



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

Mini Focaccia loaf **\$4 - New Item**

Homemade scones

Raisin & Orange **\$3 each**

Bake yourself pastries - New Item

Apple turnover x 1

Pan au chocolate x 1

Pan au raisin x 1.

All 3 pastries for \$8

MAIN ITEMS

White bean, bacon & kale stew - New Item

Onions, butter, leeks, white beans, kale, garlic, thyme,
leeks, bacon, celery, celeriac, oregano, white wine,
bay leaf, rosemary, parmesan, lemon, olive oil salt, pepper. **\$7**

Spicy Moroccan Minestrone Soup

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

Beef Bourguignon

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

Classic Bolognese Lasagna

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

Kale & sundried tomato lasagna - New Item

Onion, kale, zucchini, spinach, sundried tomatoes,
lemon, garlic, port salute cheese, butter, milk, flour,
nutmeg, pasta sheets, salt, pepper. **\$10**

Coconut Beef & vegetable curry - New Item

(Contain peanuts)

Bottom round Beef, vegetables, garlic, jalapeno,
ginger, lemongrass, lime leaf, tomatoes, curry spices,
fish sauce, lime juice, cilantro, vegetable stock,
coconut cream, salt, pepper. **\$12**

***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!

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!



FROZEN MEALS COOKING INSTRUCTIONS

White Bean, Bacon & Kale stew

Ingredients: Onions, butter, leeks, white beans, kale, garlic, thyme, leeks, bacon, celery, celeriac, oregano, white wine, bay leaf, rosemary, parmesan, lemon, 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.

Serving suggestions: Crusty French loaf made from our bread mix.

Coconut Beef & vegetable curry

(Contains peanuts)

Ingredients: Bottom round Beef, vegetables, garlic, jalapeno, ginger, lemongrass, lime leaf, tomatoes, curry spices, fish sauce, lime juice, cilantro, vegetable stock, coconut cream, 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 25 to 30 minutes.

Serving suggestion: Steamed rice or naan bread, cucumber salad!

Kale & sundried tomato Lasagna

Ingredients: onion, Kale, zucchini, spinach, sundried tomatoes, lemon, garlic, port salute cheese, butter, milk, 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!

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.



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