



TBS
CATERING CO.

MAIN MEALS MENU 2023

HOW TO ORDER?

EMAIL: HELLO@TLBSA.CO.ZA / CALL US: 031 207 2436

- Establish what your food requirements are.
- Include all details, full name, date ,time, delivery or collection
- Collection address is 25 Bazley Avenue Sydenham
- Delivery Fee will be added to your invoice
- An invoice with banking details will be sent through
- Payment in full confirms your order



WWW.TLBSA.CO.ZA

These meals are prepared on order
They come fully cooked and ready to
heat & eat for your convenience
Perfect for quick, fuss free suppers
or lunch and great for taking away on
self catering holidays!

Freeze at your own discretion.

Chicken Dishes **R300**

Feeds up to 5

Full Roast Chicken & Potato Wedges

Flavours: Classic Masala Roast
/ Creamy Portugese Chicken

Change Potatoes Wedges for roast veg **+R60**

Chicken strips & Savoury Rice

Chicken strips & Roast veg Couscous

Chicken Curry & Rice/ with Dumplings

Chicken Akni with green yoghurt & Sambal

Butter Chicken & Savoury Rice

Lemon Butter Kebabs 24 Kebabs

Pastas **R300**

Feeds up to 5

Available in Chicken/Veg

Change to Prawn **+R150** (24 Prawns)

Alfredo

Arabiata

Mac&Cheese

Chilli Chicken Noodles

Creamy Mushroom Pasta

Butter Chicken Pasta

Chicken Lasagna



Prices are VAT inclusive
Pictures are shown for illustration purposes only. Actual product may vary.
Food is prepared in a kitchen that use nuts, gluten & shellfish
Items are served on disposable platters with dome lids or foil trays
T&cs can be found @ www.tlbsa.co.za

Seafood

Prawn Chutney **R360**

24 Prawns

Fish Curry + Rice & Sambal **R300**

Masala Baked Fish **R300**

1kg Fish 1.5kg Savoury Rice

Lemon Butter Prawns

40 Prawns **R550**

Prawn Pulao **R450**

24 Prawns

Seafood Boil **R1250**

24 Prawns, 4 Crayfish Tails, 8 Mussels, 4 Crab mielles,
Potato etc in either a Lemon Butter sauce or Spicy
Tomato Gravy
Serves 5/6

Meat

Feeds 4/5

Beef Nihari /litre **R320**

Masala steak & Potato Wedges **R320**

1kg Steak

Pepper Steak + Potato Wedges **R320**

Change Potato Wedges to roast veg **+R60**

Lamb Curry with rice or Dumplings **R360**

1kg Lamb in Curry

Beef Curry with Rice or Dumplings **R320**

1kg Beef in Curry



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Veg R260

Feeds 4/5

- Paneer Butter Masala & savoury rice
- Chickpea Butter Masala & Savoury Rice
- Brinjal Butter Masala & Savoury Rice
- Veg Akni + Green Yoghurt & Sambal
- Khuri Kitchri + alu fry & Butternut
- Mix veg Curry & Rice
(Fresh veg)

TLB Specialities

Lemon Butter Rice with Saucy Strips

Chicken **R300**

Steak **R350**

24 Prawns **R450**

Saucy Stirfry with Rice or Noodles

with onions, peppers etc served with
spaghetti or rice

Chicken Stirfry **R300**

Steak Stirfry **R350**

Cottage "pie" R350

Spaghetti, white sauce, mince,mash

Patha Casserole R350



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LAMB CURRY



ALFREDO



ARABIATA

CHILLI CHICKEN NOODLES



MASALA ROAST CHICKEN

