



# 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.

# Lunch Option 1

## Food Service (food served in this order)

|                            |   |
|----------------------------|---|
| Hot Carbohydrates          | <ul style="list-style-type: none"> <li>Hot plain white penne/fuselli pasta with pesto sauce and tomato sauce on the side</li> <li>Well seasoned potato wedges</li> <li>Chicken breast, chorizo, tomato, red pepper rice dish</li> </ul>                       |
| Hot Vegetables             | <ul style="list-style-type: none"> <li>Steamed green beans, mangetout, tenderstem, asparagus</li> </ul>   |
| Hot Protein                | <ul style="list-style-type: none"> <li>Salmon with salt, pepper, and fresh lemon</li> <li>Smoky pork loin (salt, pepper, paprika, dried garlic, dried onion)</li> <li>Well seasoned grilled butterfly chicken breast</li> </ul>                               |
| Cold Salad                 | <ul style="list-style-type: none"> <li>Selection of cold meats and cheeses</li> <li>Undressed mixed lettuce leave</li> <li>Moroccan cous cous salad - cous cous, rasins/sultanas, chopped vegetables, corriander, flaked almonds, olive oil, lemon</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>  |
| Sweet                      | <ul style="list-style-type: none"> <li>Individually portioned chocolate and raspberry flapjack</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/necteraine/peach</li> </ul>  |

## On the players tables

|           |  |
|-----------|--|
| Drinks    | <ul style="list-style-type: none"> <li>Orange smoothie (pineapple, mango, orange juice, banana)</li> <li>One of the juices listed in the cold drinks section</li> <li>Iced water</li> <li>Glasses for players to help themselves to liquids</li> </ul> |
| Coniments | <ul style="list-style-type: none"> <li>Salt and pepper</li> </ul>  |

## Additional Stations

|                       |  |
|-----------------------|--|
| Bread / Toast Station | <ul style="list-style-type: none"> <li>Selection of bread: thick sliced white bread, thick sliced multigrain bread, bagels, crumpets</li> <li>Spreads: honey, strawberry/rasberry jam, butter, peanut butter</li> <li>2x rotary toasters for players to make their own</li> </ul>  |
| Cereal Station        | <ul style="list-style-type: none"> <li>Warm/hot porridge made with semi-skimmed milk</li> <li>Selection of cereal: weetabix, granola, coco pops, special K or museli</li> <li>Semi-skimmed milk, oat milk, and soya milk for players to pour on to their cereal</li> <li>Dried fruit, a combination of: dried banana, dried mango, raisins, dried aprirts</li> </ul> |
| 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 and caffeinated coffee</li> <li>Semi-skimmed milk, oat milk, and soya milk</li> </ul>   |
| Fresh Juices          | <ul style="list-style-type: none"> <li>Smooth orange juice</li> <li>Apple juice</li> <li>Other fresh juice of chefs choice</li> </ul>  |