



Power and Strength Gym

BULKS BANQUETS MENU 2023

BEEF

Smokey Chipotle Steak and Brown Rice

Chilli Con Carne and Brown Rice

Mexican Beef and Beans with Rice

Beefy Bean Bolognese and Whole-Wheat Pasta

Home-Made Steak Meatballs with Whole-Wheat Pasta

Minced Steak Bolognese with Whole-Wheat Pasta

Green Thai Beef Curry and Whole-Wheat Noodles

Beef Stew and Dumplings with Potatoes

Savoury Steak Mince and Potatoes

PORK

Swedish Herby Meatballs with Pasta

BBQ Meatballs with Pasta

Mediterranean Pork and Brown Rice

Cuban Pork and Brown Rice

Home-Made Pork Sausages and BBQ Beans with Sweet Potato

Sausage Hotpot and Potatoes

Pork and Sage Casserole and Potatoes

Italian Sausage Pasta

BBQ Sausage Pasta

Sticky BBQ Pork and Sweet Potato

CHICKEN



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Peri-Peri Chicken and Brown Rice
Green Thai Chicken Curry and Brown Rice
Smokey Chipotle Chicken and Brown Rice
Mexican Chicken and Brown Rice
Jerk Chicken and Brown Rice
Italian Chicken and Whole-Wheat Pasta
Chicken Chasseur with Potatoes
BBQ Chicken and Sweet Potato
Cajun Chicken and Sweet Potato
Cajun Chicken and Quinoa
Singapore Chicken and Whole-Wheat Noodles

TURKEY

Red Thai Style Turkey and Quinoa
Tomato and Basil Turkey with Brown Rice
Sage and Onion Turkey with Brown Rice

FISH

Mild Indian Tuna Rice
Chilli Tuna Rice
Peri Peri Tuna Pasta

BULKS LIGHT (LOW CARB DIETS)

Jerk Chicken and Summer Greens
Chinese Beef with Garlic and Ginger
BBQ Pork and Beans