter <br> 1 Bowl ovo-lacto-vegetarian or vegan, 5 components plus pastry | Part 1 - Starter <br> 1 Bowl ovo-lacto-vegetarian or vegan, 5 components plus pastry for 120 people. The team decide if they will prepare a side dish ovo-lacto-vegetarian or vegan (choose one) | Part 1 - Starter <br> 1 Bowl plus pastry |
| Part 2 - Main component <br> Vegetable component - a combination of three different vegetables | Part 2 - Main component <br> Vegetable component - a combination of three different vegetable fix for 120 people | Part 2 - Main component <br> One plate with vegetable component - a combination of three different vegetable |
|  |  | and |
| 2 starch side dishes | 2 different ones (potatoes and noddles, rice and fries, etc.) in sufficient quantity for 120 people | choose one of the starch side dishes - e.g. potatoes, fries. |
|  |  | The guest will have a further side dish - here the |
| 1 side dish either meat or fish <br> 1 side dish either vegan or ovo-lacto-vegetarian | team decide if they will prepare a meat or fish as a side (choose one) in sufficient quantity for 120 people <br> team decide if they will prepare a vegan or ovo-lacto-vegetarian as a side dish (choose one) | fish or vegan <br> guest chooses between one of the two offered side dishes |
|  |  | finally the |
| 2 different sauces, dips, or chutney | 2 different ones - in sufficient qantity for 120 people (e.g. 50 portions/70 portions) | guest chose one of the two different sauces, dips, or chutney |
|  |  |  |
| 1 mini dessert - maximum 2 components | for 120 people | 1 mini dessert - maximum 2 components |
| Part 3 - healthy conference food Three different types of modern, healthy conference catering 24 pieces x 3 varieties $=72$ pieces | Part 3 - healthy conference food <br> Three different types of modern, healthy conference catering 24 pieces $\times 3$ varieties $=72$ pieces |  |

