

TLC FOODS SAMPLE SPORTS TEAM MENU

Thai chicken curry & rice
TLC slim curry & rice
Chicken tikka & rice
Chicken ala king & rice
Vegan Thai & rice
Vegan Bolognese & pasta
Beef lasange
Cottage pie
Chicken and leek pasta bake
Spaghetti Bolognese
Chicken Arrabiatta & Penne
Pork Meatballs in a Roast Tomato Sauce
Cottage/Shepard's Pie - Sweet Potato or Potato Topping
Chicken Korma - Low fat coconut milk & Rice
Beef Stew & Seasonal Root Veg
Chicken Teriyaki Stir Fry & Noodles
Thai Sweet Chilli Chicken Stir Fry with Garlic Sesame
Noodles
Cashew and Sesame Beef Stir Fry- same as above
Thai Red Chicken Curry - same as above
Stir Fry Pork Sweet Chilli & Noodles
Cajun Chicken Wraps
Chicken/Pork Fajitas - Mexican Rice
Chilli Con Carne & Rice



TLCFOODS

