

RUGBY ROMANIA MENU



Time period: 3 days

*****Important note: all quantities in the menu are for the products/dishes after preparation/cooking***

All meals are served in open bar system

Coffe available for breakfast & lunch, no coffe at dinner.

Bread available for all the meals in all days.

Breakfast (same all 3 days):

- Fresh vegetables (tomatoes, sweet bell peppers, cucumber, carrot sticks)
- Different types of cheese (e.g. emmentallers, feta, cheddar or local varieties)
- Cottage cheese low-fat
- Omelette or Scumbled or fired eggs (two types every day, rotative)
- Low- fat charcuterie selection (porc, turkey, chicken, beef)
- oatmeal with milk
- Milk low-fat (Hot and cold)
- Soy milk
- Greek Yogurt low-fat
- Nestle Fitness Fruits cereals
- Nesquik cereals
- Nutella
- Forest fruits mix, strawberries or peach jam
- Honey
- Hummus
- Peanut butter
- Orange juice 100% natural
- Apple juice 100% natural
- Banana bread
- Rice with milk or chia pudding (one per day, rotative)
- Whole grains bread
- Fresh Fruit Display: (Whole Fruit - Strawberries, Blueberries, Berries, Grapes, Apples, Pears, Peaches, Bananas)
- Nuts: Almonds, walnuts, hazelnuts
- Assorted Breads : (100% Rye, White, Brown, Whole-wheat – low GI, Ciabatta, Seed Loaf) - NO CROISSANTS OR PASTRIES.

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1st DAY

Lunch 1st DAY

Starter

- Tuna salad (mixed green salads, cherry tomatoes, cucumber, few onion pieces, olives, tuna – ideally cooked from fresh, not canned, sweet corn) - 250g/pers
- Warm chickpeas salad (for example: <https://www.bbcgoodfood.com/recipes/warm-chickpea-salad>) - 150g/pers
- 3 slices whole grains bread /person

Main course

- Chicken breast – 150g/pers
- Cous Cous with mushrooms and vegetables – 200g/pers
- Mix of baked potato and sweet potatoes and carrots – 250g/pers
- Green salads mix with vinaigrette – 100g/pers

Dessert: Fresh fruits assortment (kiwi, banana, oranges, apples, raisins)

Water & Coffee

Dinner 1st DAY

Starter

- Meatballs oven baked (not oil fried) – 100g/pers
- Plant-based balls with chickpeas, mushrooms, vegetables, oven baked (not oil fried) – 100g/pers
- Lentil cream soup – 300ml/pers + croutons
- Fresh salad – arugula, baby spinach, lettuce, tomatoes, carrots tagliatelle, cucumber, radishes – 200g/pers
- 3 slices of whole grain bread/person

Main course

- Spaghetti bolognese – 200g/pers (sauce served separate)
- Flemish stew (carbonnade) – 200g/pers
- Mashed potatoes – 150g/pers
- Sea food risotto – 200g/pers

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Dessert

- Cheese cake – 150g/pers

Water

2nd DAY (match day)

Lunch 2nd DAY – pre match meal (14.00 – 15:00 h)

Starter

- Salad: lettuce, tomatoes, baked carrots sliced, baked beetroot cubes, grilled zucchini, walnuts –200g/pers (olive oil and lemon juice sauce)
- Grilled chicken breast slices – 50g/pers (served in a separate dish)
- Grilled halloumi cheese – 30g/pers (served in a separate dish)
- Boiled egg halves – 2 halves egg/pers (served in a separate dish)
- 4 slices white bread /person

Main course

- Baked salmon – 100/person
- Grilled chicken breast – 150g/person
- Omelette simple nicely cooked to stay in the omelette folded shape – 50g/person (for example: <https://www.delish.com/cooking/recipe-ideas/a24892843/how-to-make-omelet/>)
- Rice with vegetables – 200g/pers (no butter, small quantity of oil)
- Pasta with red tomatoes and vegetables sauce– 250g/pers (only a small quantity of oil in the sauce)
- Baked carrots with sweet potatoes and white potatoes – 100g/pers (only a small quantity of oil)

Dessert

- Rice pudding with sour cherry sauce (jam) – 150g/pers

Water & Coffe

Dinner 2nd DAY

Various type of pizza

Water