

(M) denotes microwaveable

MAINS

chicken with tarragon and mushrooms (M)

a creamy dish lightened by a hint of chilli chicken thigh fillets, pancetta, tarragon, garlic, chilli, mushrooms, sherry, cream

coq au vin (M)

chicken in red wine with onions, mushrooms and pancetta bone-in chicken thighs & drumsticks, onions, carrots, celery, garlic, red wine, cognac, thyme, bay leaves, shallots, mushrooms, pancetta

chicken leek and pancetta pie

a lightly creamy pie wrapped in homemade pastry – delicious hot or cold chicken thigh fillets, pancetta, leeks, garlic, thyme, parsley, white wine, chicken stock, crème fraiche, homemade pastry

butter chicken (M)

a mild Indian favourite with a fragrant creamy tomato sauce chicken breasts, tomatoes, yoghurt, cream, lemon juice, cardamom, cinnamon, cloves, ginger, garlic, fenugreek, garam masala, paprika, coriander, chilli powder

*chicken & cider stew (M)

a hearty stew, jam-packed with veggies bone-in chicken thighs & drumsticks, onions, garlic, cider, marforam, potatoes, carrots, parsnips, turnips, chicken stock

chicken Provencale (M)

a rustic French dish of chicken with tomatoes, olives, zucchini and peppers bone-in chicken thighs & drumsticks, peppers, tomatoes, zucchini, olives, anchovies, parsley, onions, garlic, white wine, bay leaves, thyme

chicken with preserved lemons and olives (M)

a fragrant Moroccan-style dish with a tomato base bone-in chicken thighs & drumsticks, tomatoes, olives, preserved lemon, saffron, chicken stock, onions, garlic, cumin, ginger, cinnamon, cayenne pepper, coriander

pork, snake bean and peppercorn curry (M)

a fragrant, Thai-style coconut-based curry with a decent whack of heat
pork, snake beans, peppercorn sprigs, coconut cream, coconut milk, kaffir lime leaves, coriander
seeds, cumin seeds, peppercorns, dried chillies, lemongrass, shallots, garlic, shrimp paste, galangal,
coriander roots, palm sugar, fish sauce

sweet and sour pork (M)

pan-fried pork in a tangy sauce

pork, capsicum, pineapple, onions, spring onions, vinegar, tomato sauce, sugar, eggs, cornflour

*aromatic pork & ginger hot pot (M)

an Asian-style dish packed with flavour pork belly, sprig onions, chicken stock, ginger, garlic, soy sauce, Chinese rice wine, brown sugar, star anise, dried chilli flakes, coriander

braised pork belly with chorizo and haricot beans (M)

melt in your mouth pork with spicy chorizo sausage, smoky paprika and haricot bean stew pork belly, chorizo, haricot beans, passata, onions, carrots, celery, garlic, stock

pork stroganoff (M)

thinly sliced pork in a delicate, creamy sauce with mushrooms, onion and capsicum pork, mushrooms, onions, capsicums, cayenne pepper, paprika, brandy, mustard, sour cream

pork Dijon (M)

slow cooked pork with vegetables in a mustard and white wine sauce pork, carrots, onions, leeks, celeriac, garlic, white wine, Dijon mustard, stock, thyme, bay leaves, cloves

braised pumpkin and lamb (M)

a Morrocan tagine-style dish of meltingly tender lamb cooked on the bone lamb, pumpkin, onions, garlic, cardamom, fennel seeds, cumin, coriander seeds, ginger, cinnamon, stock, tomatoes

shepherd's pie

the perfect winter warmer, minced lamb and veges with a mashed potato topping minced lamb, onion, carrot, garlic, potatoes, bay leaves, tomato paste, stock, red wine, Worcestershire sauce, peas, parsley, cream, butter

*greek lamb fricassee

melt in your mouth lamb with a light, lemony dill sauce lamb, onions, cos lettuce, garlic, spring onions, dill, greek yoghurt, eggs, lemon juice

moussaka

layers of eggplant & lamb mince topped with a cheesy béchamel minced lamb, eggplant, tomatoes, onion, garlic, white wine, cinnamon, oregano, butter, flour, milk, parmesan, eggs

lamb stew with parsley dumplings and young carrots (M)

tender lamb in a meaty broth with warming herb dumplings lamb, carrots, SR flour, tomato puree, garlic, thyme, bay leaves, parsley, stock, butter

lamb navarin (M)

a light ragout of lamb with root vegetables and rosemary lamb, turnips, swedes, carrots, shallots, garlic, tomatoes, rosemary, bay leaves, white wine, stock, peas, parsley

nigel's lamb and barley stew (M)

like your Gran's thick and hearty soup... but thicker and heartier with the lamb cooked on the bone lamb chops, potatoes, carrots, parsnips, celery, onions, barley, thyme, bay leaves, parsley, stock

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beef carbonade with dumplings (M)

rich braised beef slices with herb dumplings, a meal-in-one Butter, flour, onions, pancetta, garlic, stock, beer, thyme, parsley, mustard, brown sugar

boeuf bourguignon (M)

beef slow-cooked in red wine with pancetta, shallots and mushrooms beef, pancetta, shallots, mushrooms, brandy, red wine, bay leaves, thyme, parsley, orange zest, garlic, beef stock

cottage pie

quintessential comfort food, minced beef and veges with a mashed potato topping minced beef, onions, carrots, celery, garlic, thyme, tomato puree, red wine, Worcestershire sauce, chicken stock, potatoes, egg yolks

beef and veg pie

meat and veg for all the family

beef, onions, swede, celery, carrot, tomatoes, garlic, stock, flour, thyme, bay leaves, eggs, flour

gordon's beef casserole (M)

a rich red wine stew with loads of veg

beef, pancetta, carrots, celery, swede, mushrooms, onions, thyme, bay leaves, tomato puree, red wine, beef stock, parsley

chilli con carne (M)

hearty & tomatoey – all you need with it is crusty bread beef, borlotti beans, kidney beans, tomatoes, onions, garlic, bay leaves, black pepper, cayenne pepper, paprika, cumin, polenta

beef goulash (M)

a traditional, tomato based Hungarian stew

beef, onions, tomatoes, garlic, paprika, caraway seeds, cayenne pepper, cloves, bay leaves, chicken stock

Bolognese (M)

delicious served with pasta or on a baked potato with sour cream & grated colby minced beef, carrots, celery, tomatoes, mushrooms, onion, garlic, red wine, stock, nutmeg, bay leaves, milk

lasagne

the eternal crowd-pleaser, never fails to satisfy

minced veal, minced pork, pancetta, celery, onions, carrots, garlic, tomatoes, tomato paste, white wine, stock, balsamic vinegar, parmesan, milk, cloves, bay leaves, nutmeg, butter, flour, pasta sheets

meat loaf with proscuitto and redcurrant jus

a pork and veal meatloaf with hazelnuts and apple wrapped in pancetta and balanced by a light & tangy sauce minced pork, minced veal, hazelnuts, apples, onions, garlic, sage, parsley, wholemeal breadcrumbs, eggs, milk, proscuitto, verjuice, redcurrant jelly, port, mustard

meatballs Napolitana (M)

great for the kids, light pork meatballs in a simple fresh tomato sauce minced pork, tomatoes, garlic, onions, anchovies, breadcrumbs, milk, parsley, thyme, tomato paste, parmesan

catalan summer fish stew

fish fillets in a fragrant tomato sauce with fennel, potatoes and chorizo fresh fish fillets, chorizo, fennel, potatoes, tomatoes, onions, chilli, fennel seeds, garlic, paprika, thyme, saffron, bay leaves, fish stock, white wine

fishermans pie

creamy fresh and smoked fish with a mashed potato topping fresh fish, smoked trout, milk, onions, carrots, celery, bay leaf, parsley, potatoes, butter

*tuna meatballs (M)

fresh fish with subtle spices in a zingy tomato sauce tuna, tinned tomatoes, pinenuts, onion, breadcrumbs, parmesan, garlic, oregano, parsley, cinnamon, eggs, lemon, red wine vinegar

ratatouille (M)

eggplant, zucchini and capsicum in a tomato sauce eggplant, zucchini, capsicum, onions, garlic, coriander seeds, parsley

moroccan chickpea and pumpkin stew (M)

a fragrant stock-based dish

chickpeas, pumpkin, capsicum, onions, ginger, garlic, cumin, coriander seeds, coriander, paprika, tomato paste, vegetable stock

roasted vegetable lasagne

roasted peppers and eggplant layered with a homemade tomato sauce, béchamel and fresh pasta sheets capsicum, eggplant, fresh pasta, onions, garlic, carrots, tomatoes, white wine, basil, flour, milk, parmesan

wild mushroom pie

a rich, creamy indulgence with buttery, homemade pastry fresh mushrooms, dried mushrooms, stock, cream, nutmeg, butter, flour, eggs

*cauliflower macaroni cheese

creamy & cheesy, a good way to get veggies into the kids macaroni, cauliflower, milk, Dijon mustard, cheddar cheese, parmeasan, butter, flour

*stuffed butternut pumpkin

a healthful combination of nuts, spices, millet & veggies in sweet roasted pumpkin butternut pumpkin, millet, celery, onion, carrots, corn, thyme, coriander, curry powder, currants, pinenuts, tamari, pumpkin seeds

SOUPS (M)

creamy corn

corn, celery, carrots, potatoes, onions, garlic, stock, cream, parsley

pea and ham

ham hocks, split green peas, frozen peas, onions, garlic

potato and leek

leeks, potatoes, onions, celery, garlic, bay leaves, thyme, parsley

roast carrot and cumin

carrots, cumin, onion, garlic, ground coriander, chicken stock, lemon juice, lemon rind, greek yoghurt, parsley

pea and fennel

peas, fennel, garlic, stock, spinach, lemon juice, lemon rind

mushroom and pearl barley

dried & fresh mushrooms, ham hock, leeks, onions, garlic, pearl barley, thyme, parsley



SNACKS

zucchini slice (M)

zucchini, eggs, SR flour, onions, bacon, cheese, vegetable oil

quiche Lorraine (M)

eggs, cream, bacon, homemade pastry, nutmeg

goats cheese, potato and onion tart (M)

homemade pastry, goats cheese, potatoes, onions, eggs, crème fraiche, garlic, thyme

spanakopita (M)

filo pastry, spinach leaves, ricotta, feta, eggs, butter, nutmeg, parsley

creamed spinach (M)

spinach, onions, carrots, milk, flour, butter, bay leaves, nutmeg

SIDES (M)

mashed potatoes

potatoes, butter, milk

mushy minted peas

peas, butter, mint

mustard mash

potatoes, cream, butter, Dijon mustard, wholegrain mustard

pumpkin, basil and parmesan mash

pumpkin, basil, parmesan, olive oil

root vegetable mash

swede, parsnips, celeriac, butter, milk

celeriac puree

celeriac, milk, butter

parsnip puree

parsnip, milk, cream, garlic

chickpea mash

chickpeas, onion, olive oil, paprika

broad beans braised with pancetta

broad beans, pancetta, onions, stock, butter

fennel and tomato ragu

fennel, garlic, tomatoes, thyme

spiced red cabbage with apple

red cabbage, brown sugar, apples, cider vinegar, butter, nutmeg, cinnamon, cloves

cauliflower cheese

cauliflower, milk, flour, butter, nutmeg, cheese

braised fennel

fennel, stock, butter, olive oil, lemon juice, parsley

creamed leeks

leeks, garlic, white wine, butter, cream, thyme