

## Romanian National Rugby Team menu

A)\*Note: All quantities of cooked dishes refer to the finished (cooked) product.

B)\*\* Tea and coffee should be available throughout the all meals.

C)\*\*\* **Bread buffet + toaster** - at each table there should be 4-5 different varieties of bread, (eg: wholemeal bread, white bread, white & wholemeal buns, simple baguette, baguette with signature, etc.)

D)\*\*\*\* **Salad buffet** - Mix of green salads (simple lettuce, spinach, rocket, bby spinach, etc.), tomatoes (cherry and normal), feta cheese, corn, tuna, cucumbers, hot peppers, olives, mushrooms ;

mix seeds (pumpkin, sunflower, sesame).

By rotation: Cous-cous & lentils + chickpeas & pasta (total amount per meal approx. 1.5 kg).

Olive oil and balsamic vinegar + 2 different dressings.

E)\*\*\*\*\* **Dessert for lunch and dinner - fruits** (Fresh fruits: bananas, apples, strawberries, peaches, nectarines, melons, etc.) 2-3 different dishes.

F)\*\*\*\*\* **Yoghurt / dairy buffet** - at each lunch and dinner there should be various types of yogurt (eg: drinking yogurt, health, kefir, etc.) approximately 100 ml per person.

G)\*\*\*\*\* **Fish meal** - at each lunch and dinner there must be a type of fish meat by rotation, approximately 25% of the number of people.

## Breakfast:

**Swedish buffet (the same selection of foods and breakfast preparations is prepared every day, except for foods where frequency is mentioned)**

Food/preparation	Observations
Fresh chopped vegetables (tomatoes, bell peppers, carrot sticks, cucumbers, radishes, etc.)	You can rotate the selection of fresh vegetables from day to day, but every day there are at least 3 vegetables of different colors
Beetroot salad	
Omelet or boiled / poached eggs (alternate from day to day between scrambled eggs, boiled eggs, poached eggs)	Mesh eggs are not served. The omelet uses a small amount of oil or none at all if made in a nonstick pan
Chicken/turkey/pork ham Prague	Weak ham, alternate variants from day to day Do NOT serve fatty sausages (kaizer, salami, prosciutto, etc.)
Smoked salmon or tuna in its own juice	It alternates from day to day
Wholemeal bread or buns	
1.5% fat cow milk	The quantity will adjust after a few days of observing consumption
Skimmed Greek yogurt 2% fat	
Vegetable milk: soy/almonds/hazelnuts	Alternate variants from day to day
Assortment of low fat local cheese	It alternates from day to day
Cottage cheese skimmed 2% fat	On days when pancakes are served, replace with cream cheese for filling pancakes
Breakfast cereals: Nestle Fitness Original, Cheerios Oatmeal 91% whole grains, Nesquik	All 3 variants every day After the first 2-3 days, adjust the quantity depending on consumption.
Oatmeal with 1-5% milk and fruit topping (blueberries, bananas, strawberries, dehydrated cranberries)	On red days and match days
Protein pancakes with cottage cheese filling/jam (to be served separately)	On green days and match days
Jam	You can vary the types of jam / jam from day to day
Peanut butter	
Honey	
Fresh fruits: bananas, apples, strawberries, peaches, nectarines, etc.	At least 2 types of fruit every day. Alternate selection from day to day
Banana/strawberry/berry smoothie	Twice a week – on red and match days
Orange juice	On days when it's not a smoothie
Beet juice with apple, orange and carrot	On days when it's not a smoothie

- **Protein pancake recipe:** 200g flour, 400ml milk, 200ml 2% skimmed Greek yogurt, 2 eggs, salt, vanilla, bicarbonate, 1 tablespoon sugar.

## **Friday**

### **Lunch**

#### Starter 1

- Mini bruschetta with hummus and dried tomatoes on wholemeal bread
- Champignon mushrooms stuffed with vegetables and au gratin with cheese

#### Main 2

- Salmon fillet with lemon sauce
- Penne with broccoli, cherry tomatoes, baby spinach and tomato sauce
- Green bean dish (with a little garlic)

### **Dinner**

#### Starter 1

- Minestrone soup

#### Main 2

- Mixed grill (chicken breast, marinated pork loin, chicken liver)
- Baked chickpea meatballs (burger type).
- Assorted grilled vegetables (bell pepper, zucchini, mushrooms, eggplant, carrot)
- Baked potatoes with rosemary

## **Saturday**

### **Lunch**

#### Starter 1

- Spinach Muffins
- Broccoli and ham muffins

#### Main 2

- Chicken breast roulade filled with cheese and carrot (pre-boiled beets), wrapped in bacon
- Mashed potatoes
- Sauteed green peas with carrots
- Mix of green salads with spinach and red beet cubes and walnuts.

### **Dinner**

#### Starter 1

- Vegetable cream soup

#### Main 2

- Beef in the oven with red sauce
- Simple Chinese fried rice with egg
- Carbonara pasta
- Chickpea curry - alternative preparation only for vegetarians.

### **Desert**

- Brownie with icecream

## **Sunday**

### **Pre match meal (4 hours before KO) – LUNCH**

- Skewers with halloumi and vegetables
- Spinach salad with beetroot, feta and walnuts – (serve in a separate bowl)
- Eggplant salad
- Grilled Chicken breast
- Baked salmon
- Simple white pasta al dente (tomato sauce served separately)
- Bulgur with vegetables
- Mix of 4 sautéed vegetables (broccoli, cauliflower, carrot, green peas)

### **Dessert**

Milk & rice + jam

### **Dinner**

#### **Starter**

- 3 -4 types of pizza (Quattro formaggi, Capriciosa, Carnivora, etc.)

#### **Main**

- Lasagna bobognese
- Potato wedges
- Crispy chicken (made from cereals).

### **Desert**

Tiramisu

**Monday**

Packed breakfast

- One banana
- One apple
- One yogurt
- One Wrap (ham & cheese)
- One sandwich with chicken breast

