



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
- **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.

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.





SHOP NOW

**FLASH
SALE**

BAKED GOODS!

Bake yourself pastries

Apple turnover x 3

Pain du chocolate x 3

~~All 6 pastries for \$15~~

NOW FOR \$12

MAIN ITEMS

French Onion Soup

(limited amount)

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

NOW FOR \$6

Cream Tomato Soup

Tomato, onion, cream
and butter. ~~\$8~~

NOW FOR \$6

MAIN ITEMS

Chicken Tagine - New item

Chicken, squash, sweet potato,
lightly spiced, finish with
dried figs, apricots, and fresh cilantro. **\$12**

Lamb Provencale

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

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!



V

Vegan



GF

Gluten Free



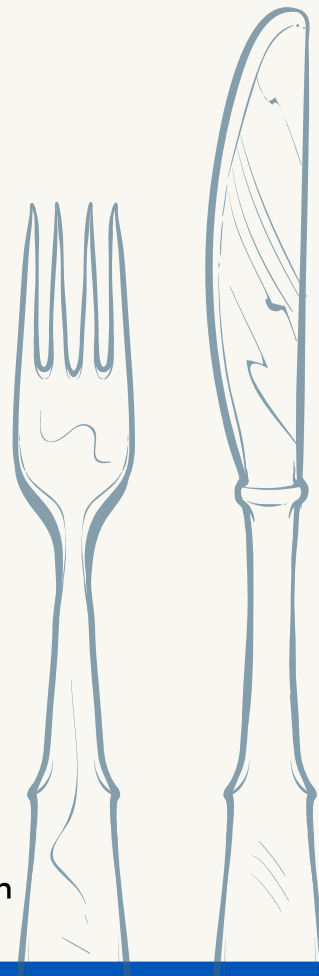
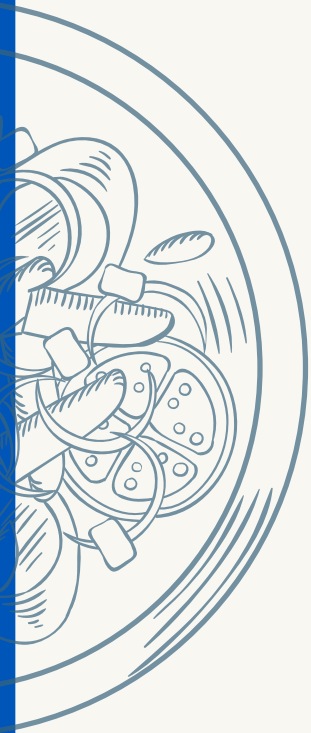
LF


Lactose Free



VG

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.

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!

Northen African Chicken Tagine

Ingredients: Chicken breast, chicken stock, onion, sweet potato, celery, squash, carrot, garlic, diced tomatoes, cilantro, tomato paste, curry powder, cinnamon, cumin powder, ginger, lemon, dried figs & apricots, 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 serve.

Serving suggestions: Steamed rice, green salad, pita bread and maybe a dollop of Greek yogurt.





FROZEN MEALS COOKING INSTRUCTIONS

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 Nespolino Sangiovese Merlot would tip it off nicely!

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. 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.

TAKE OUT WINE MENU

WITH FOOD PURCHASE ONLY

WINES BOTTLES

Louis Martini Cabernet Sauvignon • \$31 + tax

Perfect to be paired with our Canadian AAA Striploin Steaks.

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.

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.



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