

# GOURMET GUNNERS

NAPOLEON SAID 'AN ARMY MARCHES ON ITS STOMACH' AND FELLOW FRENCHMAN ARSÈNE WENGER CERTAINLY NEEDS HIS TROOPS TO BE WELL FUELLED IF THEY ARE TO FIRE ON ALL CYLINDERS FOR HIS FIRST-TEAM. EACH MONTH WE ASK AN ARSENAL STAR TO SPILL THE BEANS ON ALL THEIR FOODY THOUGHTS. ON THE MENU THIS MONTH IT'S ALL ABOUT THE FISH FOR POLISH KEEPER **LUKASZ FABIANSKI**.



**What would you say is your favourite food?**

Anything that my mum cooks for me.

**What is your favourite restaurant – either to visit regularly or as a treat?**

Busaba, it's a Thai restaurant.

**What is the first thing you'll look for on a menu?**

Fish, a good fish dish.

**Tell us the perfect people for you to go to a restaurant with.**

My family and friends.

**What's the main cuisine in Poland?**

For me I like Polish dumplings and Polish cooked cabbage.



**What do you like to eat for breakfast?**

I don't often have breakfast to be honest, but when I join up with the national team we always have breakfast together and I tend to have rice pudding with banana and maple syrup.

**...and a late night snack?**

Just some fruit.

**Did you have school dinners?**

No, I took in my own lunch





**How do you like to eat your eggs?**

I prefer them scrambled.

**Tell us what you have for Christmas dinner?**

We have to have 12 dishes at Christmas. It includes carp, dumplings and borscht, which is beetroot soup. We don't have turkey, we don't eat meat on Christmas Day.



**What do you like on toast?**

I usually have jam, and my favourite jam is cherry.

**What's your favourite cold drink?**

Curiosity Cola. It's really nice, you can get it in Waitrose, but it's quite expensive. It's a type of fermented Coke – try it!



**...and hot drink?**

Cappuccino.

**What dish is your wife/partner best at cooking?**

She's very good at homemade pizza and fish burgers, which I can make too.

**What's your secret food vice?**

I have to admit it's chocolate

**What are your favourite three vegetables?**

Tomato (I'm counting that as a vegetable!), onion and garlic. Try putting it on toast, it's really good!

**Which team-mate has the most unusual taste in food?**

It's Tomas Rosicky, let's just say he's a very fussy eater – he doesn't like anything!

**Finally, when you go for lunch at the training ground, tell us three things you hope Rob the Chef has on the menu that day?**

Cod with pesto, curry soup and banoffee cheesecake.



## COLLINS GEMS



Arsenal nutritionist James Collins knows the exact nutritional requirements to ensure the first-team players are fuelling themselves with the correct food and drink, both before games and in recovery after a match.

James gives us the benefit of his extensive knowledge each month, providing readers with tips as to how their diet can be beneficial when undertaking sport.

### STAY FIT THIS WINTER – FOODS TO BOOST IMMUNITY

There are particular antioxidants found in onions,



apples, blueberries, hot peppers, tea and broccoli which can reduce the risk of getting ill. In general, brightly coloured fruit and vegetables often contain the highest amounts of antioxidants.

Alongside your antioxidant rich fruit and vegetables make sure you eat protein-rich foods such as meat, seafood, milk and other dairy products. These are good sources of the powerful mineral zinc, that has been proven to help fight off colds.

