

WEEKLY TAKE HOME MENU

23rd - 27th MARCH 2020

Meals available in the morning of the day specified unless otherwise stated

MONDAY - now available from opening at 9.30am

Lamb, cashew and coconut curry with baby spinach (GF,DF,Paleo)
single \$9.50 small \$16 large \$25

Mushroom Risotto with field mushrooms, parmesan and pesto (GF,V)
single \$9 large \$24

Potato, leek and bacon soup (GF)
small \$7.50 large \$11

Chocolate and Coconut Mousse (GF,DF,Vegan)
single \$5 small \$10

TUESDAY

Roast Pumpkin Pasta Bake with sun dried tomatoes, spinach and a pesto crumb (V)
single \$7.50 small \$12.50 large \$19

Chicken, Bacon and mushroom pasta Bake with a feta and pesto crumb
single \$7.50 small \$12.50 large \$19

Beef Stroganoff with mushrooms, smoked paprika and a hint of cream (GF)
single \$9.50 small \$16 large \$25

Vegan Yellow Curry with lentils, tofu and vegetables (GF,DF,Vegan)
single \$8 small \$14.50 large \$22

Seafood Chowder - hoki, salmon, mussels and prawns
small \$11 large \$16

MICRO MEAL FOR ONE - Beef Stroganoff, mash and greens (GF)
one size \$14

MYLK 450 - Maple and Soy Baked Salmon with cauliflower and coconut mash and gingered green beans (GF,DF)
one size \$15

MYLK 450 - Vegan Yellow Curry, brown rice and spinach (GF,DF,Vegan)
one size \$12

Greek Salad with a black raspberry vinaigrette (GF,V)
small \$6 large \$10

Dark Chocolate Mousse (GF)
single \$5 small \$10

WEDNESDAY

Moroccan Lamb - slow cooked lamb with Moroccan spices, carrots and prunes (GF,DF)
single \$9.50 small \$16 large \$25

Butter Chicken - yoghurt and spice marinated free range chicken in a medium spiced tomato sauce (GF)
single \$9.50 small \$16 large \$25

Pumpkin Risotto topped with roast pumpkin, feta and pinenuts (GF,V)
single \$9 large \$24

MICRO MEAL FOR ONE - Lamb Shank, mash, peas and onion gravy (GF)
one size \$18

MICRO MEAL FOR ONE - Butter Chicken with steamed rice and greens (GF,DF)
one size \$12

Tiramisu
small \$11 large \$16

THURSDAY

Smoked Fish Pie - smoked hoki, leek, cauliflower and boiled egg in a white sauce topped with mashed potato
single \$9.50 small \$16 large \$25

Chicken Gnocchi - free range chicken breast in a creamy pesto sauce with potato gnocchi, sun dried tomatoes, spinach and cashew nuts
single \$8 small \$13 large \$20

Lamb Hot Pot - slow cooked lamb with carrots and onions topped with sliced gourmet potatoes (GF)
single \$9.50 small \$16 large \$25

MICRO MEAL FOR ONE - Lamb Casserole, mas and peas (GF)
one size \$14

Lightly Spiced Tomato, coconut and coriander soup (GF,DF,Vegan)
small \$7.50 large \$11

Cauliflower and Broccoli with cheese sauce
single \$5 small \$9 large \$13

Sticky Date Pudding with butterscotch sauce
single \$4.50 small \$9 large \$13

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FRIDAY

Venison Bourguignon with bacon, mushrooms and a rich red wine gravy (GF,DF,Paleo)
single \$9.50 small \$16 large \$25

Chicken Pot Pie - free range chicken and vegetables in a wholegrain mustard sauce with a puff pastry lid
single \$9.50 small \$16 large \$25

Greek Lamb Pie - slow cooked lamb with caramelized onions, feta and baby spinach encased in pastry
single \$9 large \$24

MICRO MEAL FOR ONE - Corned Beef, mash, cabbage, carrot and mustard sauce
one size \$14

MICRO MEAL FOR ONE - Venison Bourguignon, roast pumpkin mash and greens (GF,DF,Paleo)
one size \$14

Beetroot Slaw with fresh mint, toasted seeds and a pomegranate dressing(GF,DF)
small \$6 large \$10

Potato Gratin - thin sliced potatoes cooked with garlic, cream and wholegrain mustard (GF,V)
single \$5 small \$9 large \$13

Apple and Blackberry Pie in a sweet shortcrust pastry
large size only \$14

LOCATIONS

1/800 St Aubyn Street East
Parkvale
Hastings.

Next to Parkvale Pharmacy

OPENING HOURS

Monday -Friday 9.30am - 5.30pm

Closed weekends and all public holidays

Napier

7/87 Bridge Street

Ahuriri

Napier

Next to Ahuriri Pharmacy

OPENING HOURS

Monday - Friday 9.30am - 5.30pm

Saturday 10am - 1pm

Closed all public holidays

PHONE: (06) 8762003

For all stores then follow the prompts to be connected to your required outlet

ONLINE ORDERING

Shop online anytime from the comfort of your home, orders must be placed before Midnight Tuesday for Friday Delivery. Meals will be delivered Frozen. Check out our FAQ page online to answer any other delivery questions.

WEBSITE

www.mylkfoodstore.com

SERVING GUIDE

At MYLK we appreciate that each appetite is different, our serving size is a suggestion only and will depend entirely on Individual appetites.

Single = One person

Small = 1-2 people

Large = 2-4 people

ABBREVIATIONS

GF = No Gluten Added (see allergen info)

DF = No Dairy Added (see allergen info)

V = Vegetarian

Paleo = gluten, dairy, sugar and grain free

Vegan = No animal products

RSF = refined sugar free

ALLERGEN INFORMATION

In our production kitchen we use the following allergens, whilst all care is taken we cannot guarantee that cross contamination will not occur

ALLERGENS: Gluten, dairy, wheat, sesame, soy, fish, shellfish, lupins, nuts, eggs