



Manly Park Kitchen prepare tasty and nourishing "home style" cooked meals ready for you to finish off in your own oven.

Meals for one, meals for two and meals for the whole family.

Order on line - one meal or a weeks supply. Meals can be ordered fresh or frozen

All meals are vacuum packed to give 7 days refrigerated shelf life



All these meals are great on their own or you can add salad or veg

Smoked Fish Pie

Our own house smoked fish with lemon, parsley, and spinach in a creamy white sauce, topped with mashed potato

Chicken, Potato & Leek Gratin (Gluten Free)

Creamy leek and potato with marinated chicken and a herbed crust

Cottage Pie (Gluten Free)

Braised prime beef mince with vegetables topped with mashed potato and herbs

Chicken and Mushroom Florentine

Chicken and mushroom wrapped in crepes on a bed of spinach pesto – topped with béchamel sauce

Chicken Parmesan (Gluten Free)

Chicken breast coated in parmesan cheese, on a bed of sauté potato topped with pasta sauce, cheese & fresh herbs

Italian Meatballs

Spiced meatballs with Italian seasonings and oregano in a tomato and herb sauce on a pasta base

Chicken and Pesto Lasagne

Pasta, layered with chicken, pesto, cheese and sour cream

Chicken Tagine (Gluten Free)

Tender and juicy chicken breast in a Moroccan sauce, topped with kumara and gluten free crumbs

Lamb Pasta Bake

Traditional and comforting diced lamb tossed with tomatoes, oregano and penne pasta

Vegetarian Lasagne

Seasonal vegetables, spinach and roasted pumpkin in herbed tomato sauce & feta

Traditional Lasagne

Pasta sheets layered with slow cooked beef, tomatoes and herbs with béchamel and pasta sauces

Tripe and Onion Pie

Made the old fashioned way with lots of tripe, onion & parsley in a white sauce topped with creamy mash potato

All the above meals: Single serve 9.90 Double serve 19.80 Family size 35.00

Spicy Chicken Enchilada

Chicken with onion, capsicum, chilli and beans in a tortilla wrap topped with pasta sauce & parmesan 8.90

Vegetable Tagine (Gluten Free)

Moroccan flavours with kumara, carrot, onion, capsicum, broccoli, herbs & spices Single 8.30

Thai Vegetable Curry (Gluten Free)

With seasonal vegetables and homemade green curry paste with coconut cream Single 8.30

Macaroni Cheese

Made the old fashioned way with macaroni elbows, onion, capsicum, cheese and parsley.

Single 8.50 Double 17.00 Family 33.00

Healthy Tasty Fast

These meals are especially for those who are cooking just for one person. They are complete meals with meat, vegetables, and sauces ready for reheating. Just two and a half minutes in the microwave and dinner is ready! All Healthy Tasty Fast meals are 9.90, Roast Meals 10.50

Rissoles

Seasoned beef mince with onion, mashed potato and carrots in a parsley sauce

Curried Sausages

An old fashioned recipe, with mashed potatoes and peas

Braised Sausages

Sausages slow cooked in a hearty gravy, comes with mashed potato

Butter Chicken (Gluten Free)

Chicken Breast in a rich butter sauce.. With rice

Corned Beef

Corned silverside, mashed potato, carrots creamed spinach and mustard sauce gravy

Savoury Mince (Gluten Free)

Braised prime beef mince with carrots and peas with creamy mashed potato

Seafood Chowder (Gluten Free)

A combination of scallops, fish, squid and prawns for a hearty meal.

Great on its own or with fresh crusty bread

Single serve 9.90

Chicken Gumbo (Gluten Free)

Great on its own, or over rice – chicken, onion, carrot, celery, spices and seasonings

Single serve 7.90

Hearty Vegetable Soup

A great mix of barley, celery, carrots, onion, courgette, pulses, seasonings Single serve 7.00

Pan Fried Fish

Fillet of fish in a lemon butter sauce with sauté potato, creamed spinach and herbs

Thai Chicken Curry

With seasonal vegetables in a homemade green curry paste, coconut cream and rice

Roast Pork with Crackling

With potato, creamed spinach, carrots, gravy and homemade chutney

Roast Chicken

With traditional stuffing and roasted Vegetables, broccoli and a cranberry jus

Roast Lamb

With roasted potato, pumpkin, broccoli cauliflower cheese and minted gravy

Roast Beef

With mashed potato, creamed spinach, carrots, and mint & horseradish sauce

Home Made Pies

Hand crafted and packed full of flavoursome fillings

Mince & Cheese ... Pork & Kumara ... Bacon & Egg

Steak & Mushroom ... Chicken, Cranberry and Brie

Steak & Kidney...Tripe & Onion...Pack of two \$12

Desserts

Rhubarb & Apple Crumble / Feijoa and Apple Crumble

Sticky Date Pudding & Caramel sauce (single) 5.00

Cheesecake / Chocolate Mousse (single) 4.80

Cakes (fresh or frozen)

Orange Cake / Carrot Cake / Chocolate Cake ... 10.00

Wide selection of homemade slices and Danish Pastries

If you don't want to order on line, simply phone your order and we will deliver, or call in at our shop

Order on line for delivery to your home

Deliveries to Orewa and Hibiscus Coast, Wednesday, Thursday and Friday – any other day by arrangement.

Free delivery for orders totalling over \$70 to Orewa & Hibiscus Coast

Deliveries to all other areas \$10 delivery fee

Manly Park Kitchen

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Phone (09) 428 4549

Shop Hours Monday to Friday 9am – 6pm Saturday 10am – 1pm

