



SPORTS TEAM MENU

TO GO

GRANOLA POTS

SALAD BOWLS

TRAVEL BAGS:
SANDWICH
PROTEIN BALL
YOGHURT
MINERAL

BREAKFAST

POACHED
CHICKEN WITH
TOMATO SAUCE

BACON CHOPS
SAUSAGES
SCRAMBLED EGG
BEANS
MUSHROOM
BABY POTATOES

PORRIDGE WITH
CHOICE OF
TOPPINGS

POST MATCH/TRAINING

LASAGNE
COTTAGE PIE
CHICKEN ALA KING
THAI CURRY
THAI RED CURRY
TIKKA MASALA
TLC CURRY
SATAY
BEEF CASSEROLE
CHICKEN CASSEAU
CHILLI CON CARNIE
SWEET CHILLI STIR FRY
(CHICKEN, PORK, BEEF)
ROAST CHICKEN DINNER
PRIME BEEF BURGER DINNER
WITH LOW FAT PEPPER SAUCE
PORK CHOP DINNER WITH LOW
FAT PEPPER SAUCE
BANGERS & MASH RED ONION
GRAVY
BURRITO BOWL



TLCFOODS

PRIVATE, RETAIL, CORPORATE & CONTRACT CATERERS

