

Lunch	Dinner
Soup of the day	Whole Roasted Turkeys
Salad bar to include: spinach, iceberg lettuce, tomato, avocado beetroot, red onions, peppers, mushrooms, onions,	Salad bar to include: spinach, iceberg lettuce, tomato, avocado beetroot, red onions, peppers, mushrooms, onions,
Assorted low fat dressings	Assorted low fat dressings
Lean steak mince burger bar	Stuffing
Chicken skewers with chili sauce	Mashed Potatoes
Roast mediteranean vegetables	Yams
Sweet potatoe wedges	Green Beans
Bread rolls for burgers, Corn on the cob, low fat coleslaw	Fruit Crumble with Custard
Fruit salad, low fat yoghurts, assorted berries, melon	Water, Tea/Coffee, Skimmed Milk
Water, Tea/Coffee, Semi skimmed milk	

Day 5	
Lunch	Dinner
Soup of the day	Soup of the day
Salad bar to include: spinach, iceberg lettuce, tomato, avocado beetroot, red onions, peppers, mushrooms, onions,	Salad bar to include: spinach, iceberg lettuce, tomato, avocado beetroot, red onions, peppers, mushrooms, onions,
Assorted low fat dressings	Assorted low fat dressings
Chili made with lean ground beef	Chicken Fajitas
Lean beef meetballs with penne pasta & tomato sauce	Steak Fajitas
Salsa & Guacamole	Sauted peppers, refried beans, jalapenos
Wild rice with read kidney Beans / mexican rice	Mexican rice
Pitta bread	Roasted baby red potatoes
Fruit salad, low fat yoghurts, assorted berries, melon	Fruit salad, low fat yoghurts, assorted berries, melon
Water, Tea/Coffee, Semi skimmed milk	Water, Tea/Coffee, Skimmed Milk

Day 6	
Lunch	Pre Game Meal
Carbs - basmati rice, brown rice, roasted potatoes	Chicken breasts
Salad bar - (lettuce, spinach, arugula, cucumber, cherry tomatoes, shredded carrots, beetroot, almonds, dried cranberries, egg, grilled chicken) with house vinaigrette, caesar dressing, olive oil	Freshly cooked spaghetti
Mains - chicken & vegetable stir fry, beef & vegetable stir fry,	Tomato sauce (soft not spicy)
Dessert - fruit salad - greek yogurt - berries	Bread / Rolls to make sandwiches
Gatorade, Still water, Coffee	Roasted potatoes
Fruit salad, Melons, Bananas, low fat yoghurts Assorted Berries. (Strawberries, Blueberries, Rasberries)	Cold Cuts - Turkey, Ham , Beef Cheese, Avocado, low fat Mayo
	Ripe Bananas
	Melon and fresh pineapple Slices
	Berries
	Yoghurts
	Granola
	Gatorade, Still water, Coffee

Dinner
Salad bar to include: spinach, iceberg lettuce, tomato, avocado beetroot, red onions, peppers, mushrooms, onions,
Assorted low fat dressings
Beef burgers
BBQ Ribs, Pulled Pork
Potato Wedges
Mashed Potatoes
Ice Cream
Fruit salad, Melons, Bananas, low fat yoghurts Assorted Berries. (Strawberries, Blueberries, Rasberries)
Water, Tea/Coffee, Semi skimmed milk