

WEEK 2

TAKE HOME MENU

29th May – 2nd June 2023



FRESH DISHES AVAILABLE EACH DAY

MONDAY after 3pm

CHICKEN PASTA BAKE

Free range chicken, bacon, and mushroom in a creamy sauce with a pesto crumb
single **\$8.50** medium **\$15.00** large **\$23.00**

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 **\$16.00**

DHAL MAKHANI (GF, DF, VEGAN)

Black lentils and kidney beans in a tomato-based curry, finished with coconut cream
single **\$8.00** medium **\$15.00** large **\$22.00**

CREAMY MUSHROOM SOUP

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

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 **\$26.00**

BUTTER CHICKEN (GF)

Marinated free range chicken thighs in a medium spiced tomato sauce
single **\$9.90** medium **\$18.00** large **\$28.00**

MICRO MEAL (GF) with steamed rice **\$16.00**

MICRO MEAL

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

TIRAMISU

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

THURSDAY from 9.30am

COTTAGE PIE (GF)

Beef Mince, carrots and peas in a rich gravy topped with creamy mashed potato
single **\$9.90** medium **\$16.50** large **\$26.50**

PUMPKIN GNOCCHI (V)

Potato gnocchi in a pumpkin sauce with a sage, almond, and brown butter crumb
single **\$8.50** medium **\$15.00** large **\$23.00**

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**

CAULIFLOWER CHEESE (V)

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

SULTANA RICE PUDDING

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

WEEK 2

TAKE HOME MENU

29th May – 2nd June 2023



FRIDAY after 9.30am

SALMON PIE

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

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**

POTATO GRATIN (GF, V)

Thin sliced potatoes cooked with garlic, mustard and cream
single **\$5.00** medium **\$10.00** large **\$15.00**

BLACK DORIS PLUM SPONGE PUDDING

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

CURRENT OPENING HOURS FOR BOTH STORES

Monday – Friday
9.30am – 5.30pm

STORE LOCATIONS

Hastings

1/800 St Aubyn Street East
Parkvale

Napier

53 Latham Street
Napier South

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 midnight Sunday

WE ARE UNABLE TO SERVICE RURAL ADDRESSES