MANA CATERING

TEAM POWER MAIN COURSE MENU

HIGH PROTEIN • CLEAN FUEL • PEAK PERFORMANCE

Designed for Athletes • Built for Recovery • Made for Champions

1 RECOVERY POWER PLATE

(Best after training)



- Grilled Chicken Breast (180–200g)
- Steamed Basmati Rice
- Broccoli & Carrots
- Sweet Potato Mash
- Fresh Salad

NUTRITION
- Protein: 45–50g
- Carbs: 50–60g
- Healthy Fats: 8–10g
- Rich in: Vitamin B6, Iron, Potassium

€14 PER HEAD

2 LEAN BEEF PERFORMANCE MEAL

(Best for strength & muscle recovery)



- Lean Roast Beef / Steak Strips (160g)
- Baby Potatoes
- Green Beans
- Roasted Vegetables
- Mushroom Gravy (Light)

NUTRITION
- Protein: 40–45g
- Carbs: 40–50g
- Iron-Rich
- High in Zinc & B12

€14 PER HEAD

3 OMEGA FUEL FISH PLATE

(Best for recovery + anti-inflammatory)



- Baked Salmon / Hake / Cod (180g)
- Brown Rice / Quinoa
- Avocado
- Asparagus
- Lemon Herb Dressing

NUTRITION
- Protein: 38–45g
- Omega 3
- Vitamin D
- Magnesium
- Healthy Fats: 12–15g

€15 PER HEAD

4 IRISH TEAM CLASSIC

(Good for local teams)



- Turkey & Ham (Lean Sliced)
- Mashed Potatoes
- Steamed Cabbage
- Carrots
- Light Gravy

NUTRITION
- Protein: 40–45g
- Carbs: 45–55g
- Low Fat
- High Potassium

€14 PER HEAD

SOUPS OF THE DAY

- Tomato Soup
- Lentil Soup
- Mushroom Soup (No Cream)
- Broccoli Soup



SERVED WITH SODA BREAD (NO BUTTER)

ADD-ON OPTIONS (EXTRA)



Soup of the Day | Fruit Pot | Protein Yogurt | Banana | Recovery Smoothie

HIGH PROTEIN Builds & Repairs Muscle

SUSTAINED ENERGY Long Lasting Fuel

IMMUNE SUPPORT Vitamins & Minerals For Recovery

STAY HYDRATED Optimal Fluids for Peak Performance

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MINIMUM 10 PERSONS

FUEL TODAY. PETFORM PERFORROW. WIN TOGETHER.

MORE MAIN COURSE OPTIONS

€14 PER HEAD — ALL MAIN COURSE OPTIONS BELOW

€15 PER HEAD — PREMIUM OPTIONS (FISH, ROAST BEEF & LAMB)

CURRY RANGE



THAI GREEN CURRY CHICKEN
- Lean Chicken
- Mixed Vegetables
- Jasmine Rice



THAI RED CURRY CHICKEN
- Chicken Breast
- Coconut Light Curry Sauce
- Steamed Rice

STIR-FRY RANGE



CHICKEN STIR-FRY
- Chicken Strips
- Mixed Vegetables
- Wholegrain Noodles / Rice



BEEF STIR-FRY
- Lean Beef Strips
- Mixed Vegetables
- Brown Rice / Noodles

PREMIUM PERFORMANCE

BLACK ANGUS STEAK
- 8oz Black Angus Steak
- Sweet Potato Wedges
- Steamed Greens
- Pepper Sauce (Light)
- Baby Carrots



ROAST BEEF €15
- Roast Irish Beef
- Seasonal Vegetables
- Choice of Potato: Mashed, Baby or Sweet Potato
- Light Gravy



ROAST LAMB €15
- Roast Lamb
- Seasonal Vegetables
- Choice of Potato: Mashed, Baby or Sweet Potato
- Mint Gravy



COLD PROTEIN SALAD RANGE

POWER PROTEIN SALAD
- Lentils
- Chickpeas
- Beetroot
- Sweet Potato
- Avocado
- Boiled Egg
- Mixed Greens



CHOOSE YOUR PROTEIN:
- Roast Beef
- Grilled Chicken Strips
- Smoked Sliced Ham

ROAST BEEF PROTEIN SALAD
- Roast Beef
- Greens
- Avocado
- Boiled Egg
- Lentils
- Sweet Potato
- Soda Bread



COLD CHICKEN RECOVERY SALAD
- Cold Grilled Chicken Strips
- Baby Gem Lettuce
- Cucumber
- Tomatoes
- Chickpeas
- Boiled Egg
- Avocado
- Soda Bread



TEAM FAVOURITES



CHICKEN NOODLE STIR-FRY
- Vegetables
- Medium Egg Noodles



PASTA BOLOGNESE
- Penne Pasta
- Rich Bolognese Sauce (Low Fat Minced Beef)



BEEF LASAGNE
- Served with Garlic Bread
- Mixed Salad



TRAILBLAZER BBQ
- Beef Burger with Toppings
- Brioche Bun
- 3 Salads



PIZZA SLICES & SALADS
- Stone Baked Pizza Slices
- 3 Salads



SHEPHARD'S PIE
- Seasonal
- Vegetables



CHICKEN CURRY
- Vegetables
- Basmati Rice



CHICKEN & CHICKPEA CASSEROLE
- Seasonal Vegetables
- Potato

Good Food. **STRONGER BODIES. BETTER PERFORMANCE.**