



THE UNIVERSITY  
WOMEN'S CLUB  
of VANCOUVER

# FROZEN MEALS TAKE OUT MENU

Menu will be updated every 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@uwcvancover.ca](mailto:office@uwcvancover.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!

### Homemade scones

Apricot scone,  
Raisins scone. **\$3 each**

## MAIN ITEMS

### Roasted pepper soup

Roasted red pepper, onion, carrot,  
salt, pepper, and veggie broth. **\$7**

### Beef, mushroom, and onion pie - *New item*

Bottom round beef, pearl onions,  
brown & oyster mushrooms,  
garlic, beef & chicken broth. **\$12**

### Chicken Tagine - *New item*

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

### Vegetarian Lasagna

Sweet pea and artichoke  
with béchamel. **\$10**

### Classic lasagna bolognese

Layered with Béchamel, lean ground  
beef, roma tomatoes, oregano,  
Topped with cheddar. **\$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

## **Beef, mushroom & onion pie**

**Ingredients:** Bottom round Beef, pearl onions, brown & oyster mushrooms, garlic, flour, red wine, beef & chicken stock, bay leave, rosemary, puff pastry, 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 pastry is golden brown.

Please leave to cool slightly for 5 minutes before eating,

**Serving suggestions:** Your favorite buttery mash potatoes and English peas.

## **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.

## **Vegetarian Lasagna**


**Ingredients:** Leeks, artichokes, peas, onion, garlic, ricotta, butter, milk, 33% cream, flour, nutmeg, pasta sheets, 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 25 to 30 minutes until bubbling up the sides and the top golden brown.

Please leave to cool slightly for 5 minutes before eating.

**Serving suggestions:** Big salad and crunchy garlic bread!

**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.



# FROZEN MEALS COOKING INSTRUCTIONS

## **Classic Lasagna**

**Ingredients:** Ground beef, onion, garlic, Mushrooms, tomato paste, diced tomatoes, red-wine, butter, milk, 33% cream, flour, mustard, mozzarella, oregano, thyme, pasta sheets, cheddar, salt, pepper.

**Cooking instructions:** Remove from freezer if frozen 24 hours before and defrost in the refrigerator. Remove the foil lid before cooking and pre-heat oven to 325F. Place in pre-heated oven for 30 to 40 minutes until bubbling up the sides and the top golden brown. Please leave to cool slightly for 5 minutes before eating.

**Serving suggestions:** Big salad and crunchy garlic bread!

## **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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