

Rugby Canada

Breakfast Day 1

- ✓ Coffee and tea
- ✓ Assorted fruit juices/smoothies (low sugar please-naked smoothie or made it kitchen for example)
- ✓ Milk (some oat milk, almond and low-fat options as well please)
- ✓ Assorted breakfast cereals and granola (cornflakes, muesli, weetbix and granola- can a small serving of porridge also be provided, or ready to make oatmeal)
- ✓ Individual Assorted low fat Greek Yogurts
- ✓ Whole fruit and fruit salad
- ✓ Assorted sliced breads, bagels and muffins Butter, fruit preserves, cream cheese
- ✓ Fried eggs
- ✓ Pork sausage and bacon
- ✓ Pancakes & maple syrup
- ✓ Baked beans

Lunch Day 1

- ✓ Assorted Buns and Butter
- ✓ Chef's choice soup
- ✓ 2 Salads of the Following (Chef's Choice):
 - Mixed Green w/ 3 Assorted Dressing Caesar with condiments
 - Bean Salad, Broccoli Salad Potato Salad,
 - Cauliflower and broccoli salad
 - Spinach Salad w/ Red Onion, Grape Tomato, Feta Cheese w/ raspberry vinaigrette
 - Cous Cous Salad
- ✓ Whole Fruit: Apples, Oranges, Bananas
- ✓ Coffee, Tea and Assorted Juices
- ✓ Assorted low fat Greek Yogurt, mixed berries and granola

Entrées:

- ✓ Sweet Pea Rice
- ✓ Fusilli Pasta w/ Herb Cream Sauce
- ✓ Roasted Chicken w/ Chicken jus
- ✓ Sliced Roast Beef w/ Au Jus
- ✓ Steamed Broccoli, Carrots and Cauliflower

Dinner Day 1

- ✓ Assorted Buns and Butter Chef's choice soup
- ✓ 2 Salads of the Following (Chef's Choice):
 - Mixed Green w/ 3 Assorted Dressing Caesar with condiments
 - Bean Salad Broccoli Salad Potato Salad
 - Cauliflower and broccoli salad
 - Spinach Salad w/ Red Onion, Grape Tomato, Feta Cheese w/ raspberry vinaigrette
 - Cous Cous Salad
- ✓ Whole Fruit: Apples, Oranges, Bananas
- ✓ Coffee, Tea and Assorted Juices
- ✓ Assorted low fat Greek Yogurt, mixed berries and granola

Entrées:

- ✓ Pesto Orzo Pasta

- ✓ Salisbury Steak
- ✓ Herb Roasted Cod w/ Fruit Salsa
- ✓ Roasted Root vegetable.
- ✓ Dessert squares (brownies)

Breakfast Day 2

- ✓ Coffee and tea
- ✓ Assorted fruit juices/smoothies (low sugar please-naked smoothie or made it kitchen for example)
- ✓ Milk (some oat milk, almond and low-fat options as well please)
- ✓ Assorted breakfast cereals and granola (cereals to be cornflakes, muesli, weetbix and granola- can a small serving of porridge also be provided, or ready to make oatmeal)
- ✓ Individual Assorted low fat Greek Yogurts
- ✓ Whole fruit and fruit salad
- ✓ Assorted sliced breads, bagels and muffins Butter, fruit preserves, cream cheese
- ✓ Fried eggs
- ✓ Pork sausage and bacon
- ✓ Pancakes & maple syrup
- ✓ Baked beans

Lunch Day 2

- ✓ Assorted Buns and Butter
- ✓ Chef's choice soup
- ✓ 2 Salads of the Following (Chef's Choice):
 - Mixed Green w/ 3 Assorted Dressing Caesar with condiments
 - Bean Salad, Broccoli Salad Potato Salad,
 - Cauliflower and broccoli salad
 - Spinach Salad w/ Red Onion, Grape Tomato, Feta Cheese w/ raspberry vinaigrette
 - Cous Cous Salad
- ✓ Whole Fruit: Apples, Oranges, Bananas
- ✓ Coffee, Tea and Assorted Juices
- ✓ Assorted low fat Greek Yogurt, mixed berries and granola

Entrées:

- ✓ Vegetable Rice Pilaf
- ✓ Bowtie Pasta tossed in Olive Oil
- ✓ Beef burgers and wholegrain burger buns
- ✓ Pork Kabob w/ Teriyaki
- ✓ Honey Glazed Carrots

Dinner Day 2

- ✓ Assorted Buns and Butter Chef's choice soup
- ✓ 2 Salads of the Following (Chef's Choice):
 - Mixed Green w/ 3 Assorted Dressing Caesar with condiments
 - Bean Salad Broccoli Salad Potato Salad
 - Cauliflower and broccoli salad
 - Spinach Salad w/ Red Onion, Grape Tomato, Feta Cheese w/ raspberry vinaigrette
 - Cous Cous Salad
- ✓ Whole Fruit: Apples, Oranges, Bananas

- ✓ Coffee, Tea and Assorted Juices
- ✓ Assorted low fat Greek Yogurt, mixed berries and granola

Entrées:

- ✓ Buttermilk Mash Potato
- ✓ Fettuccini w/ Marinara
- ✓ Roast beef and gravy
- ✓ Roasted Citrus Marinated Chicken
- ✓ Steamed mixed Beans and Baby Carrots
- ✓ Dessert (lemon meringue pie)

Breakfast Day 3

- ✓ Coffee and tea
- ✓ Assorted fruit juices/smoothies (low sugar please-naked smoothie or made it kitchen for example)
- ✓ Milk (some oat milk, almond and low-fat options as well please)
- ✓ Assorted breakfast cereals and granola (cereals to be cornflakes, muesli, weetbix and granola- can a small serving of porridge also be provided, or ready to make oatmeal)
- ✓ Individual Assorted low fat Greek Yogurts
- ✓ Whole fruit and fruit salad
- ✓ Assorted sliced breads, bagels and muffins Butter, fruit preserves, cream cheese
- ✓ Fried eggs
- ✓ Cooked ham and bacon
- ✓ Roasted baby potatoes
- ✓ Herb Roasted Tomatoes and Grilled Mushrooms

Lunch Day 3

- ✓ Assorted Buns and Butter
- ✓ Chef's choice soup
- ✓ 2 Salads of the Following (Chef's Choice):
 - Mixed Green w/ 3 Assorted Dressing Caesar with condiments
 - Bean Salad, Broccoli Salad Potato Salad,
 - Cauliflower and broccoli salad
 - Spinach Salad w/ Red Onion, Grape Tomato, Feta Cheese w/ raspberry vinaigrette
 - Cous Cous Salad
- Coffee, Tea and Assorted Juices
- Assorted low fat Greek Yogurt, mixed berries and granola

Entrées:

- ✓ Spanish Rice
- ✓ Penne Pasta lightly tossed in olive oil and Pesto
- ✓ Baked Basa (white fish) w/ Teriyaki Glaze
- ✓ Turkey chili and basil meatballs
- ✓ Steamed Mixed Vegetable

Dinner Day 3

- ✓ Assorted Buns and Butter Chef's choice soup
- ✓ 2 Salads of the Following (Chef's Choice):
 - Mixed Green w/ 3 Assorted Dressing Caesar with condiments
 - Bean Salad Broccoli Salad Potato Salad
 - Cauliflower and broccoli salad
 - Spinach Salad w/ Red Onion, Grape Tomato, Feta Cheese w/ raspberry vinaigrette

- Cous Cous Salad
- ✓ Whole Fruit: Apples, Oranges, Bananas
- ✓ Coffee, Tea and Assorted Juices
- ✓ Assorted low fat Greek Yogurt, mixed berries and granola

Entrées:

- ✓ Cajun Roasted Potato Wedge
- ✓ Herb tossed Penne w/ Olive Oil
- ✓ Sweet and sour chicken
- ✓ Salmon w/ Spinach Cream
- ✓ Steamed Broccoli
- ✓ Chef's choice dessert (Tiramisu if possible)

Breakfast Day 4 (day before game)

- ✓ Coffee and tea
- ✓ Assorted fruit juices/smoothies (low sugar please-naked smoothie or made it kitchen for example)
- ✓ Milk (some oat milk, almond and low-fat options as well please)
- ✓ Assorted breakfast cereals and granola (cereals to be cornflakes, muesli, weetbix and granola- can a small serving of porridge also be provided, or ready to make oatmeal)
- ✓ Individual Assorted low fat Greek Yogurts
- ✓ Whole fruit and fruit salad
- ✓ Assorted sliced breads, bagels and muffins Butter, fruit preserves, cream cheese
- ✓ Fried eggs
- ✓ Pork sausage and bacon
- ✓ Roasted baby potatoes
- ✓ Pancakes & maple syrup
- ✓ Baked beans

Lunch Day 4 (day before game)

- ✓ Assorted Buns and Butter
- ✓ Chef's choice soup
- ✓ 2 Salads of the Following (Chef's Choice):
 - Mixed Green w/ 3 Assorted Dressing Caesar with condiments
 - Bean Salad, Broccoli Salad Potato Salad,
 - Cauliflower and broccoli salad
 - Spinach Salad w/ Red Onion, Grape Tomato, Feta Cheese w/ raspberry vinaigrette
 - Cous Cous Salad
- ✓ Whole Fruit: Apples, Oranges, Bananas
- ✓ Coffee, Tea and Assorted Juices
- ✓ Assorted low fat Greek Yogurt, mixed berries and granola

Entrées:

- ✓ Caramelized Onion Mash Potato
- ✓ Baked Penne w/ Meatball and Rose Sauce
- ✓ Herb Roasted Chicken
- ✓ Maple glazed Ham
- ✓ Steamed Mixed Vegetable

Dinner Day 4 (day before game)

- ✓ Assorted Buns and Butter Chef's choice soup
- ✓ 2 Salads of the Following (Chef's Choice):
 - Mixed Green w/ 3 Assorted Dressing Caesar with condiments
 - Bean Salad Broccoli Salad Potato Salad
 - Cauliflower and broccoli salad
 - Spinach Salad w/ Red Onion, Grape Tomato, Feta Cheese w/ raspberry vinaigrette
 - Cous Cous Salad
- ✓ Whole Fruit: Apples, Oranges, Bananas
- ✓ Coffee, Tea and Assorted Juices
- ✓ Assorted low fat Greek Yogurt, mixed berries and granola

Entrées:

- ✓ Sour Cream and Green Onion Mash Potato
- ✓ Sliced Roasted Turkey w/ Stuffing and Gravy
- ✓ Spaghetti w/ Meat Sauce
- ✓ Maple Glazed Carrots
- ✓ Dessert apple crumble

Game Day Breakfast

- ✓ Coffee and tea
- ✓ Assorted fruit juices/smoothies (low sugar please-naked smoothie or made in kitchen for example)
- ✓ Milk (some oat milk, almond and low-fat options as well please)
- ✓ Assorted breakfast cereals and granola (cereals to be cornflakes, muesli, weetbix and granola- can a small serving of porridge also be provided, or ready to make oatmeal)
- ✓ Individual Assorted low fat Greek Yogurts
- ✓ Whole fruit and fruit salad
- ✓ Assorted sliced breads, bagels and muffins Butter, fruit preserves, cream cheese
- ✓ Fried eggs
- ✓ Pork sausage and bacon
- ✓ Roasted baby potatoes
- ✓ Pancakes & maple syrup
- ✓ Baked beans

✓ Game Day Pre Game Meal

Pre Game Meal
Build your own salad bar (please include variety of beans & Chicken quinoa salad), MYO wraps with variety of low fat fillings- (smoked chicken shavings-tuna fish etc) & variety of at least 3 steamed vegetables (e.g. broccoli, green leafy veg, pumpkin, cauliflower, carrots)
All lunches & Dinners to Include Chefs Soup Choice
grilled fresh fish fillets *Variety of breakfast cereals *cornflakes/weetbix/rice crispies/granola
Mashed potatoes and white rice
Baked beans
scrambled & boiled eggs (leave unpeeled)
Porridge (Small amount)
variety of breads - wholegrain, wholemeal and white & brown (please include peanut butter & jam)
<u>Pasta Spaghetti and mince meat sauce (most popular if can be large quantity, usually goes very fast)</u>
Chicken Breasts
White rice
Grilled Fresh Fish Fillets
Fresh whole fruit
Still & Sparkling Water, Tea/Coffee Skimmed Milk, Soy milk & Almond Milk & Fresh Orange Juice

Can you please include some pancakes with pregame meal as well?

Game Day Dinner after game

- ✓ Assorted Buns and Butter Chef's choice soup
- ✓ 2 Salads of the Following (Chef's Choice):
 - Mixed Green w/ 3 Assorted Dressing Caesar with condiments
 - Bean Salad Broccoli Salad Potato Salad
 - Cauliflower and broccoli salad
 - Spinach Salad w/ Red Onion, Grape Tomato, Feta Cheese w/ raspberry vinaigrette
 - Cous Cous Salad
- ✓ Whole Fruit: Apples, Oranges, Bananas
- ✓ Coffee, Tea and Assorted Juices
- ✓ Assorted low fat Greek Yogurt, mixed berries and granola
- ✓

Entrées:

- ✓ Potato wedges
- ✓ Chicken fingers and dipping sauces
- ✓ Pizza variety chefs choice
- ✓ Make your own chicken and beef burger bar
- ✓ Garlic whipped mashed potatoes
- ✓ Roast beef
- ✓ Vegetable chefs choice
- ✓ Dessert -cheesecake