

## **Junior Guidelines Appendix 5 Recommended Menus for Junior Tournaments**

- ESF strongly recommend that both lunch and dinner are hot meals
- It is essential that there is sufficient quantity at all times, and that should matches finish late, sufficient food is still available
- Water to be available all day
- Carbohydrates (including wholegrain) pasta, rice, noodles, potatoes
- High quality lean protein such as chicken, mince lean cut, beef, lamb, eggs, lentils, chickpeas, beans or tofu
- Fruit and vegetables served at every meal
- Fruit, especially bananas, ideally available all day
- Consider providing energy snacks throughout the day
- Sample menus should be published on the tournament website alongside player information
- Vegetarians and those with other specific dietary requirements, should advise of their specific food requirements upon entry. Vegan sources include lentils, chickpeas, beans, tofu, bread, vegetables, though these vary in protein content