

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. FIRST ON THE MENU IS ARSENAL'S NUMBER ONE PIZZA FAN, **WOJCIECH SZCZESNY**.



What would you say is your favourite food?

I would have to say pizza.

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

Gilgamesh in Camden Town.



Gilgamesh – top restaurant

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

The first thing I look for are the starters, of course!

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

My girlfriend.

What is the main cuisine where you are from in Poland?

I would describe it as 'international food' – there is a great variety.

What do you like to eat for breakfast?

I don't have breakfast because I prefer 15 minutes extra sleep.

...and a late night snack?

Funnily enough, that would be breakfast cereal.

Did you have school dinners?

I did have school dinners. My mum paid for me to eat them.

If so, what did you like about them...

It was mainly disgusting but I remember the bread was really nice. There was always a queue for it.

...and dislike?

The soups. I think they were probably left over from the day before.

How do you like to eat your eggs?

An omelette is my favourite, with ham and cheese.



Omelette is the best use of eggs

What do you like on toast...

Nutella.

Your favourite cold drink?

Pepsi.

...and hot drink?

I like a latte.

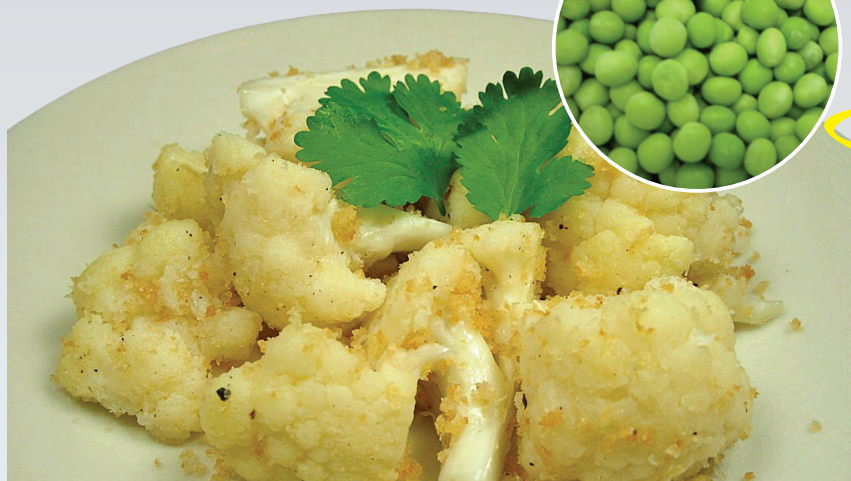


What's your secret food vice?

It used to be sweets but I'm OK about them now! I don't eat them very much. I suppose it's pizza – it's not the best of foods.

Favourite three vegetables?

I like carrots, cauliflower and peas.



Tell us what you have for Christmas dinner?

I have a proper Polish Christmas dinner with 12 dishes but no meat.

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

Cesc Fabregas used to hate mushrooms and I think that's a bit weird because I love them.

What dish is your wife/partner best at cooking?

My girlfriend makes pierogi, a Polish dish. That is very good.

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

I love the fruit yoghurt he makes for dessert – that is unreal.



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.

TIP 1

Marvellous milk

The best drink to aid your recovery if you have been exercising is milk. This is because it contains carbohydrates to refuel muscles and protein for muscle growth and repair – it also rehydrates the body at the same time.

The Arsenal first-team use specially prepared 'recovery' drinks after each of their training sessions.



TIP 2

Fantastic fruits

We all know that fruits are beneficial in our diet, but if I were to choose three that you should eat if you are a keen sportsman they would be: blueberries, grapes and kiwi. The reason for this is that these three fruits are high in antioxidants, which are important if you are training hard. Antioxidants help protect the muscles from the damage caused during heavy training and also make your muscles feel less sore in the days following a hard session.

