

# BJJ Globetrotters

## Summer Camp 2016

### Meal plan menu

*(subject to change)*

#### **BREAKFAST**

Various sorts of bread

- white, multicereal, cracker bread
- Pistolets
- Sandwiches

Various sorts of fillings:

- Cheese
- Ham
- Salami
- Pâté
- Smoked salmon
- Crab salad
- Jam
- Nutella
- Honey
- Scrambled eggs with pieces of bacon

Salad bar

- Salad
- Tomatoes
- Cucumber
- Carrots

Various cereals:

- Milk
- Yoghurt
- fresh fruit

#### **LUNCH**

Choice between

- Chicken, curry, rice
- Pasta with vegetables (tomatoes, courgettes, carrots, leek, aubergines) in tomato sauce
- Chicken fillet with carrots and mashed potatoes

- Spaghetti Bolognese / Napoli
- Fishfilet met spinach and mashed potatoes
- Chicken with apple sauce and mashed potatoes
- Fresh vegetables au gratin with cooked potatoes

+ Salad bar

## **EVENING MEAL**

5 x Mini-sandwiches per person

(mix crusty/soft sandwiches, white & grey)

With following fillings:

- Tomato- mozzarella, tapenade, basil (\*)
- Serranoham, rucolla, sundried tomatoes, parmezan
- Brie cheese, rucolla, honey, grapes (\*)
- Smoked salmon, herb cheese, chive(\*)
- Club sandwich cheese (\*)
- Club sandwich ham
- Chicken, lettuce, pineapple
- Meat, onion, sour-sweet cucumber martino sauce
- Crab salad, tomato, lettuce, shrimps

(\*) also for vegetariens

3 x person:

Choice between:

- half baguette(white/grey) : club ham, cheese, meat, tunasalad, smoked salmon, chicken curry, brie cheese
- wraps with smoked salmon/herb cheese, lettuce, tomatoes, feta cheese & vegetables
- vikingbread with smoked salmon/herb cheese, chicken curry & vegetables, crab salad & vegetables

Soup (homemade)

- Tomato
- Carrot
- Courgette
- Pumpkin
- Chervil
- Leek