

APPENDIX 2 – MEAL PLANNING STANDARDS FOR RALLY AND ROAR CAFÉ

Aim	Café is to provide snacks to student-athletes and staff
Rationale	<p>Snacks should include food items for recovery. Snacks for recovery are snacks that should be taken before and after an exercise/training/competition. The student-athletes need to replenish their muscle glycogen before and after exercise/training/competition. Therefore, the snacks need to be high in carbohydrates, contains protein, low in total and saturated fats or with low fat alternatives.</p> <p>No food and beverages that are high in Caffeine and Guarana would be served to the student-athletes. For example, all types of coffee beverages, energy drinks and soft drinks that consist of Caffeine and Guarana. It is inappropriate and unnecessary for young adults to consume caffeine as it hinders their potential for greater performance.</p>
Ideas for Recovery Snacks (carbohydrate-rich snacks with at least 10g of protein)	<ul style="list-style-type: none"> • Fruit Smoothies (based on low fat milk/soy milk, low fat yoghurt and fruits such as bananas) • Flavoured low fat milk • Sandwiches (e.g. eggs, chicken, etc.) • Cereal bars and bananas • Salads with eggs • Low fat yoghurt • Baked potatoes • Fortified Cereals, fruit and low fat milk • Oat porridge • Bircher muesli, etc. • Fresh fruit salad with yoghurt
Ideas for Other Snacks	<ul style="list-style-type: none"> • Ice cream (sugar based/ low fat) • Steamed items (e.g. Pau, Siew mai, etc) • Healthy Soups with bread • Pre-packed snacks such as muesli bars, plain biscuits, sugar biscuits, nuts, dried fruit • Bakery items such as Buns

Menu Planning Guidance	<ol style="list-style-type: none"> 1. Provide a variety and choice of menu items. Always ensure that there are food items that are <u>high in carbohydrates</u>, <u>low in fat</u> and <u>contains protein</u>. A full list of the menu items sold and any changes to the menu should be approved by the School. 2. The Caterer should ensure that food is prepared and certified “halal”. The premises in which the preparation and serving is done has to be certified “halal”. The Caterer is to bear the costs of the certification. 3. Provide vegetarian options in the menu. 4. Do <u>not</u> serve the following food items to Student-athletes: <ul style="list-style-type: none"> • Food and beverages that are high in Caffeine and Guarana (but these can be served to staff and adults). • Menu items cooked/ prepared in added fats/oils. For example: French fries • Preserved meat items 5. Cereals provided should be fortified and wholegrain. Fortification can include but is not limited to Iron, vitamin B 6. Use healthier salad dressings/ sauces (e.g. low fat) 7. Only ripe, fresh fruit is to be provided, clear of any deterioration or damage 8. Provide allergy/ intolerance labels. Items may include, but not limited to items that contain: <ul style="list-style-type: none"> • Monosodium Glutamate (MSG) and those containing Hydrolyzed Vegetable Protein (HVP). MSG is also known as code number 621. • Gluten • Seafood • Mushroom • Fava beans / beans • Milk
Food Safety	<p>The Caterer must also meet the following:</p> <ul style="list-style-type: none"> • At all times, the vendor shall procure food supplies whether cooked, uncooked, canned, bottled, etc. meeting the highest standards of hygiene and ensure that food nearing expiry date should be removed and not for consumption.

PART 3 REQUIREMENT SPECIFICATIONS

	<ul style="list-style-type: none">• The Caterer shall ensure food is thoroughly cooked before serving and no cross-contamination between raw and cooked food.• All fruits and fruit salads should be kept in the fridge at all times. The fridge should be kept at the recommended temperature before serving.• The Caterer shall be liable to settle any claims arising as a result of food poisoning caused by the food or any items supplied to the School. The Caterer will also be penalised at two times the total cost.• The Caterer shall ensure hygiene officer conducts frequent check on the cleanliness of the preparation area and serving area and inform the School on the schedules and outcomes of checks.• The Caterer shall cooperate fully with the School in respect of any hygiene audit or inspection by the School's appointed food hygiene auditor.
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