

Catering Guidelines

General Guidelines:

- An emphasis on foods high in carbohydrate e.g. bread, breakfast cereals, pasta, rice, noodles, starchy vegetables, fruit etc is required at all meals
- Inclusion of protein rich, low fat foods e.g. lean red meat, seafood, skinless chicken breasts, low fat dairy foods, legumes at each meal is also necessary
- A low saturated fat content is warranted, including an emphasis on low fat methods of cooking, limiting the oil used in the cooking process, selecting only lean cuts of meat/skinless chicken, using tomato based pasta sauces instead of cream based choices, making use of low fat alternatives wherever available e.g. low fat milk in custard instead of full cream milk and avoiding “fatty/processed” meats such as sausage, salami etc.
- Adequate supplies of fluid. Jugs of water, cordial and juice should be available to riders at each meal.

Meal Guidelines:

Breakfast

- Selection of breakfast cereals: mixed flake cereal with fruit and nuts (eg: Sustain, Just Right), Natural Muesli, Cornflakes, WeetBix/Vita Brits, Nutrigrain
- Selection of milk- full cream, reduced fat, skim, soy
- A variety of sliced breads (white, whole meal, multigrain), fruit loaf, English muffins (fork split) & crumpets for toasting
- Spreads such as honey, jam, peanut paste, Vegemite, margarine and butter
- Fruit, including pre-sliced fresh fruit and tinned fruit
- Whole fruit
- Low fat fruit flavoured yoghurt
- Fruit juice & water, tea & coffee, Milo
- One egg item (e.g. poached eggs, scrambled eggs, omelet; each with minimal oil in cooking)
- Baked beans or spaghetti

Lunch

- Rolls, flat breads or regular bread for rolls, wraps or sandwiches
- Rolls to include a protein source such as lean ham, diced chicken breast, tuna or salmon, reduced fat cheese, or egg. No luncheon meat or fatty roasted meats
- Plain salad items, sliced for assembly in sandwiches: tomato, lettuce, grated carrot, sprouts, beetroot, coleslaw, cucumber, pineapple.
- Spreads such as avocado, hommus, fruit chutney along with margarine and low-fat mayonnaise. Margarine (if added) should be used sparingly
- Adequate supplies of fluid, water, cordial
- Vegetarian fillings to be available

If lunch packs are prepared for each rider these should include:

- 1 x large bread roll with a variety of fillings, including: ham/chicken/roast beef/cheese and salad (ensure vegetarian options available- ie: cheese and salad).
- 1 x piece of fruit (eg: apple, banana etc..)
- 1 x muesli bar
- 1 x tetra pack of juice (eg: Popper juice)
- 1 x mini chocolate bar (eg: mini Mars Bar)

Evening Meal

- Ideally, meals should be provided to riders as a buffet in order to allow athletes to adjust meal size to their liking. If meals are plated or served to the riders, carbohydrate foods such as bread rolls or carbohydrate side dishes (i.e. pasta salad, rice salad, cooked pasta, baked potatoes) should be made freely available for the athlete to adjust the carbohydrate content of their meal.
- Ideally, three main meals should be available including two meat options and a vegetarian choice.
- Evening Meal suggestions include:
 - Meat options (2 options provided at evening meal):
 - Pasta/noodle dish containing lean meat or chicken (eg: beef stir fry with vegetables and noodles; chicken, cashew & hokkien noodle stirfry; beef lasagne, ravioli with tomato based sauce)
 - Wet dish with lean meat/chicken (eg: Beef Stroganoff and steamed rice; Honey and soy chicken and hokkien noodles)
 - Lean roast meat or pieces of steak/chicken/grilled fish with a potato dish (e.g. oven baked jacket potatoes, mashed, baked wedges etc.) and other vegetables
 - Marinated beef or chicken kebabs (on skewers) with rice
 - Beef or Chicken burritos
 - Vegetarian Option (1 option provided at evening meal):
 - Vegetable lasagne
 - Bean burritos
 - Vegetable and tofu kebabs (on skewers) with rice
 - Vegetarian moussaka
 - Vegetarian quiche
 - Tofu stir fry with vegetables and noodles/steamed rice
 - Vegetable fillos
- Salads or vegetables should be served at each evening meal. Salad examples include garden salad with mixed lettuce, tomato, cucumber, Greek salad, pasta or rice salad. Mixed vegetables can be prepared as a stir fry, steamed or baked
- Ideally, dessert should be provided as desserts can be a compact source of carbohydrate. Examples include:
 - Rice pudding
 - Ice cream and fruit salad
 - Fruit compote and custard/ice cream
 - Self saucing pudding
 - Fruit crumble and ice cream/custard
- Adequate fluids should be available at the evening meal and should include fluids that contain carbohydrate. Cordial, juice and milk provides a compact source of carbohydrate which allows riders to top-up carbohydrate intake at the evening meal without increasing the total volume of food consumed.

Miscellaneous Items:

- Bowls of whole fruit provided
- Tea, coffee and Milo