



TAKE HOME MENU

29th April – 3rd May 2024

FRESH DISHES AVAILABLE EACH DAY

MONDAY after 3pm

MACARONI CHEESE

Macaroni elbows in a cheesy sauce with bacon and a panko crumb topping
single **\$9.00** medium **\$16.00** large **\$24.00**

MUSHROOM RISOTTO (GF, V)

Creamy mushroom risotto topped with pesto and parmesan
single **\$9.00** medium **\$16.00** large **\$24.00**

DARK CHOCOLATE MOUSSE (GF)

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

CHOCOLATE AND COCONUT MOUSSE (GF, DF, VEGAN)

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

TUESDAY from 9.30am

MOROCCAN LAMB (GF)

Slow cooked lamb with ras el hanout, carrots and prunes
single **\$9.90** medium **\$19.00** large **\$28.00**
MICRO MEAL with couscous **\$19.00**

VEGETARIAN YELLOW CURRY (GF, DF, V)

with lentils, vegetables and tofu
single **\$9.00** medium **\$15.00** large **\$23.00**

THAI PUMPKIN SOUP (GF, V)

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

SALTED CARAMEL CUSTARD POT (GF)

single **\$6.50**

WEDNESDAY from 9.30am

BEEF LASAGNE

Beef and bacon bolognaise layered with lasagne sheets and bechamel sauce, topped with cheese
large **\$28.00**

THAI YELLOW CHICKEN (GF, DF)

Marinated free range chicken thighs in a mild spiced yellow curry sauce with carrots and green beans

single **\$10.90** medium **\$19.00** large **\$28.00**

MICRO MEAL (GF, DF) with steamed rice **\$19.00**

CURRIED PORK SAUSAGES

Local Irish pork sausages in a mild curry sauce with carrots and sultanas

single **\$9.90** medium **\$19.00** large **\$28.00**

MICRO MEAL with mashed potato **\$19.00**

RASPBERRY AND WHITE CHOCOLATE

TIRAMISU

Chocolate-soaked sponge fingers with raspberry, white chocolate and whipped marsala mascarpone cheese
small **\$13.00** large **\$20.00**

THURSDAY from 9.30am

STEAK AND CHEESE POT PIE

Slow cooked beef topped with caramelised onions, mozzarella cheese and a puff pastry lid
single **\$9.90** medium **\$18.00** large **\$28.00**

CHICKEN GNOCCHI

Free range chicken, potato gnocchi, sun dried tomatoes, pesto, baby spinach and cashew nuts
single **\$9.90** medium **\$17.00** large **\$26.00**

SEAFOOD CHOWDER

Hoki, salmon, prawns and mussels in a creamy base
small **\$14.00** large **\$19.00**

MICRO MEAL (GF)

Pork belly, mashed potato, cabbage, apple sauce and mustard gravy
one size **\$22.00**

BAKED BANANA PUDDING

with caramel sauce
single **\$5.00** small **\$10.00** large **\$16.00**



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FRIDAY from 9.30am

GREEK LAMB PIE

Slow cooked lamb topped with feta, spinach and onion jam encased in pastry
single **\$10.90** large **\$29.50**

SAFFRON FISH PIE (GF)

Salmon, hoki and prawns in a saffron white sauce topped with creamy mashed potato
single **\$10.90** medium **\$19.00** large **\$29.00**

TUSCAN BEEF (GF)

Slow cooked beef with red wine, black pepper and tomatoes
single **\$9.90** medium **\$19.00** large **\$28.00**
MICRO MEAL with a herb couscous **\$18.00**

BLANQUETTE DE VEAU (GF)

Rose veal stew in a white crème fraiche sauce
single **\$9.90** medium **\$19.00** large **\$28.00**

POTATO GRATIN (GF, V)

Thin sliced potatoes cooked with garlic, mustard and cream
single **\$6.00** medium **\$12.00** large **\$16.00**

STICKY DATE PUDDING

with butterscotch sauce
single **\$6.00** small **\$10.00** large **\$17.00**

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