

## Menu

### IDO WORLD CHAMPIONSHIPS

**26.11 – 4.12.2024 Kielce**

Please check out the menu below to see our daily meal options available for ordering.

Price of one breakfast set: 8€

Price of one lunch set: 11€

Each lunch set includes one main course and a drink (you can choose between water or fruit drink 0,5l).

To place an order, please have the form filled out by the coach or group leader from the individual clubs and send it to the address: [objazdowaszama@gmail.com](mailto:objazdowaszama@gmail.com)

Lunches and breakfasts will be served in the buffet at the same time for the entire group at a previously agreed time. Meal pickup times can be scheduled each morning at the buffet.

**Deadline for placing orders: 14.11.2024**

#### **Day I - 26.11.2024**

##### BREAKFAST

- 1\* Pancakes with cottage cheese, vanilla and blueberry – V
- 2\* Grilled toast with cheese and ham, mix salad, feta cheese, egg, vinaigrette sauce

##### LUNCH

- 1\* Pork roulade with vegetables in sauce, potatoes, salad
- 2\* Pasta with spinach, feta cheese, and chicken
- 3\* Pasta with spinach and feta cheese – V

#### **Day II - 27.11.2024**

##### BREAKFAST

- 1\* Apple fritters, cottage cheese with vanilla and blueberry – V
- 2\* Boiled sausages, tomato, sauces, bread

##### LUNCH

- 1\* Roasted turkey with cranberries, rice, salad
- 2\* Baked fish (Hake), potatoes, salad
- 3\* Dumplings with meat, red borsht – T
- 4\* Dumplings with potatoes and cheese, red borsht – V, T

## **Day III - 28.11.2024**

### **BREAKFAST**

- 1\* Pancakes with cottage cheese, vanilla and blueberry – V
- 2\* Caesar salad with chicken, garlic or vinaigrette sauce
- 3\* Feta cheese salad, vinaigrette sauce – V

### **LUNCH**

- 1\* Baked chicken leg, baked potatoes, salad
- 2\* Cabbage rolls with meat (pork) in tomato sauce, potatoes, salad – T
- 3\* Vegetable Cabbage rolls In tomato sauce, potatoes, salad – V, T

## **Day IV - 29.11.2024**

### **BREAKFAST**

- 1\* Apple fritters, cottage cheese with vanilla and blueberry – V
- 2\* Chicken panini

### **LUNCH**

- 1\* Roasted pork with vegetables in sauce, potatoes, salad
- 2\* Chicken with sweet and sour sauce, mix of baked vegetables, rice
- 3\* Mix of baked vegetables, rice, sweet and sour sauce – V

## **Day V - 30.11.2024**

### **BREAKFAST**

- 1\* Pancakes with cottage cheese, vanilla and blueberry – V
- 2\* Grilled camembert with cranberries, salad, tomato, cucumber, vinaigrette sauce, bread

### **LUNCH**

- 1\* Baked duck fillet with cranberries, baked potatoes, salad
- 2\* Pasta Bolognese
- 3\* Tomato pasta – V

## **Day VI - 1.12.2024**

### **BREAKFAST**

- 1\* Apple fritters, cottage cheese with vanilla and blueberry – V
- 2\* Grilled toast with cheese and ham, mix salad, feta cheese, egg, vinaigrette sauce

### **LUNCH**

- 1\* Baked chicken fillet, potatoes, salad
- 2\* Fish in breadcrumbs, potatoes, salad
- 3\* Dumplings with meat, red borsht – T
- 4\* Dumplings with potatoes and cheese, red borsht – V, T

## **Day VII - 2.11.2024**

### **BREAKFAST**

- 1\* Pancakes with cottage cheese, vanilla and blueberry – V
- 2\* Boiled sausages, tomato, sauces, bread

### **LUNCH**

- 1\* Pork meatballs in sauce, groats, salad
- 2\* Chicken nuggets with rice, sweet chilli sauce, salad
- 3\* Vegetables balls in sauce, groats, salad – V

## **Day VIII - 3.11.2024**

### **BREAKFAST**

- 1\* Apple fritters, cottage cheese with vanilla and blueberry – V
- 2\* Caesar salad with chicken, garlic or vinaigrette sauce

### **LUNCH**

- 1\* Baked chicken fillet, with cheese and tomato, potatoes, salad
- 2\* Pasta Bolognese
- 3\* Tomato pasta – V

## Day IX - 4.12.2024

### BREAKFAST

- 1\* Pancakes with cottage cheese, vanilla and blueberry – V
- 2\* Grilled toast with cheese and ham, mix salad, feta cheese, egg, vinaigrette sauce

### LUNCH

- 1\* Minced cutlet (pork), potatoes, salad – T
- 2\* Dumplings with meat, red borsht – T
- 3\* Dumplings with potatoes and cheese, red borsht – T, V
- 4\* Zucchini cutlet, potatoes, salad – V

V - Vegetarian

T - Traditional

During the tournament, there will be a buffet, which in addition to the dishes mentioned above, will be offering :

grilled Chicken Burrito, grilled panini with chicken or tuna, casseroles, pancakes, apple fritters, pudding desserts, jellies, muffins, delicious cakes, strawberry shake, chia dessert, oatmeal with fruit, lemonade and delicious Italian coffee;)

For any questions please contact us by email: [objazdowaszama@gmail.com](mailto:objazdowaszama@gmail.com)

# FORM

Name: .....

Email: .....

Phone number: .....

## Day I - 26.11.2024

Quantity:

### BREAKFAST

- 1\* Pancakes with cottage cheese, vanilla and blueberry – V .....
- 2\* Grilled toast with cheese and ham, mix salad, feta cheese, egg, vinaigrette sauce .....

### LUNCH

- 1\* Pork roulade with vegetables in sauce, potatoes, salad .....
- 2\* Pasta with spinach, feta cheese, and chicken .....
- 3\* Pasta with spinach and feta cheese – V .....

## Day II - 27.11.2024

### BREAKFAST

- 1\* Apple fritters, cottage cheese with vanilla and blueberry – V .....
- 2\* Boiled sausages, tomato, sauces, bread .....

### LUNCH

- 1\* Roasted turkey with cranberries, rice, salad .....
- 2\* Baked fish (Hake), potatoes, salad .....
- 3\* Dumplings with meat, red borsht – T .....
- 4\* Dumplings with potatoes and cheese, red borsht – V, T .....

## Day III - 28.11.2024

### BREAKFAST

- 1\* Pancakes with cottage cheese, vanilla and blueberry – V .....
- 2\* Caesar salad with chicken, garlic or vinaigrette sauce .....
- 3\* Feta cheese salad, vinaigrette sauce – V .....

### LUNCH

- 1\* Baked chicken leg, baked potatoes, salad .....
- 2\* Cabbage rolls with meat (pork) in tomato sauce, potatoes, salad – T .....
- 3\* Vegetable Cabbage rolls in tomato sauce, potatoes, salad – V, T .....

## Day IV - 29.11.2024

### BREAKFAST

- 1\* Apple fritters, cottage cheese with vanilla and blueberry – V .....
- 2\* Chicken panini .....

### LUNCH

- 1\* Roasted pork with vegetables in sauce, potatoes, salad .....
- 2\* Chicken with sweet and sour sauce, mix of baked vegetables, rice .....
- 3\* Mix of baked vegetables, rice, sweet and sour sauce – V .....

## Day V - 30.11.2024

### BREAKFAST

- 1\* Pancakes with cottage cheese, vanilla and blueberry – V .....
- 2\* Grilled camembert with cranberries, salad, tomato, cucumber, vinaigrette sauce, bread .....

### LUNCH

- 1\* Baked duck fillet with cranberries, baked potatoes, salad .....
- 2\* Pasta Bolognese .....
- 3\* Tomato pasta – V .....

## Day VI - 1.12.2024

### BREAKFAST

- 1\* Apple fritters, cottage cheese with vanilla and blueberry – V .....
- 2\* Grilled toast with cheese and ham, mix salad, feta cheese, egg, vinaigrette sauce .....

### LUNCH

- 1\* Baked chicken fillet, potatoes, salad .....
- 2\* Fish in breadcrumbs, potatoes, salad .....
- 3\* Dumplings with meat, red borsht – T .....
- 4\* Dumplings with potatoes and cheese, red borsht – V, T .....

## Day VII - 2.11.2024

### BREAKFAST

- 1\* Pancakes with cottage cheese, vanilla and blueberry – V .....
- 2\* Boiled sausages, tomato, sauces, bread .....

### LUNCH

- 1\* Pork meatballs in sauce, groats, salad .....
- 2\* Chicken nuggets with rice, sweet chilli sauce, salad .....
- 3\* Vegetables balls in sauce, grots, salad – V .....

## Day VIII - 3.11.2024

### BREAKFAST

- 1\* Apple fritters, cottage cheese with vanilla and blueberry – V .....
- 2\* Caesar salad with chicken, garlic or vinaigrette sauce .....

### LUNCH

- 1\* Baked chicken fillet, with cheese and tomato, potatoes, salad .....
- 2\* Pasta Bolognese .....
- 3\* Tomato pasta – V .....

## Day IX - 4.12.2024

### BREAKFAST

- 1\* Pancakes with cottage cheese, vanilla and blueberry – V .....
- 2\* Grilled toast with cheese and ham, mix salad, feta cheese, egg, vinaigrette sauce .....

### LUNCH

- 1\* Minced cutlet (pork), potatoes, salad – T .....
- 2\* Dumplings with meat, red borsht – T .....
- 3\* Dumplings with potatoes and cheese, red borsht – T, V .....
- 4\* Zucchini cutlet, potatoes, salad – V .....

V - Vegetarian

T - Traditional