

WEEK 2

TAKE HOME MENU

22nd – 27th April 2024



FRESH DISHES AVAILABLE EACH DAY

MONDAY after 3pm

SMOKED SALMON PASTA BAKE

Penne pasta in a creamy sauce with smoked salmon, baby spinach and a lemon, parsley and parmesan crumb
single **\$10.90** medium **\$19.00** large **\$28.00**

PEA AND MINT RISOTTO (GF, V)

Green pea and spinach risotto with fresh mint.
Topped with feta
single **\$8.50** medium **\$15.00** large **\$23.00**

DARK CHOCOLATE MOUSSE (GF)

single **\$5.00** small **\$10.00**

TUESDAY from 9.30am

LAMB TAGINE (GF, DF)

Slow cooked lamb, apricots and chickpeas with a hint of spice and saffron topped with toasted almonds
single **\$9.90** medium **\$19.00** large **\$28.00**
MICRO MEAL (DF) with Israeli couscous **\$18.00**

DHAL MAKHANI (GF, DF, V)

Black lentils and kidney beans in a tomato-based curry, finished with coconut cream
single **\$9.90** medium **\$18.00** large **\$24.00**

CREAMY MUSHROOM SOUP

small **\$9.00** large **\$13.00**

VANILLA CHEESECAKE

with raspberry coulis
single **\$6.00** large **\$22.00**

WEDNESDAY from 9.30am

CHICKEN LASAGNE (GF)

Free range chicken with baby spinach and pesto layered with gluten free lasagne sheets and topped with ricotta and mascarpone cheese
large **\$29.00**

BUTTER CHICKEN (GF)

Marinated free range chicken thighs in a medium spiced tomato sauce
single **\$10.90** medium **\$19.00** large **\$29.00**
MICRO MEAL (GF) with steamed rice **\$19.00**

VEGETARIAN MACARONI CHEESE

Macaroni elbows in a cheesy sauce with sundried tomato and a basil pesto panko crumb topping
single **\$8.50** medium **\$15.00** large **\$22.50**

MICRO MEAL

16-hour stout braised beef cheek with mashed potato and beans
one size **\$19.00**

CAULIFLOWER CHEESE (V)

Cauliflower and Broccoli in a tasty cheese sauce
single **\$6.00** medium **\$12.00** large **\$18.00**

TIRAMISU

Coffee and marsala-soaked sponge fingers with dark chocolate and whipped mascarpone cheese
small **\$13.00** large **\$20.00**

FRIDAY after 9.30am

CHILLI CON CARNE (GF, DF)

Mild Beef Chilli with kidney beans and red capsicum
medium **\$15.00** large **\$23.00**

MICRO MEAL (GF) Chilli con carne with cheese, rice, and sour cream **\$16.00**

BEEF RENDANG (GF, DF)

Malaysian Style Beef with a hint of chilli, kaffir lime, lemongrass and fresh coriander topped with roasted peanuts and spring onions
single **\$9.90** medium **\$19.00** large **\$28.00**

VENISON BOURGUIGNON (GF, DF)

Slow cooked venison with bacon and mushroom in a rich red wine gravy
single **\$9.90** medium **\$19.00** large **\$28.00**

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TAKE HOME MENU

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SMOKED FISH PIE

Poached smoked hoki with leek, cauliflower and boiled egg in a white sauce topped with mashed potato
single **\$9.90** medium **\$18.00** large **\$28.00**

POTATO GRATIN (GF, V)

Thin sliced potatoes cooked with garlic, mustard and cream
single **\$6.00** medium **\$10.00** large **\$15.00**

BLACK DORIS PLUM SPONGE PUDDING

with mascarpone custard
single **\$5.00** small **\$10.00** large **\$15.00**

Saturday from 9.30am

LAMB CURRY (GF, DF)

Slow cooked lamb with cashew nuts, coconut cream and baby spinach
single **\$9.90** medium **\$19.00** large **\$28.00**
MICRO MEAL with steamed rice **\$19.00**

SMOKED SALMON RISOTTO (GF)

Smoked salmon, lemon, capers and baby spinach
single **\$10.90** medium **\$19.00** large **\$26.00**

MINCE AND CHEESE PIE

Beef mince, smoked cheddar and mozzarella pie encased in pastry
single **\$9.00** large **\$25.00**

BAILEYS CHEESECAKE

single **\$8.00** large **\$24.00**

CURRENT OPENING HOURS FOR BOTH STORES

Monday – Friday
9.30am – 5.30pm

Now Open Saturdays

9.00am – 2.00pm

STORE LOCATIONS

Hastings

1/800 St Aubyn Street East
Parkvale

Napier

284 Gloucester Street
Taradale, Napier

PHONE:

(06) 8762003

Extension 1 – Deliveries/Kitchen

Extension 2 – Napier Store

Extension 3 – Hastings Store

WEBSITE:

www.mylkfoodstore.com

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

We deliver North Island wide every week.

Order online (or call (06) 8762003) before 5pm Tuesday for delivery the following Tuesday

WE ARE UNABLE TO SERVICE RURAL ADDRESSES