

02.02.2024

***Dinner***

Wholemeal bread + butter (30g)

Meatball soup

Salad buffet & Salad spices + cherry tomatoes, feta cheese, corn kernels, olives (50p approx 50g in total)

Chicken breast (baked) (300g)

Mashed potatoes (200g)

Fruit x 2 per person – season,

1 x sugar-free yogurt

03.02.2024

### **Breakfast**

Wholemeal bread (x 2), butter (30g), hard cheese (50g), peanut butter (30g) and jams (30g)

Porridge made with fat milk (120g)

Omelet (3 eggs per player) with cheese + various of ham(150g/person)

Fresh cut vegetables (tomatoes, peppers, carrots) 100g/person

Yogurts (without added sugar)

Fruit (2 pieces per person)

Tea and coffee

### **Lunch**

Wholemeal bread + butter (30 kg)

Salad buffet & Salad spices + cherry tomatoes, feta cheese, corn kernels, olives (50p approx 50g in total)

Baked pork loin (300g)

Whole baked potato (1 large) and butter (30g), fried vegetables + separate vegetable sauce (sweet-hot) (70p)

Fruit x 2 per person,

1 x sugar-free yogurt

Tea and coffee

### **Dinner**

Wholemeal bread + butter (30 kg)

Beef soup

Salad buffet & Salad spices + cherry tomatoes, feta cheese, corn kernels, olives (50p approx 50g in total)

Beef loin (in brown sauce) (300g)

Sweet potato fries (200g) (baked in oil in the oven) and corn on the cob

Fruit x 2 per person – season,

1 x sugar-free yogurt

04.02.2024

### **Breakfast**

Whole grains or muesli either served with full fat milk and dried fruit  
Fried eggs (3 eggs per player) and bacon  
Fresh cut vegetables (tomatoes, peppers, carrots) 100g/person  
Wholemeal bread (x 2), butter (30g), hard cheese (50g), peanut butter (30g) and jams (30g)  
Fruit (2 pieces per person)  
Yogurts (without added sugar)  
Tea and coffee

### **Masa sportiva**

Whole grain bread + Butter (30 kg)  
Salad spices + cherry tomatoes, feta cheese, corn kernels, olives (50p approx 50g in total)  
Grilled chicken breast  
Baked salmon  
White pasta + red sauce served separately  
Baked Sweet Potatoes  
**DESERT:**  
Rice with milk and jam (separate)  
Oat milk porridge  
Bananas x 2  
Tea and coffee

### **Dinner**

Wholemeal bread + butter (30 kg)  
Salad spices + cherry tomatoes, feta cheese, corn kernels, olives (35p approx 50g in total)  
Chicken soup  
Indian chicken curry (300 g chicken)  
Risotto (35p) and grilled vegetables served separately  
Fruit x 2 per person,  
1 x sugar-free yogurt  
Tea

05.02.2024

### **Breakfast**

Wholemeal bread (x 2), butter (30g), hard cheese (50g), peanut butter (30g) and jams (30g)

Porridge made with fat milk (120g)

Omelet (3 eggs per player) with cheese + various of ham (150g/person)

Fresh cut vegetables (tomatoes, peppers, carrots) 100g/person

Yogurts (without added sugar)

Fruit (2 pieces per person)

Tea and coffee

### **Lunch**

2 x Banana + apple

1 x sugar-free yogurt 150g

150 x mix of seeds (ex: cashew nuts, almonds, walnuts, etc.)

1 x baguette sandwich (ham + cheese)

1 x sandwich wrap (ham + cheese)