



BANGLADESH FOOTBALL FEDERATION

Ref: 534/BFF-Tender/2026

Date:01-07-2026

Invitation to Tender for Catering Services for Elite U-17 & U-20 National Team Camps

Bangladesh Football Federation (BFF) intends to engage a reputed and experienced catering service provider/supplier to supply daily meals for the AFC U-17 and U-20 National Team Camps at Shamsul Huda Football Academy, Hamidpur, Jessore.

Camp Duration: Four (4) months

Total Players & Officials: Approximately 50 to 80 persons per day.

2. Scope of Work

- The selected catering service provider shall be responsible for supplying daily 8 times food
- Providing balanced, nutritious, hygienic and sports appropriate meals
- Maintaining high food safety and hygiene standards
- Using fresh, high-quality ingredients
- Providing meals on time as per the camp schedule

3. Food Menu

31 Saturday

Phase / Time	Elite Food Menu & Quantity	Target Macros	Sports Science Purpose
06:00 AM Pre-Activation	1 Large Banana + 3 Premium Dates + 250ml Water	CHO: 40g Pro: 1g Kcal: 180	Rapid Glycogen Top-up: Maintains blood glucose; prevents early match cramps or sluggishness.
06:30 AM Intra-Training	FIELD SESSION (90 Mins) 500ml Isotonic Electrolyte Drink (Water + Oral Saline + Fresh Lemon)	CHO: 30g Pro: 0g Kcal: 120	Hydration & Osmoregulation: Instantly replaces sodium and potassium lost through heavy sweating.
08:15 AM Anabolic Window	60g Oats + 250ml Whole Milk + 2 Boiled Eggs + 1 Apple + 1 tbsp Honey	CHO: 95g Pro: 28g Kcal: 650	Muscle Protein Synthesis (MPS): 3:1 Carb-to-Protein ratio. Triggers rapid repair of micro-tears in muscle fibers.

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11:00 AM Mid-Day Nutrient	150g Fresh Sour Yogurt + 1 Large Banana	CHO: 35g Pro: 8g Kcal: 220	Gut Microbiome & Immunity: Optimizes digestive tract health for maximum nutrient absorption.
01:30 PM Main Refuel	200g brown or red rice + 150g Skinless Chicken Breast Curry + 100g Thick Lentils + 100g Mixed Vegetables	CHO: 130g Pro: 40g Kcal: 900	Complex Carb & Lean Tissue Loading: Main heavy re-fueling to maximize glycogen stores.
04:30 PM Recovery Shake	1 Glass Milk (250ml) + 1 Ripe Banana + 1 tbsp Honey (Blended Shake)	CHO: 45g Pro: 11g Kcal: 278	Anti-Catabolic Liquid Fuel: Fast absorbing liquid snack to block muscle breakdown before evening rest
08:30 PM Tissue Repair	3 Handmade Whole Wheat Rotis + 120g Fresh Fish Curry (Rui/Katla/ Hilsa/Boal) + 100g Steamed Vegetables + Mixed Salad	CHO: 80g Pro: 28g Kcal: 522	Omega-3 & Inflammation Control: Essential fish fatty acids reduce joint swelling and muscle inflammation.
10:00 PM Sleep Phase	1 Glass Warm Skimmed Milk (200ml)	CHO: 12g Pro: 8g Kcal: 107	Overnight Casein Release: Sustained amino acid delivery during deep sleep cycle.

Sunday

Phase / Time	Elite Food Menu & Quantity	Target Macros	Sports Science Purpose
06:00 AM Pre-Activation	1 Large Banana + 2 Premium Dates + 250ml Water	CHO: 35g Pro: 1g Kcal: 145	CNS Activation: Primes the central nervous system for explosive sprint movements.
06:30 AM Intra-Training	FIELD SESSION (90 Mins) 500ml Isotonic Electrolyte Drink	Fluid Balance Maintenance	Fluid Balance Maintenance
08:15 AM Anabolic Window	3 Slices Brown Bread + 3 Egg Omelet (2 Whites, 1 Whole cooked in 1 tsp Olive or Rice Bran Oil) + 1 Large Banana	CHO: 90g Pro: 30g Kcal: 615	Sustained Amino Delivery: Loaded with high-bioavailability egg albumin and essential fats.
11:00 AM Mid-Day Nutrient	30g Any mixed nuts except peanuts + 2 Premium Dates	CHO: 25g Pro: 6g Kcal: 250	Cell Membrane Protection: Vitamin E from nuts protects muscle cells against oxidative stress.





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01:30 PM Main Refuel	200g brown or red rice + 150g Lean Beef Curry (Strictly Fat-Trimmed) + 50g Mashed Potato + Fresh Salad	CHO: 140g Pro: 38g Kcal: 910	Heme-Iron & Zinc Loading: High iron levels maximize oxygen delivery to muscles (enhancing VO2 Max).
04:30 PM Recovery Snack	1 Medium Banana+ 200 ml Low-fat Milk+ 1 Slice Whole Wheat Bread	CHO: 42g Pro: 11g Kcal: 215	Balanced Recovery: Potassium from bananas, carbohydrates from whole wheat bread, and protein from low fat milk support recovery and energy restoration.
08:30 PM Tissue Repair	150g Standard brown or red Rice + 150g Light Chicken Stew + 100g Light Papaya or Bottle Gourd Curry	CHO: 75g Pro: 32g Kcal: 500	Gastrointestinal Rest: Low-fat, easily digestible proteins that do not disrupt deep sleep phases.
10:00 PM Sleep Phase	150g Fresh Sour Yogurt	CHO: 15g Pro: 10g Kcal: 136	Overnight Muscle Synthesis Support

31 Monday

Phase / Time	Elite Food Menu & Quantity	Target Macros	Sports Science Purpose
06:00 AM Pre-Activation	1 Large Banana + 3 Premium Dates	CHO: 40g Pro: 1g Kcal: 180	Liver Glycogen Top-up
06:30 AM Intra-Training	FIELD SESSION (90 Mins) 500ml Isotonic Electrolyte Drink	Electrolyte Balance Upkeep	Electrolyte Balance Upkeep
08:15 AM Anabolic Window	150g Healthy Whole-Wheat Vegetable Khichuri + 2 Poached Eggs	CHO: 95g Pro: 26g Kcal: 630	Complex Carbohydrate Base: The pulse-and-rice profile forms a clean, complete amino acid chain.
11:00 AM Mid-Day Nutrient	150g Fresh Fruit Salad (Ripe Papaya + Apple slices)	CHO: 30g Pro: 2g Kcal: 130	Collagen Synthesis Support: Vitamin C from fresh papaya aids in joint and tendon structural recovery.
01:30 PM Main Refuel	200g brown or red rice + 150g Fresh (Rui/Katla/ Hilsa/Boal) Fish Stew + 100g Thick Yellow Mung Lentils + Vegetables	CHO: 130g Pro: 38g Kcal: 898	Lean Protein Accumulation: Highly bioavailable freshwater fish protein preserves lean tissue.

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04:30 PM Recovery Shake	100g Sour Yogurt + 1 tbsp Roasted Chickpea Flour + 1 Large Banana + Water (Blended Shake)	CHO: 46g Pro: 13g Kcal: 272	High-Fiber Plant & Dairy Blend: Roasted chickpea plant protein, combined with dairy probiotics, supports sustained recovery.
08:30 PM Tissue Repair	3 Soft Handmade Whole Wheat Rotis + 100g Chicken Curry (Low Oil) + Cucumber Salad	CHO: 75g Pro: 24g Kcal: 504	Night-time Dynamic Recovery
10:00 PM Sleep Phase	1 Glass Warm Whole Milk (200ml)	CHO: 12g Pro: 8g Kcal: 125	Neuromuscular Repair Cycle

31 Tuesday

Phase / Time	Elite Food Menu & Quantity	Target Macros	Sports Science Purpose
06:00 AM Pre-Activation	1 Large Banana + 3 Premium Dates	CHO: 40g	Glucose Supply Ready
06:30 AM Intra-Training	FIELD SESSION (90 Mins)	-	Fatigue Postponement
08:15 AM Anabolic Window	3 Whole Wheat Rotis + 100g Mixed Vegetable Curry (Low Oil) + 2 Boiled Eggs	CHO: 80g Pro: 24g Kcal: 522	Sustained Glucose Release: Solid complete food to reset baseline post practice tracking.
11:00 AM Mid-Day Nutrient	Fresh Coconut Water + 1 Medium Banana	CHO: 40g Pro: 2g Kcal: 150	Hydration & Energy: Replenishes electrolytes and provides natural carbohydrates for sustained energy.
01:30 PM Main Refuel	200g Healthy Chicken Fried Rice (Low oil, 150g shredded chicken breast, carrots, peas, egg)	CHO: 135g Pro: 35g Kcal: 815	Mid-Week Glycogen Recharge: High-density, clean calorie meal to sustain mid-week training loads.
04:30 PM Recovery Shake	250 ml Low-fat Milk + 3 Chopped Dates + 20 g Oats (Blended Shake)	CHO: 45g Pro: 12g Kcal: 255	Recovery Shake: Provides quality protein and carbohydrates to support muscle recovery and restore energy.

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08:30 PM
Tissue Repair

150g Chicken Pasta (Boiled Macaroni/Pasta with
100g chicken breast and fresh tomato puree)

CHO: 85g
Pro: 28g
Kcal: 542

Carb Loading for Next Cycle: Clean
wheat carbohydrates build optimal
energy stores for the next morning.

10:00 PM
Sleep Phase

150g Fresh Sour Yogurt

CHO: 15g
Pro: 10g
Kcal: 136

Slow Amino Delivery Window

31 Wednesday

Phase / Time	Elite Food Menu & Quantity	Target Macros	Sports Science Purpose
06:00 AM Pre-Activation	1 Large Banana + 3 Premium Dates	CHO: 40g	Pre-Workout Fuel Activation
06:30 AM Intra-Training	FIELD SESSION (90 Mins)	-	Hydration Restoration
08:15 AM Anabolic Window	60g Oats + 250ml Whole Milk + 2 Boiled Eggs + 1 Large Banana	CHO: 95g Pro: 28g Kcal: 650	Mid-Week System Re-set
11:00 AM Mid-Day Nutrient	150g Fresh Sour Yogurt + 1 Green Apple	CHO: 35g Pro: 8g Kcal: 220	Trace Mineral Distribution
01:30 PM Main Refuel	200g brown or red rice + 150g Chicken Curry + 100g Thick Lentils + Vegetables	CHO: 130g Pro: 40g Kcal: 900	System Tissue Restoration
04:30 PM Recovery Shake	150 g Boiled Sweet Potato + 30 g Roasted Chickpeas (Bhuna Chola)	CHO: 43g Pro: 10g Kcal: 230	Recovery Snack: Provides sustained carbohydrates and plant-based protein to restore energy and support muscle recovery.
08:30 PM Tissue Repair	3 Whole Wheat Rotis + 150g Chicken Vegetable Stew (Clear) + Green Salad	CHO: 75g Pro: 32g Kcal: 536	Anti-Inflammatory Sleep Window
10:00 PM Sleep Phase	1 Glass Warm Skimmed Milk	CHO: 12g Pro: 8g Kcal: 107	Continuous Cellular Synthesis

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31 Thursday

Phase / Time	Elite Food Menu & Quantity	Target Macros	Sports Science Purpose
06:00 AM Pre-Activation	1 Large Banana + 3 Premium Dates	CHO: 40g	Explosive Motor Drive Activation
06:30 AM Intra-Training	FIELD SESSION (90 Mins)	-	Stamina Extension Phase
08:15 AM Anabolic Window	3 Slices Brown Bread + 3 Egg Omelet + 1 Seasonal Fruit	CHO: 90g Pro: 30g Kcal: 615	Bioavailability Optimization
11:00 AM Mid-Day Nutrient	30g Any mixed nuts except peanuts + 2 Premium Dates	CHO: 25g	Structural Muscle Tissue Guard
01:30 PM Main Refuel	200g brown or red rice + 150g Fresh (Rui/Katla/Hilsa/Boal) Fish Curry + Lentils + Vegetables	CHO: 130g Pro: 40g Kcal: 909	Trace Mineral Loading: High Omega 3 from premium local fish optimizes neurological transmission before Match Day.
04:30 PM Recovery Shake	1 Medium Banana + 200 ml Low-fat Milk + 1 Slice Whole Wheat Bread	CHO: 42g Pro: 11g Kcal: 215	Balanced Recovery: Provides carbohydrates, high-quality protein, and potassium to support muscle recovery and energy restoration.
08:30 PM Tissue Repair	3 Whole Wheat Rotis + 100g Grilled Chicken Slices + Vegetable Stir-fry + Salad	CHO: 75g Pro: 32g Kcal: 600	Myofibrillar Reconstruction Phase
10:00 PM Sleep Phase	150g Fresh Sour Yogurt	CHO: 15g Pro: 10g Kcal: 136	Immune Defense Maintenance

31 Friday

Phase / Time	Elite Food Menu & Quantity	Target Macros	Sports Science Purpose
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06:00 AM Pre-Activation	1 Large Banana + 3 Premium Dates	CHO: 40g	Peak Blood Glucose Preparation
06:30 AM Intra-Training	Recovery	-	
08:15 AM Anabolic Window	150g Healthy Whole-Wheat Vegetable Khichuri + 2 Boiled Eggs	CHO: 95g Pro: 26g Kcal: 630	Post-Match Depletion Reload: Quickly replenishes completely depleted carbohydrate tanks.
11:00 AM Main Refuel	150g Fresh Fruit Salad (Pomegranate + Ripe Papaya)	CHO: 35g Pro: 2g Kcal: 150	Vasodilation (Enhanced Blood Flow): Nitrates from pomegranate widen blood vessels to quickly restore oxygenation.
01:30 PM Main Refuel	200g brown or red rice + 150g Lean Mutton Curry (Strictly Fat-Trimmed) + Lentils + Vegetables	CHO: 130g Pro: 40g Kcal: 920	Natural Creatine Reload: Mutton provides raw creatine and zinc to restock cell ATP reserves.
04:30 PM Recovery Shake	1 Glass Milk + 1 tbsp Honey + 1 Ripe Banana (Blended Shake)	CHO: 45g Pro: 11g Kcal: 278	Post-Match Insulin Response: Controls cortisol and post-game insulin response to calm the nervous system.
08:30 PM Tissue Repair	150g Chicken Macaroni/Pasta cooked with fresh vegetables and chicken breast	CHO: 85g Pro: 30g Kcal: 568	Cellular Resynthesis Phase: Full structural stabilization of somatic cells following extreme match fatigue.
10:00 PM Sleep Phase	150g Fresh Sour Yogurt	CHO: 15g Pro: 10g Kcal: 136	Slow Amino Delivery Window

4. Eligibility Criteria

- 4.1 Any person(s) or entities with an existing un resolved dispute (i.e., Financial, Disciplinary and any other) with BFF or AFC on a point of law or fact shall be ineligible to acquire the aforementioned rights or to participate in the Bidding Process.
- 4.2 Interested companies must have at least 2 (Two) years of experience in providing this kind of services. For organizations that have previously worked with BFF, the experience requirement may be relaxed.



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5. Cost of Bidding:

The bidder shall bear all costs associated with the preparation and submission of his or her bid, and Bangladesh Football Federation shall not be responsible or liable for those costs, regardless of the conduct or outcome of the bidding process.

6. Documents:

The offer needs to be accompanied with the following documents:

- Copy of TAX Registration
- Trade License
- BIN
- List of Existing Clients with an engagement of work details/ work experience
- 3 months Bank Statement
- Financial proposal

Note: The Bidder bears all costs incurred in the preparation and submission of tender responses.

7. Currencies of Bid and Payment:

- All prices quoted in BDT. (Clearly itemized including applicable VAT & TAX)
- BFF standard payment terms are 30 days from receipt of an approved invoice
- Payment will be paid in phase after mutual discussion or pattern of the delivery of work.

8. Bid Validity:

- a. Bids shall remain valid for a period of minimum 30 days after the date of the submission deadline as prescribed by Bangladesh Football Federation. If a bid is valid for a shorter period the Bangladesh Football Federation is entitled to reject the bid.
- b. In exceptional circumstances, prior to the expiration of the bid validity period, the Bangladesh Football Federation may request Bidders in writing to extend the period of validity of their bids. A bidder must confirm in writing his or her acceptance of the extension. In case extension, modification of the bid is not permitted.

9. Language of Bid:

All Bids must be submitted in English.



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10. Confidentiality:

- Information relating to the examination, evaluation, comparison of bids, and recommendation of contract award will not be disclosed to bidders or any other persons not officially concerned with such process until the Contract has been awarded.
- Any effort by a bidder to influence the Bangladesh Football Federation in the examination, evaluation, comparison of the bids or contract award decisions may result in the rejection of its bid.
- From the time of bid opening to the time of Contract award, if any bidder wishes to contact the Bangladesh Football Federation on any matter related to the bidding process, this must be done in writing.

11. Submission Procedure & Deadline:

- The service offer must be submitted at the BFF House, 14/B Toyenbee Circular Road, Motijheel C/A, Dhaka-1000, Bangladesh during office hours (between BST 10:00 to BST 14:00) on or before **7 July 2026** and should be in a sealed envelope to be addressed to: **General Secretary, Bangladesh Football Federation.**

12. Evaluation of Bid:

- The Bangladesh Football Federation shall examine all documentation and other information submitted by Bidders to verify eligibility, and then will review and score bids according to the defined criteria for this tender.
- Bangladesh Football Federation reserves the right to reject all bids, and re-tender if no satisfactory bids are submitted. BFF under no obligation to award the contract or to award it to the lowest bidder.

13. Award Procedure:

- The Bangladesh Football Federation (BFF) may, unless the bidder expressly stipulates to the contrary in the tender, accept whatever part of a tender that BFF so wishes.
- The Bangladesh Football Federation shall award the Contract in writing, by email, to the Bidder(s) whose offer(s) has been determined to be the best, before the end of the bid validity period.



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14. Notification of Award:

- The email from BFF to the Bidder(s) alerting them of the fact that they have been successful will state the sum that the Bangladesh Football Federation will pay the Provider in consideration of the provision of goods and/or services prescribed in the Invitation to tender and in accordance with their bid.
- Bidder in thereafter required to reply to email, confirming their wish to proceed the with a contract.

15. Signing of Contract:

- The Bangladesh Football Federation shall call the successful Bidder(s) to sign the contract(s) and term of Reference once finalized.
- Within an agreed timeframe, the successful Bidder(s) shall sign, date and return the contract(s) to the Bangladesh Football Federation.

General Secretary

Bangladesh Football Federation
BFF housed, 14/B Toyenbee Circular Road
Motijheel C/A, Dhaka-1000

