



# TAKE HOME MENU

## 31<sup>st</sup> July – 4<sup>th</sup> August 2023

WEEK 1

FRESH DISHES AVAILABLE EACH DAY

### MONDAY after 3pm

#### MACARONI CHEESE

Macaroni elbows in a cheesy sauce with bacon and a panko crumb topping  
single **\$8.50** medium **\$14.50** large **\$22.50**

#### SMOKED SALMON RISOTTO (GF)

Smoked salmon, lemon, capers and baby spinach  
single **\$9.90** medium **\$18.00** large **\$24.00**

#### DARK CHOCOLATE MOUSSE (GF)

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

### TUESDAY from 9.30am

#### MEDITERRANEAN LAMB (GF)

Braised lamb shoulder with cherry tomatoes and cannellini beans topped with a basil and parmesan pesto  
single **\$10.90** medium **\$19.00** large **\$28.00**  
**MICRO MEAL** with spinach couscous **\$18.00**

#### MEDITERRANEAN CHICKEN RISOTTO (GF)

Shredded free range chicken, sun dried tomato and artichoke risotto topped with feta, pesto and cherry tomatoes  
single **\$9.90** medium **\$18.00** large **\$24.00**

#### LIGHTLY SPICED TOMATO, COCONUT AND CORIANDER SOUP (GF, DF, VEGAN)

small **\$8.00** large **\$12.00**

#### BROCCOLI, BLUE CHEESE AND SPINACH SOUP (GF)

small **\$8.00** large **\$12.00**

#### SALTED CARAMEL CUSTARD POT (GF)

single **\$6.50**

### WEDNESDAY from 9.30am

#### TARRAGON CHICKEN (GF)

Free range chicken thighs in a creamy tarragon sauce with a pistachio, lemon and parsley topping  
single **\$9.90** medium **\$19.00** large **\$28.00**

#### SPICY THAI BEEF (GF)

Slow cooked beef with a hint of garlic, ginger, kaffir lime and fresh coriander  
single **\$9.90** medium **\$19.00** large **\$28.00**  
**MICRO MEAL** with rice noodles **\$16.00**

#### MICRO MEAL (GF)

Pork belly, gratin potato, braised red cabbage, green beans, apple sauce and mustard gravy  
one size **\$19.00**

#### CHICKEN AND VEGETABLE CHOWDER

small **\$12.00** large **\$17.00**

#### TIRAMISU

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

### THURSDAY from 9.30am

#### CHICKEN MARBELLA

Free range chicken thighs marinated and baked with olives, capers, prunes, oregano, and white wine.  
single **\$9.90** medium **\$19.00** large **\$28.00**

#### LAMB HOT POT (GF)

Slow cooked lamb with carrots and onions topped with sliced gourmet potatoes  
single **\$9.90** medium **\$19.00** large **\$28.00**

#### PUMPKIN LASAGNE (V)

Roast pumpkin, feta and baby spinach with a tomato and basil sauce, bechamel sauce and mozzarella cheese  
large **\$26.00**



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## 31<sup>st</sup> July – 4<sup>th</sup> August 2023

WEEK 1

### BEEF MEATBALLS

Tasty beef meatballs in a tomato and basil sauce topped with grated cheese

single **\$9.90** medium **\$16.50** large **\$26.50**

### CHOCOLATE PUDDING (GF)

with chocolate sauce

single **\$5.00** medium **\$10.00** large **\$17.00**

### FRIDAY from 9.30am

### BACON AND EGG PIE

single **\$9.00** large **\$25.00**

### MICRO MEAL

Corned beef, mashed potato, cabbage, carrots and mustard sauce

one size **\$19.00**

### THAI RED FISH CURRY

Fresh fish baked with a Thai red curry sauce. single

**\$10.90** medium **\$19.00** large **\$32.00**

### ROAST PUMPKIN PASTA BAKE

Roasted pumpkin chunks in creamy sauce with sundried tomato

Single **\$8.00** medium **\$15.00** large **\$22.00**

### POTATO GRATIN (GF, V)

Thinly sliced potatoes cooked with garlic, mustard and cream

single **\$5.00** medium **\$10.00** large **\$15.00**

### LEMON CURD CRUMBLE PUDDING

single **\$5.00** medium **\$10.00** large **\$15.00**

### 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](http://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**