



## Pre-Match Menus

Nutrition is vital to maximising your team's preparation for upcoming matches and events. Travelling to games, especially long journeys, can provide a huge challenge for managers and coaches to ensure their team is prepared properly.

The Lucan Spa Hotel has become hugely popular as a destination serving pre-match meals for teams and individuals. We continue to support both men's and ladies teams in a number of disciplines, including Gaelic Football and Hurling, Soccer, Rugby, Swimming, Athletics and many more. Our clients include Senior County GAA Panels, League of Ireland Premier/First Division teams and a number of Athletics clubs throughout the country.

Whether your game is early or late in the day, we suggest aiming to fuel up with a satisfying meal about three hours in advance. Lighter meals can be eaten closer to game time. Our menus below are designed to contain mostly easily digested carbohydrates (glycogen), as well as small amounts of fats and protein. A small amount of fibre in the form of vegetables or fruit will slow down the rate of breakdown of the carbohydrate, keeping blood sugar more stable.

### Breakfast/Light Brunch

Toast, Baked Beans, Scrambled Eggs, Cereal, Tea/Coffee €12.50  
*Add Fruit Smoothies for €2.00 per person extra.*

Selection of Fruit Salad, Natural Yoghurt with Blueberries, Tea/Coffee €10.50

Brioche Bun served with Crunchy Peanut Butter & Banana Slices: €10.50

Traditional Porridge, Honey & Mixed Berries, Orange Juice, Toast: €12.50

### Lunch

Steamed Chicken Breast served with White Rice & Roasted Carrots: €18.50

Homemade Chicken Pasta served with a Tomato Sauce: €17.50

Baked Potato and Turkey Mince served with Green Vegetables: €17.50

Roast Irish Beef served with Steamed Potato & Horseradish Sauce: €19.50

Baked Atlantic Cod served with Steamed Broccoli and Carrots: €21.00

*All lunch menus above include jugs of orange cordial for all team members.*

*\*Prices above are based on minimum numbers of 15 people. Menus can be tailored to requests and we are happy to work with team dietitians/nutritionists to create a menu tailored to a team's individual requirements.*

The Lucan Spa Hotel  
Junction 4A, N4 Westbound, Lucan, Co. Dublin.  
Tel: 01 628 0494.  
Email: [reservations@lucanspahotel.ie](mailto:reservations@lucanspahotel.ie).

