

BREAKFAST

Athletes:

- Fruit buffet (150g/person)
- Vegetables (150g/person)
- Warm buffet (200g oatmeal or 200g porridge, 2 scrambled eggs)
- Yoghurt (150g plain/fruit)
- Müsli (150g/person – roasted müsli, oat-flakes, corn flakes)
- Milk
- Warm beverages (coffee, black or herbal tea)
- Cold beverages (a choice of two types of juice)
- Pastries (white bread, wholemeal pastry, toast bread)
- Ham (10 dkg / os.) – chicken, pork, turkey
- Butter (2 servings per person)
- Cream cheese
- Sliced cheese (10 dkg/person)
- Sweet pastry (80g /person)
- Honey (1 pc/ person)
- Jam (1 pc/ person)