



Dear colleagues:

Within the frame of the XXXI Pan Am Junior Championships 2023, we present the semi-buffet meal plan that we will be offering. The description and the details of the prices are as following:

Meal	Price
Breakfast only	US\$ 10.00
Lunch or dinner only	US\$ 15.00
Two meals	US\$ 30.00
Breakfast + Lunch + Dinner	US\$ 40.00

Each meal of the semi-buffet service usually consists of the following:

1. Breakfast

- Infusions (tea/chamomile/coffee/etc.)
- Oat energy drink
- Bread (ciabatta / french / yolk)
- Eggs (scrambled or boiled)
- Ham/Cheese
- Juice fruit
- Fruit
- Individual butter
- Individual jam

2. Lunch / Dinner

- Salad
- Dressings
- 1 type of pasta
- 1 sauce
- Beans / potato / sweet potato / mashed potato / yucca
- 2 types of protein (meat / fish / pork / chicken)
- White rice or similar
- Fruit
- Jelly / flan / roasted milk or similar
- Water

It is important to mention that we also can offer vegetarian options. You must select the vegetarian option on the form.

The times of the meal's delivery are the following:

Meal	Time
Breakfast	06:00 – 08:00
Lunch	13:00 – 15:00
Dinner	20:00 – 22:00

Please, be aware that you must pay the semi-buffet service in advance to complete the request, and there is no option to request a refund.

To complete your meal request, please fill this form: <https://forms.gle/cp42dipzotHcELmJ8>

Looking forward to welcome you,

Peruvian Badminton Federation.