

Concacaf Gold Cup 2021

TEAM SAMPLE MENU GUIDELINES

BREAKFAST:

- Fresh whole fruit (bananas, apples, oranges, grapes)
- Scrambled eggs w/ chives
- Dry cereals (assorted)
- Assorted breakfast breads (bagels, rolls, English muffins, croissants, breads), coffee cake & pastries; served with Marmalade, preserves, honey & butter – *please provide toaster*
- Hash browns or skillet potatoes
- **Choice of One Hot Meal:**
 - French toast, pancakes, waffles (maple syrup on side)
- **Choice of One:**
 - Bacon, sausage, ham
- Bottled water, coffee (regular and decaf), tea, milk (2% and non-fat)
- Assorted fruit juice options (orange, apple & cranberry)

LUNCH:

- Soup of the day (variety each meal)
- Assorted breads/rolls
- Green salad (cesar, spinach or tossed) – dressings on the side
- Fresh whole fruit (bananas, apples, oranges, grapes)
- Vegetables (choose one: corn, broccoli, green beans, crudité, etc.)
- Lunch Meat Platter (turkey, ham, roast beef) with condiments
- Plain Tuna (with mayonnaise on side)
- **Choice of Two (2) Entrées and Two (2) Starch Dishes**
 - Entrees**
 - Chicken (grilled, teriyaki, BBQ, baked)
 - Turkey
 - Hamburgers and Grilled Chicken
 - Mexican or Chinese Buffet
 - Pasta/Starches**
 - Various pastas (choice of marinara, alfredo, meat and pesto sauces on side)
 - Potatoes (baked, mashed, roasted, etc.)
 - Rice (white, brown, wild, pilaf)
 - Macaroni & Cheese
 - Lasagna (meat and vegetable) or Ravioli
- Bottled water, assorted fruit juice options (orange, apple, cranberry), iced & hot tea, milk (2% and non-fat), coffee
- Dessert (choose one: cookies, cake, ice cream, brownies etc.)

DINNER:

- Soup of the day (variety each meal)
- Assorted breads/rolls Green salad (Cesar, spinach or tossed) – dressings on the side
- Fresh whole fruit (bananas, apples, oranges, grapes)
- Vegetables (choose one: corn, broccoli, green beans, crudité, and etc.)
- Lunch Meat Platter (turkey, ham, roast beef) with condiments
- Plain Tuna (with mayonnaise on side)

- **Choice of Two (2) Entrées and Two (2) Starch Dishes**

Entrees

- Chicken (grilled, teriyaki, BBQ, baked)
- Turkey
- Pork
- Beef
- ½ serving of Fish & ½ serving of another protein dish
- Hamburgers and Grilled Chicken
- Mexican or Chinese Buffet

Pasta/Starches

- Various pastas (choice of marinara, alfredo, meat and pesto sauces on side)
- Potatoes (baked, mashed, roasted, etc.)
- Rice (white, brown, wild, pilaf)
- Macaroni & Cheese
- Lasagna (meat and vegetable) or Ravioli
- Bottled water, assorted fruit juices options (orange, apple & cranberry), iced & hot tea, milk (2% and non-fat), coffee
- Dessert (choose one: cookies, cake, ice cream, brownies, and etc.)

PHILOSOPHY

Please be creative with entrée selections, while adhering to the framework provided, and acknowledging that a healthy diet and food variety are our main goals. The multiple menu items are not intended to serve all 25+ people; therefore, foods such as the cereals, chicken/tuna salads, soups, desserts, etc. do not require large quantities. Athletes tend to pick and choose items to stay on their own individual diet regimens – this menu is intended to allow them to do just that. Again, variety over quantity is preferred.