



## **RIGA AMBER CUP MENU OFFER**

### **REGULAR**

**FRIDAY - 13<sup>th</sup> of February**

#### **LUNCH**

**Grilled chicken fillet  
Rice with vegetables  
Carrot salad with sunflower seeds  
Cranberry drink**

#### **DINNER**

**Greek salad  
Polar bread with chicken  
Apple-caramel muffin  
Apple**

**SATURDAY - 14<sup>th</sup> of February**

#### **LUNCH**

**Chicken wok in sweet chili sauce  
Chinese cabbage salad  
Black currant drink**

#### **DINNER**

**Salmon poke  
Cranberry and honey cookie  
Mango-pineapple smoothie**

**SUNDAY - 15<sup>th</sup> of February**

#### **LUNCH**

**Turkey meatball in carrot sauce  
Baked potatoes  
Fresh cabbage salad  
Cranberry drink**

#### **DINNER**

**Caesar salad with grilled chicken  
Chocolate muffin  
Fruit smoothie with spinach and matcha**

**\*Please let us know about any allergies or dietary restrictions**



# **RIGA AMBER CUP MENU OFFER**

## **VEGETARIAN**

**FRIDAY - 13<sup>th</sup> of February**

### **LUNCH**

**Buckwheat cheese falafel  
Rice with vegetables  
Carrot salad with sunflower seeds  
Cranberry drink**

### **DINNER**

**Greek salad  
Apple-caramel muffin  
Apple**

**SATURDAY - 14<sup>th</sup> of February**

### **LUNCH**

**Cauliflower - tomato bake  
Chinese cabbage salad  
Black currant drink**

### **DINNER**

**Sweet potato and beet salad with lingonberry sauce  
Cranberry and honey cookie  
Mango-pineapple smoothie**

**SUNDAY - 15<sup>th</sup> of February**

### **LUNCH**

**Vegetable ratatouille  
Potato pancakes  
Cranberry drink**

### **DINNER**

**Quinoa salad with peanut sauce  
Chocolate muffin  
Fruit smoothie with spinach and matcha**

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## MEALS

| MEALS FRIDAY 13.02. |                                 |    |
|---------------------|---------------------------------|----|
| Meal time           | Lunch                           | #  |
| 13:15               | Ice Ignite Junior               | 20 |
| Meal time           | Dinner                          | #  |
| 14:00               | Filiae Aboenses Advanced Novice | 25 |
| 16:00               | DC EDGE Junior                  | 23 |

## MEALS

| MEALS SATURDAY 14.02. |                                 |      |
|-----------------------|---------------------------------|------|
| Meal time             | Lunch                           | #    |
| 14:15                 | Ice Ignite Junior               | 20   |
| 13:00                 | Ice Fire Advanced Novice        | 24   |
| 15:30                 | Starlight Elite                 | 12+8 |
| 14:15                 | Starlight Junior                | 15+4 |
| 13:00                 | Starlight Advanced Novice       | 21+2 |
| 12:15                 | Berlin Minis Juvenile           | 16+6 |
| Meal time             | Dinner                          | #    |
| 14:15                 | DC EDGE Junior                  | 23   |
| 13:00                 | Filiae Aboenses Advanced Novice | 26   |

## MEALS

| MEALS SUNDAY 15.02. |                       |      |
|---------------------|-----------------------|------|
| Meal time           | Lunch                 | #    |
| 12:30               | Ice Fire Pre-Juvenile | 17+4 |
| 12:30               | Ice Fire Adult        | 11+8 |
| 13:00               | Ice Fire Mixed Age    | 18+3 |
| 13:00               | Blue Crew Mixed Age   | 9+6  |