



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@uwcvancouver.ca](mailto:office@uwcvancouver.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.
- Email the office at [office@uwcvancouver.ca](mailto:office@uwcvancouver.ca) with your preferred pick-up date and time
- The package will be ready outside by the front door with the member's name
- If you require delivery, please let us know and we would be happy to arrange it for you.



## BAKED GOODS

### Homemade scones - New Item

Raisin & Orange **\$3 each**

## MAIN ITEMS

### Spicy Moroccan Minestrone Soup - New item

Chicken stock, vegetables, tomatoes,  
gently spiced & finished with orzo pasta. **\$7**

### Beef Bourguignon - New item

Red wine marinated bottom-round beef  
Cooked slowly with mushrooms, baby  
onions and double smoked bacon. **\$12**

### Chicken Tagine

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

### Classic Bolognese Lasagna

Layered with Béchamel, lean ground beef,  
roma tomatoes, oregano,  
Topped with cheddar. **\$12**

### Classic Bolognese Sauce - New item

Lean ground beef, roma tomatoes,  
oregano, salt, and pepper. **\$10**  
(12 oz container)

### 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

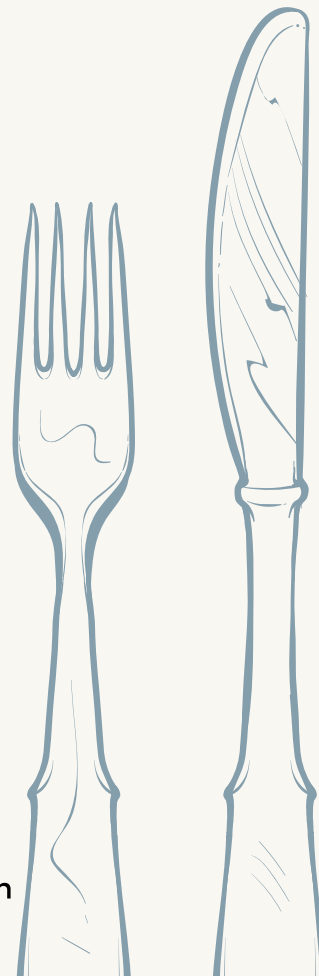
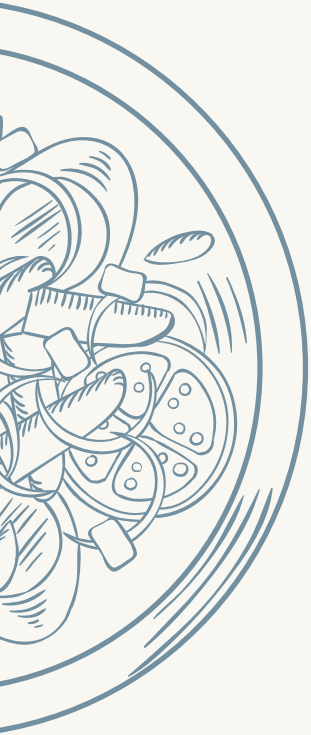
Gluten Free

LF

Lactose Free

VG

Vegetarian





# FROZEN MEALS

# COOKING

# INSTRUCTIONS

## *Spicy Moroccan minestrone*

**Ingredients:** Chicken stock, orzo pasta, butter, onion, celery, leek, asparagus, zucchini, bell peppers, carrot, garlic, diced tomatoes, cilantro, curry powder, cinnamon, cumin powder, ginger, coriander, allspice, nutmeg, cloves, cayenne pepper, 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:** Fresh bread or even steamed rice to make it more of a meal.

## *Beef Bourguignon*

**Ingredients:** Bottom round Beef, Mushrooms, Pearl onions, garlic, red wine, thyme, bay leave, flour, beef stock, 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. Pre-heat oven to 325F. Place in pre-heated oven for 30 to 40 minutes until bubbling up the sides.

**Serving suggestion:** Steamed rice or roasted potatoes and lots of veggies!

## *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

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## *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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