



TAKE HOME MENU

20th – 24th May 2024

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 **\$9.00** medium **\$16.00** large **\$24.00**

SMOKED SALMON RISOTTO (GF)

Smoked salmon, lemon, capers and baby spinach
single **\$10.90** medium **\$19.00** large **\$28.00**

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 **\$19.00**

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 **\$28.00**

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

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

PASSIONFRUIT CHEESECAKE

topped with passionfruit coulis
single **\$6.00** large **\$22.00**

WEDNESDAY from 9.30am

CHICKEN MARBELLA

Free range chicken thighs marinated and baked with olives, capers, prunes, oregano, and white wine.
single **\$10.90** medium **\$19.00** large **\$29.00**

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 **\$19.00**

MICRO MEAL (GF)

Pork belly, gratin potato, braised red cabbage, green beans, apple sauce and mustard gravy
one size **\$22.00**

TIRAMISU

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

THURSDAY from 9.30am

TARRAGON CHICKEN (GF)

Free range chicken thighs in a creamy tarragon sauce with a pistachio, lemon and parsley topping
single **\$10.90** medium **\$19.00** large **\$29.00**

COTTAGE PIE (GF)

Beef Mince, carrots and peas in a rich gravy topped with creamy mashed potato
single **\$9.90** medium **\$19.00** large **\$28.00**

CHICKEN PASTA BAKE

Free range chicken, bacon, and mushroom in a creamy sauce with a pesto crumb
single **\$10.50** medium **\$18.00** large **\$26.00**

PUMPKIN LASAGNE (V)

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

BEEF MEATBALLS

Tasty beef meatballs in a tomato and basil sauce topped with grated cheese
single **\$9.90** medium **\$19.00** large **\$28.00**



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CHOCOLATE PUDDING (GF)

with chocolate sauce

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

FRIDAY from 9.30am

CHICKEN AND LEEK PIE

single **\$10.90** large **\$29.00**

LAMB HOT POT

Slow cooked lamb with carrots and onions topped with sliced gourmet potatoes

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

MICRO MEAL

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

one size **\$21.00**

BEEF STROGANOFF (GF)

Slow cooked beef with mushrooms, smoked paprika and a touch of cream

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

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

THAI RED FISH CURRY

Fresh fish baked with a Thai red curry sauce.

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

POTATO GRATIN (GF, V)

Thinly sliced potatoes cooked with garlic, mustard and cream

single **\$6.00** medium **\$12.00** large **\$16.00**

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

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