



THE UNIVERSITY
WOMEN'S CLUB
of VANCOUVER

FROZEN MEALS TAKE OUT MENU

Menu will be updated every Tuesday and Thursday

Please place your order from Monday to Friday between 10 am to 4 pm.

Pick-up will be from Monday to Friday between 10 am and 6 pm.

Please email the office your preferred pick-up date & time.

The package will be ready outside on the front door with the member name.

If you require delivery, please let us know and we would be happy to arrange it for you

Chicken and Vegetable Pistou soup;

Mediterranean chicken broth
with lentils, and herbs **\$7**

Lancashire Lamb Hotpot,

Slow cooked Leg of Lamb, root vegetables,
Rosemary, red-wine & topped with
puff pastry. **\$12**

Hearty Vegan Bean Chili

White navy beans, kidney beans,
black eyed beans and pickled jalapeno
in vegan tomato broth. **\$10**

Classic Fish pie,

A selection of fresh seafood cooked
in a creamy white wine sauce & vegetables
Finished with lemon & fresh herbs
& topped with mash potato. **\$10**

Classic **CURRENTLY** Cognese
SOLD OUT

Turkey & **CURRENTLY** Ham pie,
SOLD OUT

*Meals are 1 to 2 portion size and approximately 500 gms each.

AVAILABLE WHILE SUPPLIES LAST!