Romania Menu 05-17.03.2022

# Breakfast

**Bread / toast**

*There should be a large toaster available for making fresh toast.*

Bread options should include:

Freshly baked granary bread and/or multi-seeded bread

Freshly baked white bread *(no pre-packaged bread)*

Spelt bread

Gluten-free bread

Freshly baked wholemeal and white baguettes or rolls

Freshly baked bagels

Freshly baked croissants once per week *(or the day after a match, ideally)*

Spreads/accompaniments:

Organic butter *(no margarines, vegetable spreads or butter substitutes)*

Low-sugar jams and marmalade

Organic nut butters (e.g. almond, cashew, hazelnut)

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**Cereals and accompaniments**

Hot porridge (made with semi-skimmed milk), with manuka honey and natural yoghurt available on the side  
*(Please make the porridge with water and ensure it remains fresh. If required, cooked in batches to prevent the porridge from becoming sticky and horrible.)*

Cereals: organic cornflakes, low-sugar wheat-free muesli, Fruit’n’Fibre, Oatibix, Weetabix, Special K, organic granola

Organic milk available in fridges. Also supply and label oat milk and almond milk.

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**Fruit, yoghurts, nuts and seeds**

Fresh fruits: assortment of fresh berries, apples, pears, bananas, melon, kiwi fruit, strawberries, mango, pineapple, grapefruit, raspberries, blueberries, grapes.

Dried fruits, seeds and nuts: to include pumpkin seeds, walnuts, and linseeds (ready-ground from a packet)

Low-fat organic yoghurts: natural, fruit, vanilla

Low-sugar Yakults available in fridges

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**Proteins**

*Keep a small selection of ready-made hot items on the counter.   
Note that eggs are to be free-range and organic – ideally locally sourced.*

Cooked to order: scrambled eggs, boiled eggs, poached eggs

Omelettes made to order with ham, tomato, onion, low fat cheese, chili, peppers available to customise

Cooked and cured meats: Parma ham, low-fat ham and salamis

Smoked salmon with lemon wedges on the side   
*(Should be kept on an iced tray for freshness. Swap for smoked trout on occasion.)*

Cheese and ham platter including low-fat cheeses only

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**Other hot dishes**

*Keep a small selection of some of the following ready-made hot items on the counter.*

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| * Grilled shiitake mushrooms * Cooked spinach * Grilled tomatoes | * Heinz Baked Beans * Smoked haddock kedgeree*(kedgeree once per week only, or assess uptake)* |

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**Drinks:** see **Hydration Station** menu for drinks to be available with breakfast (as for other meals).

# Day 1 – Lunch Saturday 05th March

**Protein**

Chicken drumsticks in barbecue sauce

**Recovery special**

Lasagne made with aubergine

**Vegetarian specials**

Spicy frittata

Lentil and goat’s cheese bake

**Grains, root or starchy vegetables**

Roasted new potatoes

Lentils

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 1 – Dinner Saturday 5th March

**Protein**

Chicken skewers with vegetable

**Rotation dish**

Roasted beef and turkey with all the trimmings

**Vegetarian specials**

Quorn Bolognese (label clearly)

**Semi-starchy vegetables**

Peas

**Grains, root or starchy vegetables**

Roasted potatoes

**Fresh pasta bar**

Pasta al forno in tomato sauce

**Soup**

Leek, potato and watercress

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

1 option from Special Desserts menu

# Day 2 – Lunch Sunday 06th March

**Protein**

Beef fillet in mushroom souce

**Wet dish special**

Cod served on spinach

**Vegetarian specials**

Vegetarian chilli (label clearly)

Leek and mushroom quiche

**Green/low-starch vegetables**

Slow-cooked red cabbage

**Grains, root or starchy vegetables**

Basmati rice

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

1 option from Special Desserts menu

# Day 2 – Dinner Sunday 06st March

**Protein**

Chicken fillet (served with marinade)

**Wet dish special**

Pork and prunes

**Vegetarian specials**

Tofu stir-fry

Broccoli and red pepper quiche

**Green/low-starch vegetables**

Seasonal greens

**Grains, root or starchy vegetables**

Sweet potato wedges

**Soup**

Ham and pea

**Special salad**

Ham, beetroot and sauerkraut salad

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

# 1 option from Special Desserts menu

# Day 3 – Lunch Monday 07st March

**Protein**

Sea bass or other fresh fish

**Wet dish special**

Chicken in white wine and mushroom sauce

**Vegetarian specials**

Nut roast

Root vegetable and lentil casserole

**Green/low-starch vegetables**

Green vegetable mixed medley

**Grains, root or starchy vegetables**

Jacket potatoes

Mixed roasted root vegetables

**Fresh pasta bar**

Tomato sauce

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 3 – Dinner Monday 07st March

**Protein**

Marinated chicken fillet (served with marinade)

Cod served on spinach

**Vegetarian specials**

Tofu stir-fry

Broccoli and red pepper quiche

**Green/low-starch vegetables**

Seasonal greens

**Semi-starchy vegetables**

Roasted carrots with cumin

**Grains, root or starchy vegetables**

Sweet potato wedges

**Soup**

Soup a la Greek

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

# 1 option from Special Desserts menu

# Day 4 – Lunch Tuesday 08th March

**Protein**

Trouth fillet (pastrav)

**Wet dish special**

Escallops of beef

**Recovery special**

Mixed Italian antipasti

**Vegetarian specials**

Quorn Bolognese (label clearly)

Lentil and goat’s cheese bake

**Green/low-starch vegetables**

Sugar snap peas

**Grains, root or starchy vegetables**

Roasted new potatoes

Sweet potato mash

**Fresh pasta bar**

Bolognese pasta

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 4 – Dinner Tuesday 08th March

**Protein**

Salmon in lemon and garlic jus

**Rotation dish**

Spicy pork ribs

**Vegetarian specials**

Spicy frittata

Chickpea and garlic stew

**Green/low-starch vegetables**

Grilled aubergine

**Semi-starchy vegetables**

Mushy peas

**Grains, root or starchy vegetables**

Brown rice

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 5 – Lunch Wednesday 09th March

**Protein**

Marinated chicken fillet

**Recovery special**

Lasagne

**Vegetarian specials**

Chickpea and garlic stew

Leek and mushroom quiche

**Grains, root or starchy vegetables**

Basmati rice

Cream-free mashed potato

**Salad bar**

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| Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 5 – Dinner Wednesday 09th March

**Protein**

Salmon in lemon and garlic jus

Chicken kebab

**Vegetarian specials**

Tofu stir-fry

Root vegetable and lentil casserole

**Green/low-starch vegetables**

Savoy cabbage in soya sauce

Sugar snap peas

**Semi-starchy vegetables**

Peas and carrots

**Soup**

Consommé – beef broth

**Salad bar**

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| Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

# **1 option from Special Desserts menu**

# Day 6 – Lunch Thursday 10th March

**Protein**

Chicken drumsticks in barbecue sauce

Sea bass or other fresh fish

**Vegetarian specials**

Vegetable moussaka

Quorn Bolognese (label clearly)

**Green/low-starch vegetables**

Purple sprouting broccoli

Roasted cauliflower

**Semi-starchy vegetables**

Steamed carrots

**Grains, root or starchy vegetables**

Sweet potato mash

**Salad bar**

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| Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Special Desserts menu**

# Day 6 – Dinner Thursday 10th March

# Protein

Salmon in soya sauce

**Wet dish special**

Moroccan lamb stew

**Vegetarian specials**

Nut roast

Vegetarian chilli (label clearly)

**Green/low-starch vegetables**

Shredded sprouts and pancetta

Grilled peppers

**Grains, root or starchy vegetables**

Jacket potato

Brown rice

**Salad bar**

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| Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  |
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**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Special Desserts menu**

# Day 7 – Lunch Friday 11th March

**Protein**

Fillet beef medallions

Salmon fillet with fennel sauce

**Vegetarian specials**

Butternut squash and chickpea curry

Broccoli and red pepper quiche

**Green/low-starch vegetables**

Seasonal greens

**Semi-starchy vegetables**

Roasted carrots with cumin

**Grains, root or starchy vegetables**

Brown rice

Lentils

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 7 – Dinner Friday 11th March

**Protein**

Roasted beef slices

**Wet dish special**

Pork ribs

**Vegetarian specials**

Veggie burgers (freshly made)

Smoked tofu kebabs with green and red peppers

**Green/low-starch vegetables**

Spinach in lemon and garlic sauce

**Grains, root or starchy vegetables**

Jacket potatoes

**Fresh pasta bar**

Pasta in white sauce

**Soup**

Soup a la greek

**Salad bar**

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**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 8 Game day – Lunch Saturday 12th March

Starter: - Salad with feta cheese: lettuce, cheerry tomatoes, sliced grilled carrots, sliced grilled zucchini, cooked beetroot cubes, feta cheese (80g)- 250g/pers

- Spanish potatoes tortilla – 150g/pers (recipe example: https://www.bbcgoodfood.com/recipes/spanish-tortilla )

- White bread – 4 slices/person

Main course

- Grilled chicken breast – 250g/person

- Grilled salmon – 200g/person - Rice with vegetables – 200g/person

- Pasta with tomatoes sauce and vegetables slices – 200g/person - Grilled veggies (zucchini, carrots, sweet red bell pepper, mushrooms) – 200g/person

- Beetroot salad – 150g/pers

Dessert - Rice pudding with sour cherry jam (jam to be served separately) – 200g/person

# Day 8 – Dinner Saturday 12th March Post match 21:00

**Protein**

Spicy chicken wings

**Rotation dish**

Italian pizza 4 flavours ( capriciosa, quatro formagi, quatro stagioni, rustica)

**Vegetarian specials**

Spicy frittata

Vegetal burger falafel

**Semi-starchy vegetables**

Mushy peas

**Grains, root or starchy vegetables**

French fries

**Salad bar**

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**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 9 – Lunch Sunday 13th March

**Protein**

Chicken drumsticks in barbecue sauce

**Wet dish special**

Chilli con carne

**Vegetarian specials**

Vegetarian chilli (label clearly)

Leek and mushroom quiche

**Grains, root or starchy vegetables**

Basmati rice

Lentils

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 9 – Dinner Sunday 13th March

**Protein**

Chicken kebabs

Salmon in soya sauce

**Vegetarian specials**

Vegetable moussaka

Mung bean dahl

**Green/low-starch vegetables**

Purple sprouting broccoli

Seasonal greens

**Grains, root or starchy vegetables**

Homemade spicy baked beans

Roast potatoes

**Fresh pasta bar**

Pesto (low-fat)

**Soup**

Beetroot soup

**Salad bar**

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**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 10 – Lunch Monday 14st March

**Protein**

Roast beef slices

Sea bass

**Vegetarian specials**

Nut roast

Root vegetable and lentil casserole

**Green/low-starch vegetables**

Green vegetable mixed medley

**Grains, root or starchy vegetables**

Jacket potatoes

Mixed roasted root vegetables

**Salad bar**

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**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 10 – Dinner Monday 14st March

**Protein**

Marinated chicken fillet (served with marinade)

Cod served on spinach

**Rotation dish**

Lemon sole twisters

**Wet dish special**

Pork and prunes

**Recovery** **special**

Mexican chilli with all trimmings

**Vegetarian specials**

Tofu stir-fry

Broccoli and red pepper quiche

**Green/low-starch vegetables**

Seasonal greens

**Grains, root or starchy vegetables**

Cream-free mashed potato

Sweet potato wedges

**Fresh pasta bar**

Cream-free mushroom

**Soup**

Ham and pea

**Special salad**

Ham, beetroot and sauerkraut salad

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 11 – Lunch Tuesday 15nd March

**Protein**

Salmon fillet with fennel sauce

**Rotation dish**

Lamb loin with cider sauce

**Vegetarian specials**

Butternut squash and chickpea curry

Smoked tofu kebabs with green and red peppers

**Green/low-starch vegetables**

Purple sprouting broccoli

**Semi-starchy vegetables**

Peas

**Grains, root or starchy vegetables**

Rice (Camargue red)

**Soup**

Tom Yum Ka Ka

**Salad bar**

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| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 11 – Dinner Tuesday 15nd March

**Protein**

Salmon in lemon and garlic jus

**Rotation dish**

Spicy pork ribs

**Recovery specials**

Lasagne

**Vegetarian specials**

Veggie burgers (freshly made)

Mung bean dahl

**Green/low-starch vegetables**

Roasted cherry tomatoes, onions, garlic and chilli

**Grains, root or starchy vegetables**

Sweet potato wedges

Brown rice

**Salad bar**

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**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 12 – Lunch Wednesday 16rd March

**Protein**

Sea bass

**Wet dish special**

Beef and broad beans

**Recovery special**

Lasagne made with aubergine

**Vegetarian specials**

Spicy frittata

Lentil and goat’s cheese bake

**Semi-starchy vegetables**

Roasted beetroot

**Grains, root or starchy vegetables**

Roasted new potatoes

Lentils

**Salad bar**

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**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

# Day 12 – Dinner Wednesday 16th March

**Protein**

Barbeque breast chicken

Cod in tomato souce

**Rotation dish**

Roasted beef and turkey with all the trimmings

**Vegetarian specials**

Quorn Bolognese (label clearly)

Leek and mushroom quiche

**Semi-starchy vegetables**

Peas

**Grains, root or starchy vegetables**

Roasted potatoes

Mixed roasted root vegetables

**Salad bar**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| |  |  |  |  |  | | --- | --- | --- | --- | --- | | Rocket  Mixed green leaves  Avocado slices  Tomatoes  Cucumber  Cubed feta cheese  Brown rice salad  Sweetcorn | Sliced red onion  Hard-boiled eggs  Grated carrot salad  Sun-dried tomatoes  Artichoke hearts  Pumpkin seeds  Lean mozzarella balls  Mixed seed sprinkles |  | |  | |  |  | | |  |

**Desserts**

Selection of fresh fruits

Mixed fruit salad

Plain and fruit yoghurts

**1 option from Desserts menu**

* **Quantities for vegetarians will be like for 8 persons**
* **Soupes can be on chef choice and from romanian cuisine.**