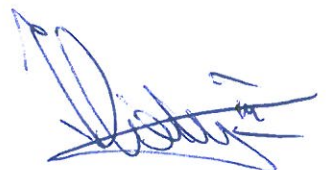


ROMANIA RUGBY TEAM
Period 16 -19.03.2018

BREAKFAST MENU (for the period 16 - 19.02.2018) - Swedish buffet.

Musli with fruits , cornflakes
Hot and cold milk
Natural and fruits yoghurt
Porridge made with fat milk
Selection of tea
Honey
Butter with salt
Jam of fruits (strawberry,cherry,peach,orange)
Selection of berries,nuts
· Selection of ham
Baked sausages
Fried bacon
Selection of cheese
Grilled tomatoes
Eggs: scrambled eggs,poached eggs,boiled eggs
Bread rolls and wholemeal toast
Selection of fresh fruits



Friday 16.03

Dinner

Beef soup 300 g (with 70 g beef)+ sour cream

Grilled tuna filet 250 g (after cooking) + 1/2 lemon

Gratinated potatoes 250 g

Bread 200 g

1 Banana

Yoghurt 100g (separate honey 20g / strawberry jam) + 20g of nuts



Saturday 17.03

Lunch

Tuna salad **400 g** (green salad, raspberries, raisins, tomatoes, olives, 1/2 boiled egg, tuna pieces 100g, parmesan 50g)

Pork chopper escalop **250 g (after cooking)**

Serbian rice **200g** (With mushrooms and Mexican vegetables)

Bread **200 g**

Apple strudel **100 g**

1 Orange

Dinner

Chicken soup (**300 g**) with noodles and meat (**50 g**)

Grilled beef steak **250 g (after cooking)**

Vegetable saps **100 g** (carrot, green beans, sparegreen)

Black rice **200 g**

Bread **200 g**

Chocolate moose **100g + 30g** (ice vanilla)



Sunday 18.02

Sports lunch

Green salad **300g**, red, carrot shave, parmesan, olives, 1 boiled egg

Breast chicken breastr **250 g(After cooking)**

Spaghetti **300g** +tomato sauce (separate)

Chocolate milk bar **100g**

1 banana

A handwritten signature in blue ink, located in the bottom right corner of the page. The signature is stylized and appears to be a name, possibly 'John', followed by a date '18.02'.