

DEB

Catering requirements




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General notes

- Preparation of and allergy information on food must be in accordance with current food hygiene regulations and guidelines.
- A variety-rich menu plan increases acceptance by the players, and ensures the necessary nutrition is provided for the athletes.
- Consider meal preferences, intolerances, and player feedback.
- Modified, homemade fast food dishes are highly popular! e.g. Homemade pizza topped with fresh vegetables; mozzarella and lean ham; burgers made from spelt buns and turkey breast patties (vegetarian, vegan: vegetable/tofu patties).
- Try to prepare meals in a manner that preserves the nutrients of the ingredients.
- Convenience products should be reduced to a minimum.
- Seasonal, regional, fresh products are preferable, especially fruits and vegetables, if possible.
- Meat, eggs, fish (and milk products) should be from free-range and organic sources
- Meat, fish, tofu/Quorn: Always offered in small pieces on the buffet, so that individual portion sizing is possible
- Sauces and dressings always separate
- Avoid using any additional ingredients like alcohol, sweeteners and alcohol sugars in the preparation
- Use of high-quality oils like rapeseed oil or olive oil (avoid sunflower oil) for salads and cold dishes, for warm dishes use healthy cooking oils like high oleic rapeseed oil)
- The meals should always be low-fat. Deep-fried dishes and high-fat sauces and desserts should be avoided
- Food should be cooked in a manner that is easily digestible: boil, steam, stew, simmer in parchment paper, cook in earthenware pots, a coated pan or in the oven, barbeque without oil. Frying and deep-frying should be avoided.
- Use iodized salt

Breakfast

Bread/Oats/Cereal

- Wholegrain bread wholegrain buns, fine grain (spelt, wheat, rye)
- Mixed-grain and multi-grain bread and buns
- Lye pastry like pretzels
- Crispbread
- Natural cereals like oats (fine flakes)
- Ready-mix cereal: Sugar content below 20g/100g. Ideally below 15g/100g. Tips:
 - a) For chocolate cereal use the dark chocolate version
 - b) Ready-mixed cereal can be thinned down by adding oats.
 - c) There are several delicious crunchy cereals without added sugar (e.g. Kellogg's no sugar added)
- Cornflakes or wholegrain flakes without added sugar
- Porridge (without sugar)
- Freshly made porridge-style muesli with milk and grated apple „Bircher muesli“
- Pancakes

Avoid: croissants, pastry, cereals with high sugar content like cocoa pops

Spreads

- Honey, jam, NNut butters (e.g. almond cream, peanut butter), without added ingredients like sugar
- Butter

Nuts and Seeds

- Almonds, walnuts und cashews (unroasted)
- Linseeds (ground- be aware - they can quickly turn rancid)

Fruits* & Vegetables

Preferably seasonal and regional fruits (ideally organic).
Served as whole pieces or cut on a fruit platter

- Berries (e.g. fresh or unsweetened defrosted frozen-berries)
- Bananas
- Apples
- Oranges
- Pears
- Fresh, self-made fruit salad, without added sugar
- Compotes or apple sauce, unsweetened or only slightly sweetened
- Dried fruits like dates, apricots and raisins
- Freshly pressed vegetable and fruit juices
- Freshly sliced cucumber, cherry tomatoes, and pickles

* Fresh fruits should always be ripe and tasty

Avoid: canned fruits

Milk & Milk Products

Preferably organic milk products

- Milk and plain yogurt - if required, lactose-free alternatives
- Kefir; plain buttermilk
- Quark (low fat max. 20% fat)
- Cottage cheese
- Hard cheese like Gouda, Tilsit
- Mozzarella cheese

Eggs

Preferably free-range or organic eggs

- Hard-boiled eggs
- Scrambled eggs with fresh herbs
- Omelette

Sausages

High-quality sausages, preferably from free range or organic meats

- Turkey breast cold cuts
- Chicken breast cold cuts

Avoid: salami or mortadella

Non-Dairy Products

- Oat milk, Soy milk, upon request: 1 or 2 additional products

Additional: water, selection of teas and coffee

— Main Courses: — Lunch and Dinner

The last big meal (approximately 4 hours) before a game (or an important and high-intensity training session) :

It should be easily digestible: Ingredients like onions, garlic or spicy dishes should be avoided. The meals should contain sufficient easily digestible carbohydrates (pasta, bread, potatoes or rice), a small amount of easily digestible protein sources, and should be low in fat and fibre (no wholegrains or pulses). A small amount of easily digestible and well-cooked vegetables is possible as well. Suitable meals are, for example, spaghetti with a lean Bolognese or tomato sauce, or rice-bowls made of basmati-rice, carrot and sliced turkey breast. Some examples of desserts include low-fat banana bread, rice pudding, semolina pudding with raspberry sauce (preferably prepared with plant-based milk or lactose-free milk), ripe bananas, banana-smoothies etc.

Buffett Set-Up

Varied, colourful salad buffet

Fresh, seasonal, regional products are preferable

- 2 different types of leaf salads
- Selection of fresh salads (without dressing) with e.g. tomatoes, beets (cooked), cucumbers, peppers, carrots, green beans, lentils/ green beans/chickpeas, potatoes
- Fresh “mix and match” ingredients e.g. corn kernels, freshly chopped herbs, halved hard-boiled eggs, feta or mozzarella cubes, cottage cheese, seeds/ chopped nuts, avocado

Offer the dressing separately e.g. low-fat yogurt-based dressing, a selection of cold-pressed high-quality oils (e.g olive oil, walnut oil) and vinegar

Selection of mixed, fine-grained wholemeal bread/rolls/baguette slices

Soup of the Day at Lunch

Self-made vegetable broth with or without added ingredients (e.g. small soup noodles) or creamy low-fat vegetables soups (without cream or crème fraîche)

3 different Carbohydrate side dishes: 1x potatoes and 2 x different grain-based side dishes

Potatoes

- Jacket or boiled potatoes, mashed potatoes made from fresh potatoes or sweet potatoes, home made baked potatoes or gnocchi

Avoid: sliced fried potatoes, croquettes, french-fries, high-fat fried potatoes

Grains

- Spaghetti, pasta variations in different forms and from different flours (e.g. wheat, spelt, wholemeal*), spaetzle, couscous, bulgur (*wholemeal variations are unsuitable before (3 to 4 hours) an intense training session or game. Wholegrain pasta is more appropriate for the meal on moderate training days, after the last training session. Tips for a better acceptance of wholegrain or wholegrain "beginners"
 - a) Mix wholegrain pasta with light pasta
 - b) Choose the right wholegrain pasta!There are delicious spelt-grain pastas on the market)
- Polenta, (parboiled) rice, wild rice, quinoa, millet, green spelt, buckwheat

3 different protein side dishes:

1x meat, 1 x fish und 1x vegetarian/vegan (as per demand)

Animal protein sources should come from free-range or organic sources

Meat

- Lean beef, veal, poultry (fillet, cutlet), low-fat preparation (naturally roasted, steamed or grilled)

Avoid: high-fat, smoked or cured meat (e.g. bacon, sausages), pork

Fish and Seafood

- Preferred: salmon, mackerel, herring, trout. Seafood like scampi

Vegetarian or Vegan

- Quorn, tofu, soy mince
- Legumes such as lentils, chickpeas (attention: rather difficult to digest. Legume recipes are not suitable for the last meal before a game)
- Herb curd, vegan and vegetarian
- Eggs (vegetarian)

2 different vegetable side dishes:

Fresh, regional, seasonal vegetable are preferable (alternative: natural frozen variant)-preferably organic)

Cooked in a crisp and nutrient-friendly way (e.g. steamed vegetables with a small amount of high-quality oil)

- Easily-digestible vegetables include: carrots, fennel, young kohlrabi, spinach, cauliflower and broccoli (short stalk), fine green peas, tomatoes, zucchini, corn etc.
- Vegetables that are difficult to digest include*: cabbage varieties such as red cabbage, brussels sprouts, sauerkraut, leeks, onions, mushrooms, peppers etc.

*As for food in general, the tolerance for vegetables varies for each individual. Vegetables that are difficult to digest should not be included in meals before intense training sessions or games.

Side Sauces - always separate

Low-fat side sauces, broth-based sauce (jus)

**Avoid: mayonnaise, cream sauces, tartar sauce, hollandaise sauce, high-fat cheese sauces*

Dessert: fresh fruits and an additional dessert if needed

- Selection of fresh fruit (seasonal and regional fruits, as well as bananas, are preferred) either as finger food or a fruit platter
- Athlete-friendly desserts made from low-fat recipes e.g. modified sponge cake recipes, fruit tarts, curd or yogurt dishes, homemade/fresh smoothies etc.

**Avoid: flaky pastries, high-fat baked goods like cream cakes*

Additional: water, selection of teas and coffee

Snack Ideas

The right snack choice depends on timing in relation to exercising (before and after the session) and goal setting. Below are some general ideas which are divided according to protein and carbohydrate content. If needed, sports nutrition supplements may also be useful

Proteins + low carbohydrate content

- Plain natural yogurt or with berries
- Low-fat Greek yogurt or Skyr with no added sugar
- Low-fat curd dishes with berries and no added sugar
- Unsalted and unroasted nut mix
- Grainy cottage cheese
- For vegans: perhaps a natural soy yogurt (as long as the soy-consumption is not overdone and the vegans find this alternative agreeable)
- Protein shakes (whey or perhaps vegan alternative)

Combination of proteins and carbohydrates

- Chocolate milk (alternative: recovery shakes)
- Yogurt drinks
- Cereals made from fresh chopped fruits, oats and fruit Skyr
- Homemade yogurt-/Skyr-based fruit smoothie (if possible, a vegan option with soy yogurt)
- Sandwiches with low-fat toppings like cheese or tofu
- Banana honey curd

Carbohydrates + low protein content

- Dried-fruit mix (unsulphered and unsweetened)
- Fresh and ripe fruits, like bananas
- Homemade energy balls
- Low-fat granola bars
- Rice pudding or semolina porridge with oat-milk or low-fat (lactose-free) milk (a recipe with cow's milk is naturally higher in protein)
- Pretzel (lye) pastries, light bread rolls or slices of bread with honey or hummus
- Low-fat, homemade fruit bread/ banana bread
- Sport gels, sport bars

Drinks

- Water
- Diluted juices or isotonic sports drinks
- Warm/cold unsweetened fruit teas (or perhaps sweetened, depending on requirements)

Menu Plan - Ideas

Breakfast

- Oatmeal and different kinds of muesli
- Bread/ rolls/ wholegrain bread rolls / pretzel (lye) rolls (perhaps gluten free rolls)
- Boiled eggs / scrambled eggs
- Cucumber / tomatoes / peppers etc.
- Banana / kiwi / apple / berries / oranges / dates etc. / fruit salad
- Selection of nuts
- Natural plain yogurt / cottage cheese / avocado
- Natural jams (if possible)/ honey
- Milk / oat milk or other alternatives (no soy)
- Cheese / mozzarella
- Chicken breast / ham / salmon

Snack

- Cold cuts (ham, cheese)
- Bread / rolls / wholegrain rolls / pretzel (lye) rolls
- Mice pudding
- Fresh fruit

We bring our natural nut butter machine to use for snacks and breakfast.

Day 1

Dinner

- Tomato soup
- Asian wok pan with chicken breast and rice
- Salmon fillet with green pesto
- Rice pudding

Day 2

Lunch

- Beef broth
- Boiled potatoes with herb curd
- Pasta (gluten free) with pesto
- Shrimps with dill sauce
- Non-breaded beef cutlet
- Broccoli - carrots - zucchini

Dinner

- Pea soup
- Pasta (gluten free) with tomato sauce and bolognese sauce and lean minced beef
- Turkey steaks with a dark mushroom sauce
- Pumpkin – aubergine (eggplant) – brussels sprouts
- Fruit salad

Day 3

Lunch

- Lentil soup
- Chicken curry with sweet potatoes
- Rice
- Trout filet
- Broccoli - carrots

Dinner

- Cream of pumpkin soup
 - Gnocchi + mashed potatoes
 - Roast beef with dark sauce
 - Turkey cutlet
 - Carrots – red cabbage
 - Greek yogurt with Stracciatella flavor + oatmeal
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Day 4

Lunch

- Sweet potato lime soup
- Quinoa + rice
- Non-breaded veal cutlet
- Chicken breast
- Aubergine (eggplant) - beets - spinach

Dinner

- Beef broth with pancake strips
- Oven potatoes + pasta
- Turkey cutlets / strips
- Beef fillet with a dark mushroom sauce
- Vegetable pan - carrots, peppers, etc.
- Curd – fruit

Day 5

Lunch

- Chicken stock soup
- Mashed sweet potatoes
- Pasta with a tomato sauce and homemade pesto
- Salmon fillet with spinach
- Grilled chicken and vegetables skewers
- Broccoli - carrots - zucchini

Player's Plate

Easy Training Menu

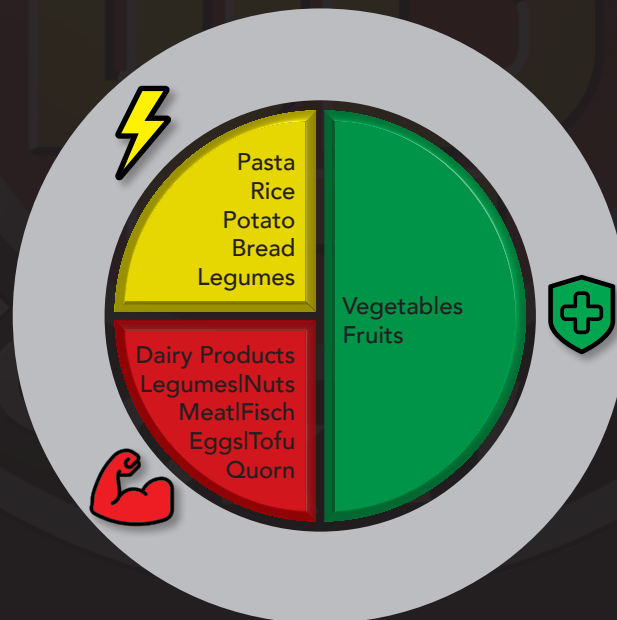
Low Energy Demand = Lower Carb Plate.
Low intensity training / volume day

Examples::

- Wholegrain wraps with omelet and vegetable filling. Dessert: natural plain yogurt with raspberries
- Mediterranean vegetable ragout with chickpeas, field salad with chopped eggs
- Vegetable stock soup, salmon fillet an bed of spinach, wild rice, pepper and cucumber salad with diced feta and sesame seeds

** The carbohydrate content can (if needed) be even more restricted. E.g. the carbohydrate content can be reduced by omitting the wraps or the rice.

Due to the buffet-structure and the modular system (obvious division of the meals through colour coding, or labeling the energy/ protein sources, micronutrients and fibers and so on) individualization is possible.



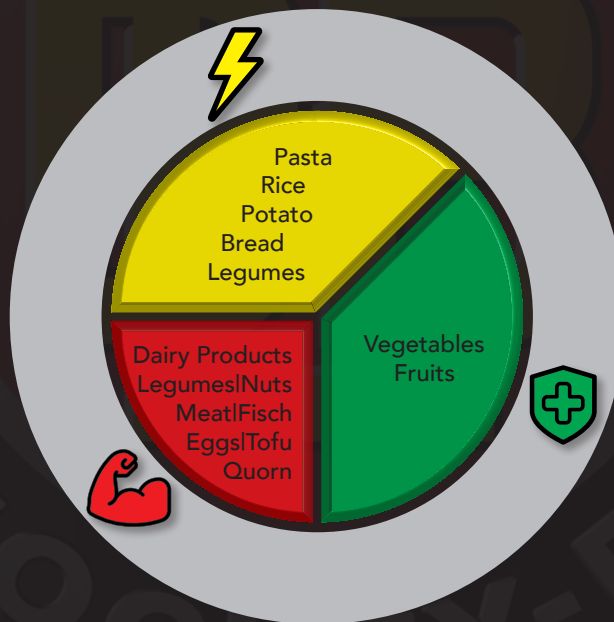
Moderate Training Menu

Moderate Energy Demand = Moderate Carb Plate.

Moderate training day „Baseline“Plate can be adjusted to easy or hard

Examples:

- Asian wok pan with turkey breast strips (tofu strips) and rice
- Burger (spelt buns with turkey breast patty) salad buffet. Dessert: Fruit smoothie
- Cream of pumpkin soup, beef fillet with pesto crust, pasta, steamed carrot and zucchini



Hard Training / Match Menu

High Energy Demand = High Carb Plate.

Two-a-day very hard training or match day.

Also suitable on match day-1 and post match

Examples:

e.g. suitable for meals after an intense training session:

- Spicy potato wedges with chicken breast fillet, broccoli and vegetables.
Dessert: banana walnut bread
- Cream of carrot soup, spaghetti with shrimps, fine whole-grain baguette.
Dessert: apple cranberry muffins

e.g. suitable as last big meal 3-5 hours before a game (because easily digestible):

- Spaghetti with a Bolognese sauce, baguette. Dessert: rice pudding with banana
- Basmati bowl with steamed carrots, turkey breast slices. Dessert: semolina pudding with raspberry sauce

* Significant is, besides the choice of the right foods, the right preparation of the meals – see master-template

