



# TAKE HOME MENU

## 6<sup>th</sup> – 10<sup>th</sup> May 2024

WEEK 4

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 **\$10.50** medium **\$18.00** large **\$26.00**

#### PUMPKIN RISOTTO (GF)

Creamy pumpkin risotto with roast pumpkin, topped with pinenuts and feta  
single **\$9.90** medium **\$16.00** large **\$24.00**

#### DARK CHOCOLATE MOUSSE (GF)

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

### TUESDAY from 9.30am

#### LAMB CURRY (GF, DF)

Slow cooked lamb with cashew nuts, coconut cream and baby spinach  
single **\$10.50** medium **\$19.00** large **\$28.00**  
**MICRO MEAL** with steamed rice **\$19.00**

#### SRI LANKAN TOFU CURRY (GF, DF, V)

with chickpeas and baby spinach  
single **\$9.00** medium **\$16.00** large **\$26.00**

#### CURRIED KUMARA SOUP (GF, V)

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

#### PASSIONFRUIT CHEESECAKE

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

### WEDNESDAY from 9.30am

#### SEAFOOD LASAGNE

Hoki, prawns, mussels and scallops in a mascarpone velouté with baby spinach and gremolata  
one size **\$36.00**

#### POMEGRANATE CHICKEN (GF)

Marinated free range chicken thighs with pomegranate molasses, orange, oregano, prunes and roasted gourmet potatoes  
single **\$10.90** medium **\$19.00** large **\$29.00**

#### SMOKED SALMON PASTA BAKE

Penne pasta in a creamy sauce with smoked salmon, baby spinach and a lemon, parsley and parmesan crumb  
single **\$10.90** medium **\$19.00** large **\$28.00**

#### MICRO MEAL (GF)

Lamb shank, mashed potato, peas and onion gravy  
one size **\$19.90**

#### CHICKEN AND VEGETABLE CHOWDER

small **\$13.00** large **\$18.00**

#### 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 POT PIE

Free range chicken and vegetables in a wholegrain mustard sauce topped with a puff pastry lid  
single **\$10.90** medium **\$19.00** large **\$29.00**

#### LAMB RAGOUT GNOCCHI (GF)

Pulled lamb shoulder in a rich tomato sauce with gluten free potato gnocchi and eggplant topped with olives and parmesan cheese  
single **\$10.50** medium **\$19.00** large **\$28.00**

#### SWEET 'N' SOUR PORK (GF)

Slow cooked pork in a tangy sauce with carrots, onions, celery, red capsicum and fresh pineapple  
single **\$9.90** medium **\$18.00** large **\$28.00**

#### MACARONI CHEESE

Macaroni elbows in a cheesy sauce with bacon and a panko crumb topping  
single **\$9.90** medium **\$16.00** large **\$24.00**

#### BAILEYS CHEESECAKE

single **\$8.00** large **\$24.00**



# TAKE HOME MENU

## 6<sup>th</sup> – 10<sup>th</sup> May 2024

WEEK 4

**FRIDAY from 9.30am**

### BACON AND EGG PIE

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

### 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**

### SMOKED SALMON RISOTTO (GF)

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

### POTATO GRATIN (GF, V)

Thin sliced potatoes cooked with garlic, mustard and cream

single **\$6.00** medium **\$12.00** large **\$18.00**

### CHOCOLATE PUDDING (GF)

with chocolate sauce

single **\$5.00** medium **\$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](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**