



# Away Menu

Thank you for providing food for our players! Your chef and catering team are an integral cog in ensuring each player reaches their nutritional targets around competition.

**The meals aim to saturate the muscle and liver with glycogen using carbohydrates to fuel/refuel performance, repair muscle damage with lean protein, hydrate/rehydrate with liquids, and avoid gastrointestinal discomfort.**

Therefore all food for players is based on these nutritional principles:

- High-quality carbohydrates from a variety of sources
- Low fat (avoid: frying, excessive oil use, adding cream/butter/oil to sauces or foods, high fat gravy and sauces)
- Lean protein sources
- Moderate salt
- Low-moderate fibre content
- All fish should be filleted and contain no bones
- Fruit and vegetables are fresh, cleaned well, and are ready to eat
- Only use fresh eggs
- Avoid hot spicy sauces and spices
- Food is presented in an appetising way

Please feel free to use your expertise when producing the meals within this document, bringing your own personal touches in line with the nutritional principles above to produce high quality and enjoyable food.

All meals must be ready for the times requested. These times have been allocated to ensure the player's nutritional requirements are met at the correct times in preparation for their matches and training.

# Dinner Option 2

## Food Service (food served in this order)

Hot Carbohydrates	<ul style="list-style-type: none"><li>• Hot plain white penne/fuselli pasta tomato pasta sauce on the side</li><li>• Well seasoned potato wedges</li><li>• Pesto pasta with vegetables (tomatoes and mushrooms)</li></ul>
Hot Vegetables	<ul style="list-style-type: none"><li>• Honey roasted root vegetables (carrots, parsnips, butternut squash)</li><li>• Broccoli</li></ul>
Hot Protein	<ul style="list-style-type: none"><li>• Sliced well seasoned steak</li><li>• Homemade crispy chicken schnitzel</li><li>• Well seasoned grilled butterfly chicken breast</li></ul>
Cold Salad	<ul style="list-style-type: none"><li>• Undressed mixed salad leaves</li><li>• Moroccan cous cous salad - cous cous, rasins/sultanas, chopped vegetables, corriander, olive oil, lemon</li></ul>
Sweet	<ul style="list-style-type: none"><li>• Homemade and individually portioned warm apple crumble with low fat custard on the side</li></ul>
Sliced Fresh Fruit Platter	<ul style="list-style-type: none"><li>• Well presented platter of sliced fresh fruit, a combination of: pineapple, different types of melon, strawberries, blueberries, raspberries, grapes, mango, kiwi</li></ul>
Whole Fruit	<ul style="list-style-type: none"><li>• Fruit bowl filled with fresh ready to eat fruit, a combination of: bananas, apples, oranges/tagerines, plum/nectaraine/peach</li></ul>
Condiments	<ul style="list-style-type: none"><li>• Tomato sauce, BBQ sauce, brown sauce, mustard, mayonaise</li><li>• Selection of Salad Dressings: balsamic, french dressing, cesear dressing</li></ul>

## On the players tables

Drinks	<ul style="list-style-type: none"><li>• Smooth orange juice</li><li>• Apple juice</li><li>• Iced water</li><li>• Glasses for players to help themselves to liquids</li></ul>
Bread	<ul style="list-style-type: none"><li>• Ciabatta garlic bread</li></ul>
Coniments	<ul style="list-style-type: none"><li>• Salt and pepper</li></ul>

## Additional Stations

Hot Drink Station	<ul style="list-style-type: none"><li>• Selection of tea: english breakfast, decaf english breakfast, peppermint, earl grey, camomile (hot/boiling water for tea)</li><li>• Fresh decaffeinated coffee</li><li>• Semi-skimmed milk, oat milk, and soya milk</li></ul>
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