



STELLENBOSCH 2026

FISU CHAMPIONSHIP

01 SEPTEMBER 2026

FISU RUGBY CHAMPIONSHIP • STELLENBOSCH 2026 • ATHLETES' MENU

PLATED LUNCH

- Butter Chicken
- Basmati Rice
- Roasted Broccoli
- Sweet Corn Fritters
- Sambals
- Powerade

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 780–850 kcal | Protein 38–45 g | Carbohydrate 95–110 g | Fat 25–32 g

PLATED DINNER

- Beef Burger
- Fried Potato Cubes
- Fried Onion Rings
- Peas
- Roasted Butternut & Feta Salad
- Bread & Butter Pudding with Custard
- Assorted 300ml Cans

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 950–1,050 kcal | Protein 40–48 g | Carbohydrate 115–135 g | Fat 35–45 g

Nutritional values are indicative estimates based on standard catering portions and typical ingredient values. Actual values may vary according to recipes, portion sizes and branded products. Please contact the catering team for allergen or dietary-specific information.



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PLATED LUNCH

- Chicken Schnitzel with Cheese Sauce
- Roast Potato Wedges
- Creamed Spinach
- Pumpkin Pie
- Green Salad
- Cappy Juice 300ml Can

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 850–950 kcal | Protein 42–50 g | Carbohydrate 90–110 g | Fat 30–38 g

PLATED DINNER

- Marinated Beef Short Rib & Potato
- Samp & Beans
- Braised Baby Marrow & Onion
- Candied Cinnamon Carrots
- Three Bean Salad
- Malva Pudding & Caramel Cream Sauce
- Assorted 300ml Cans

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 1,000–1,100 kcal | Protein 45–55 g | Carbohydrate 115–135 g | Fat 38–48 g

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PLATED LUNCH

- Pulled Beef Seedloaf Sandwich
- Curried Pasta Salad
- Tropical Salad
- Junglebar
- Powerade

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 700-800 kcal | Protein 30-38 g | Carbohydrate 95-115 g | Fat 20-28 g

PLATED DINNER

- Flame-Grilled Tandoori Chicken Leg Quarter
- Savoury Lentil Rice
- Broccoli & Cauliflower Bake
- Caramelized Sweet Potato
- Apple & Coleslaw Salad
- Trifle
- Assorted 300ml Cans

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 900-1,000 kcal | Protein 45-55 g | Carbohydrate 110-130 g | Fat 28-38 g

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PLATED LUNCH

- Grilled Chicken Wrap
- Potato Salad
- Marinated Spinach, Chickpea, Sundried Tomato & Balsamic Vinegar Salad
- Assortment of Fresh Fruit
- Cappy Juice 300ml Can

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 700-800 kcal | Protein 35-42 g | Carbohydrate 90-105 g | Fat 20-28 g

PLATED DINNER

- Beef Lasagna
- Garlic Bruschetta (3 per person)
- Oven Roasted Vegetables
- Roasted Beetroot & Coriander Salad
- Chocolate Fudge Pudding
- Assorted 300ml Cans

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 900-1,000 kcal | Protein 40-48 g | Carbohydrate 105-125 g | Fat 32-42 g

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PLATED LUNCH

- Grilled Chicken, Feta & Guacamole Pita
- Butternut & Feta Cous Cous Salad
- Marinated Pickled Vegetable Salad
- Junglebar
- Powerade

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 700-800 kcal | Protein 35-42 g | Carbohydrate 90-110 g | Fat 22-30 g

PLATED DINNER

- Chicken à la King
- Tagliatelle
- Gem Squash
- Corn on the Cob
- Sticky Toffee Pudding & Caramel Crème Sauce
- Assorted 300ml Cans

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 900-1,000 kcal | Protein 40-48 g | Carbohydrate 115-135 g | Fat 28-38 g

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PLATED LUNCH

- Grilled Chicken Poke Bowl
- Assorted Fruit
- Packet of Doritos
- Cappy Juice 300ml Can

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 650-750 kcal | Protein 35-42 g | Carbohydrate 85-105 g | Fat 18-25 g

SOCIAL BRAAI DINNER

- Lamb Spit Braai / Chicken
- Pasta Salad
- Greek Salad
- Baby Potatoes
- Garlic Bread

NUTRITIONAL INFORMATION — ESTIMATED PER SERVING
Approx. 1,050-1,200 kcal | Protein 45-55 g | Carbohydrate 75-95 g | Fat 55-70 g

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