



THE UNIVERSITY  
WOMEN'S CLUB  
of VANCOUVER

# FROZEN MEALS TAKE OUT MENU

Menu will be updated every Tuesday and Thursday

## ORDER INSTRUCTIONS

- Kindly order any day from Monday to Friday between 10 am to 4 pm.
- **PLEASE NOTE THE CUT-OFF TIME FOR SAME DAY PICK UP IS 4 PM.**
- Email [office@uwcvanancouver.ca](mailto:office@uwcvanancouver.ca)
- **List number of orders** - eg 2 x lamb hot pots; 1 x fish pie; 1 x lasagna
- Your order will be charged to your account.

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## PICK-UP INSTRUCTIONS

- Pick-up will be from Monday to Friday between 10 am and 5 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.



## BAKED GOODS!

### Dry Mix for 2 loaves of

French Country Bread. **\$6**

### Bake yourself pastries

Apple turnover x 3

Pain du chocolat x 3

**All 6 pastries for \$15**

### Homemade scones

Raisins

Cheddar Apple **\$3 each**

### Assorted Spicy Nuts **\$5**

### White Chocolate Brownie **\$5**

## MAIN ITEMS

### French Onion Soup **GF LF**

**(Limited amount)**

rich and robust french onion soup  
made with chicken and beef stock, flavoured with  
thyme and Worcestershire sauce. **\$8**

### Hearty Vegan Bean Chili - New Item **V**

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

### Lamb Provencale

Braised leg of lamb cooked in red wine,  
vegetable tomato sauce. **\$12**

### Potato and cauliflower vegan curry **V GF LF**

**(Limited amount)**

Cauliflower, potatoes, onion, celery, tomatoes, carrots,  
Turmeric, mustard seeds, paprika, bay leaves, ginger,  
coconut milk, garlic, cumin, cinnamon, salt, pepper. **\$10**

**\*More items on the next page.**

V

Vegan

GF

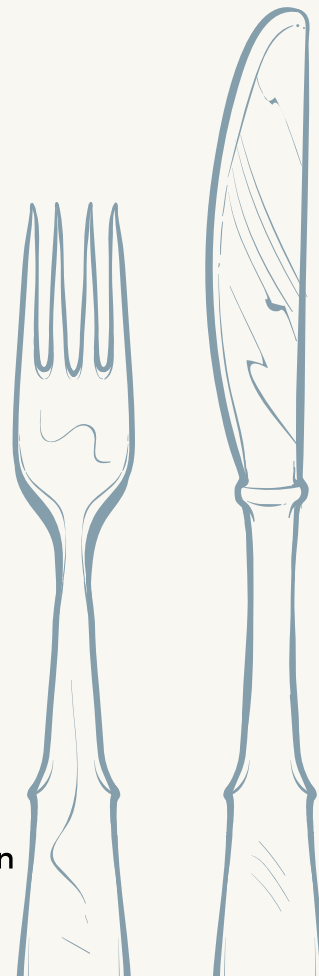
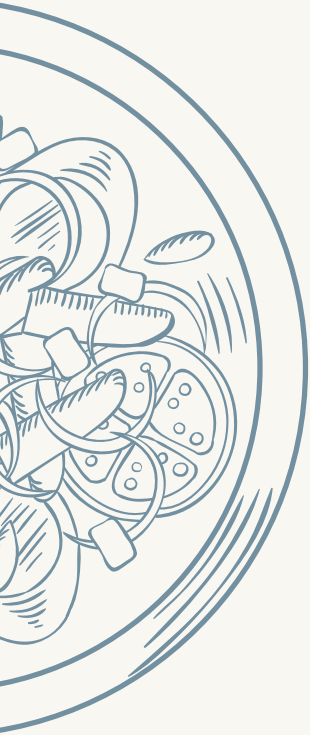
Gluten Free

LF

Lactose Free

VG

Vegetarian

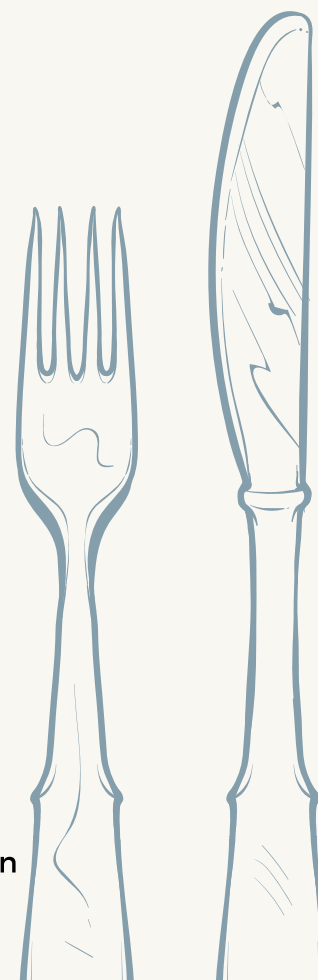
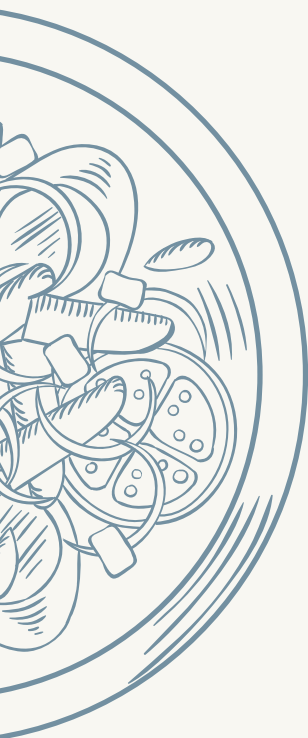


## **Classic Fish pie**

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

**\*Meals are 1 to 2 portion size.**

**AVAILABLE WHILE SUPPLIES LAST!**



Vegan




Gluten Free



Lactose Free



Vegetarian



# FROZEN MEALS COOKING INSTRUCTIONS

## *Bake yourself pastries*

### **Cooking instructions:**

1. Pull pastries from freezer 24 hours ahead to proof.
2. Brush with egg wash before baking.
3. Bake at 375 F until golden brown.
4. Let cool for 5 minutes before eating.

## *Home-style French Country Loaf*

**Ingredients:** Strong bread flour, dried yeast, salt, sugar.

### **Cooking instructions:**

1. Empty contents into a machined mixing bowl and use the dough hook attachment.
2. Measure 175 ml of cold milk and add 175 of boiling water from the kettle given you a total warm liquid of 350 ml.
3. Knead the flour mix on a slow speed, adding the warm 350 ml of liquid. (You can do this by hand if you don't have a mixer).
4. Knead the dough for 10 mins until the dough is elasticity.
5. Leave the dough in the bowl and cover with a damp cloth or cling wrap.
6. Let the dough proof in a warm place until 3 times the size (approx. 1 hr.)
7. Remove the dough from the bowl and knead gentle by hand for 1 min, (Knocking back)
8. Place the dough back to the bowl and proof for a second time.
9. When the dough has risen to 3 times the size for the second time remove from the bowl and cut the dough into 2 pieces,
10. Shape the 2 pieces of dough into desired loaf shapes and place on a lightly floured baking tray (Round French country style or oblong French baguette style)
11. Leave to proof for a third time until double the size and then gently carve 1 cm grooves into the top of the loaves and dust with flour.
12. Then bake in a convection oven at 350f/170c for 20 mins.
13. Remove from the oven and place the loaves on a cooling rack for 30 mins before eating.

**Chef's tip:** When kneading the dough the first time around if you like, be adventurous by adding chopped sun-dried tomatoes and olives or rosemary and a little olive oil, one of my favs is to add caramelized onions!





# FROZEN MEALS COOKING INSTRUCTIONS

## **French Onion soup, Cheese croute**

**Ingredients:** Onions, garlic, thyme, red wine, chicken stock, beef stock, Worcestershire sauce, sliced baguette, cheddar cheese, olive oil salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Empty contents into a saucepan and gently warm (gas or electric mark 2/3) until simmering and simmer for 4 to 5 mins then top with the warmed cheese croute and serve.

**Serving suggestions:** Crusty French loaf made from our ready to kneed bread mix!

## **Hearty Vegan Mixed Bean Chili**

**Ingredients:** Kidney beans, white navy beans, black eye beans, vegetables, garlic, tomatoes, oregano, thyme, ancho chili, pickled jalapeños, vinegar, olive oil, salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Empty contents of the chili into a saucepan and gently warm (gas or electric mark 2/3) until simmering and simmer for 4 to 5 mins then serve.

**Serving suggestions:** Steamed rice, green salad and maybe some garlic bread to keep the vampires away!!

## **Lamb Provencal**

**Ingredients:** Diced Lamb leg, vegetables, garlic, rosemary, thyme, bay leaves, redwine, flour, beef stock, chicken stock, redwine vinegar, tomatoes, tomato paste, salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Loosen the foil lid before heating but leave it on, and put into a pre-heated oven (325f) for 25 to 30 minutes.

**Serving suggestion:** Great with vegetables and potatoes or over fresh pasta. A glass of our very own Napolino Sangiovese Merlot would tip it off nicely!



## **Cauliflower & potato curry**

**(Vegetarian)**

**Ingredients:** Cauliflower, potatoes, onion, celery, tomatoes, carrots, Turmeric, mustard seeds, paprika, bay leaves, ginger, coconut milk, garlic, cumin, cinnamon, salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Heat by microwave or by tipping contents into a saucepan and heat gently until bubbling.

**Serving suggestion:** Steamed rice and naan bread, cucumber salad and a cobra beer or our very own Montalto Pinot Grigio.

## **Fish Pie**

**Ingredients:** Salmon, cod, prawns, potato, vegetables, garlic, butter, 33% cream, gluten free flour, fish stock, chicken stock, egg yolk, bay leave, thyme, parsley, dill, lemon, fennel seed, coriander seed, salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Remove the foil lid before cooking. Pre-heat oven to 325F. Place in pre-heated oven for 30 to 40 minutes until bubbling up the sides and the potato topping is golden brown.

Please leave to cool slightly for 5 minutes before eating,

**Serving suggestions:** Garden peas and a green salad.



# TAKE OUT WINE MENU

WITH FOOD PURCHASE ONLY

## WINES BOTTLES

**Louis Martini Cabernet Sauvignon • \$31 + tax - *New***

*Perfect to be paired with our Canadian AAA Striploin Steaks.*

**Mirasou Pinot Noir • \$23 + tax - *New***

*Pairs nicely with our Chicken Tagine.*

**Pepperwood Grove Old Zinfandel (CA) • \$20 + tax - *New***

*This pair nicely with our Texan style chili or our Lamb Rogan Josh Curry.*

**St. Jean Chardonay (CA) • \$31 + tax - *New***

*Pairs nicely with our Elk cassoulet.*

**La Marca Prosecco (ITL) • \$31 + tax - *New***

*Perfect to be paired with our Mother's Day Dinner Menu!*

**Montalto Pinot Grigio • \$20 + tax**

*Try it out with our Vegetarian Potato and Cauliflower Curry.*

**Montalto Cabernet Sauvignon • \$20 + tax**

*Exquisite to be paired with our Vegetarian Lasagna.*

**Nespolino Trebiano Chardony • \$20 + tax**

*Perfect to be paired with our Veggan Eggplant Parmesan.*

**50th Parallel Gewurztraminer • \$23 + tax**

*Ideal to be paired with the carrot ginger soup.*

**Alamos Malbec • \$23 + tax**

*Perfect match with any meat option.*

**Henkell Piccolo • 1 for \$10 or 3 for \$20**

*Best to be paired with our Vegan Mixed Bean Chili.*

## BEER

**Guinness Beer • 1 for \$5 or 2 for \$8 + tax - *New***



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