



TAKE HOME MENU

13TH – 17TH May 2024

WEEK 5

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**

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**

BEAN, LENTIL AND VEGETABLE CON CARNE (GF, DF, V)

Kidney beans, brown lentils, capsicum and corn
single **\$8.50** medium **\$14.50** large **\$22.00**

POTATO LEEK AND BACON SOUP (GF)

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

BAILEYS CHEESECAKE

single **\$8.00** large

WEDNESDAY from 9.30am

THAI GREEN CHICKEN CURRY (GF, DF)

Marinated free range chicken thighs in a spiced green curry sauce with carrots and green beans
single **\$10.90** medium **\$19.00** large **\$28.00**
MICRO MEAL (GF, DF) with steamed brown basmati rice **\$19.00**

DEVILLED BEEF SAUSAGES

Beef sausages in a devilled sauce
single **\$9.90** medium **\$18.00** large **\$26.00**
MICRO MEAL with roasted garlic mash and peas **\$18.00**

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**

MICRO MEAL (GF)

Slow roasted scotch fillet, Garlic mash, peas, horseradish cream and gravy
one size **\$25.00**

BROCCOLI, BLUE CHEESE AND SPINACH SOUP (GF)

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

RASPBERRY & 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

BEEF LASAGNE

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

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**

BEEF CHEEK

16-hour stout braised beef Cheek
single **\$9.90** medium **\$18.00** large **\$28.00**



TAKE HOME MENU

13TH – 17TH May 2024

WEEK 5

VANILLA CHEESECAKE

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

FRIDAY from 9.30am

SALMON PIE

Fresh Salmon, smoked salmon, leek and spinach in a white sauce encased in pastry
single **\$12.50** large **\$32.00**

LAMB SHOULDER WITH GREEK POTATO (GF)

Slow roasted lamb shoulder topped with baked lemon, thyme & sundried tomato gourmet potatoes
single **\$9.90** medium **\$19.00** large **\$28.00**

MEDITERRANEAN CHICKEN RISOTTO (GF)

Shredded free range chicken, sun dried tomato and artichoke risotto topped with feta, pesto and cherry tomatoes
single **\$10.90** medium **\$19.00** large **\$26.00**

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**

POTATO GRATIN (GF, V)

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

APPLE, RHUBARB AND RASPBERRY CRUMBLE

topped with a coconut oat topping
single **\$5.00** medium **\$12.00** large **\$16.00**

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