



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
- **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.
- Email the office at 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

Apricot

\$3 each

MAIN ITEMS

Roasted pepper soup

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

Chicken Tagine - New item

GF

LF

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

Vegetarian Lasagna

VG

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

Classic Bolognese Lasagna

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

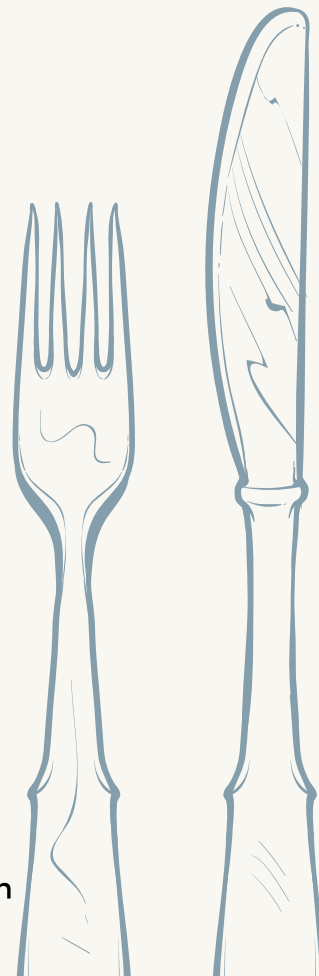
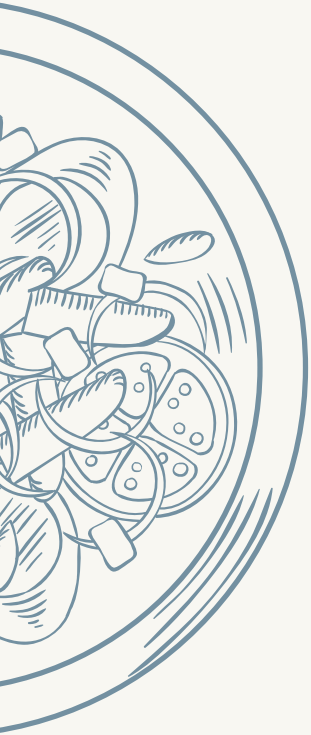
Gluten Free

LF

Lactose Free

VG

Vegetarian





FROZEN MEALS COOKING INSTRUCTIONS

Northern 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.

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.



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!

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 Trebbiano 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.



THE UNIVERSITY
WOMEN'S CLUB
of VANCOUVER

