

**DAILY MENU**  
**Canoe Sprint World Championship 18.8.-27.8.2017**

			Supplements
Friday 18.08.17	Soup - lunch	Lentil soup	
	Menu 1	Roast pork, tomato vegetables, potato/rice	orange
	Menu 2	Turkey with steamed vegetables, rice/potato	
	dinner	Rabbit leg in mustard sauce, gnocchi/rice	fruit salad
Saturday 19.08.17	Soup - lunch	Beef broth with noodles and vegetables	
	Menu 1	Roast chicken breast, jasmine rice/grilled vegetables	banana
	Menu 2	Roast pork, potato puree/fried beans	
	dinner	Chicken natural schnitzel, potatoes, dressing	gingerbread
Sunday 20.08.17	Soup - lunch	Cauliflower cream	
	Menu 1	Pork with roast vegetables, potatoes/rice	pear
	Menu 2	Farfalle with thyme sauce and chicken breast	
	dinner	Filled chicken roulade, basmati rice/potatoes, yoghurt dip	fruit salad
Monday 21.08.17	Soup - lunch	Chicken broth with rice	
	Menu 1	Chicken curry, rice/pasta	watermelon
	Menu 2	Pork roast, dip, baked potatoes/vegetable, couscous	
	dinner	Pike with skin and baked baguette, grilled vegetables/farmer's potatoes, dip	Crumpets with forest fruit and sour cream
Tuesday 22.08.17	Soup - lunch	Broccoli cream soup with croutons	
	Menu 1	Roast chicken with rice/mashed potatoes, grilled vegetables	apple
	Menu 2	Beef stew with tomato sauce, pasta/dumplings	
	dinner	Pork tenderloin with delicate sauce of mushrooms, gnocchi/tagliatelle	apple pie
Wednesday 23.08.17	Soup - lunch	Chicken broth with liver rice	
	Menu 1	Roast beef with rice and honey-glazed carrot	banana
	Menu 2	Pork with spinach, potato/gnocchi	
	dinner	Chicken fillet on sage with vegetables, polenta/ potatoes	Fitness Brownies
Thursday 24.08.17	Soup - lunch	Goulash soup	
	Menu 1	Chicken fillet tandoori with rice and wok vegetables	pear
	Menu 2	Spaghetti Bolognese with cheese	
	dinner	Turkey steak with dijon sauce boiled potatoes/rice and vegetables	fruit salad with dressing
Friday 25.08.17	Soup - lunch	Vegetable minestrone	
	Menu 1	Turkey chop with steamed vegetables, rice/egg barley	watermelon
	Menu 2	Poached cod with mashed potatoes and vegetables	
	dinner	Beef Stroganoff, pasta/rice	vanilla pannacota with fresh fruit
Saturday 26.08.17	Soup - lunch	Chicken broth with bulgur	
	Menu 1	Roast pork, potato puree/fried beans	apple
	Menu 2	Chicken frikassé with rice/pasta	
	dinner	Pork medallions with rice/pasta and vegetables	rice pudding with compote fruit
Sunday 27.08.17	Soup - lunch	Beef broth with vegetables	
	Menu 1	Natural pork chop, rice/pasta, steamed vegetables	banana
	Menu 2	Chicken with vegetable rice and cheese, pickle	
	dinner	Boeuf Bourguignon, mashed potatoes	pancakes with fruit