



01/03/2025 to 30/03/2025

B&E FOODS / NSW

# MONTHLY MENU

*Where Quality Counts!*



BUTCHER  
AND  
*Cook*



**\$124.<sup>00</sup>**

**CTN**

**\$15.<sup>50</sup>**

**KG**

# PORK SPAREERIBS

No.14046 CHILLED - COOKED 8KG BUTCHER & COOK

# NEW ORLEANS CHICKEN DRUMS

 **Flame Grill** 

Seasoned with a rich blend of classic New Orleans sauce, these chicken ribs are a flavorful journey to the heart of Southern cuisine. Perfectly tender and bursting with a mix of smoky, savory, and slight sweetness, they're a soul-satisfying addition to any meal.

## PREPARATION SUGGESTION



### OVEN (Preheated) :

1. Preheat fan oven to 180°C (200°C for conventional ovens).
2. Shake the pack well before opening.
3. Take chicken out, put on oiled tray, and set on oven's middle rack.
4. Bake for 12 mins or until done.



**No. 15721**  
**FZ COOKED NEW ORLEANS**  
**CHICKEN WINGS 2 X 2.5KG**  
**MELCO**

**\$9.95/KG**

# OVEN ROASTED CHICKEN DRUMS

New Orleans Flavour



approx.  
**\$0<sup>.70</sup>**  
per pieces (70g)

**Cost per pieces (70g) when  
purchased from B&E Foods**

# HOW TO MAKE

## Step 1: Prepare Ingredients

- Chop bell peppers and onions into bite-sized chunks.
- Open **Melco Crispy Pork Bites**, take 200g and set aside.
- Open **Twin Pine Pineapple**, measure 50g, and keep it ready.

## Step 2: Prepare the Sweet and Sour Sauce

- In a bowl, mix:
- 1 tbsp tomato ketchup
- 1 tbsp sugar
- 1 tbsp vinegar
- 1 tbsp soy sauce
- Cornstarch slurry (to thicken the sauce)
- Stir well until fully combined.

## Step 3: Stir-fry and Combine

- Heat a little oil in a pan over medium heat.
- Stir-fry the bell peppers, onions, and pineapple until slightly softened.
- Add the crispy pork bites and pour in the sweet and sour sauce.
- Stir well over high heat, ensuring everything is evenly coated in the sauce.

## Step 4: Serve and Enjoy

- Plate and serve! Enjoy the crispy, tangy, and delicious Sweet and Sour Pork!

# FEATURED INGREDIENTS



No. 10995  
Fz Cooked Tempura Pork  
Bites 2.5kg (4) Melco  
-----  
**\$12.50/KG**



No. 18310  
Canned - Pineapple  
Pizza Cut A10 (6)  
-----  
**\$7.50/UNIT**



No. 18970  
Sauce - Light Soy Sauce  
Delicious Value Drum  
10.5l (2) Haday  
-----  
**\$16.00/UNIT**



No. 26494  
Sauce - Tomato Ketchup  
(Gf) 4ltr(3) Heinz  
-----  
**\$17.00/UNIT**



No. 28366  
Oil - Vegetable  
20L Simply  
-----  
**\$60.00/DRUM**

# SWEET AND SOUR PORK

Authentic Chinese cuisine

Sweet and Sour Pork is a classic Chinese dish featuring crispy, **MELCO deep-fried pork pieces** coated in a tangy and flavorful **sweet-and-sour sauce**. The dish is typically made with bite-sized pork chunks, marinated and battered before being fried to golden perfection. The sauce, a perfect balance of sweetness from sugar and sourness from vinegar, enhances the dish's appeal, making it a favorite in Chinese cuisine worldwide.



**Cost per dish when  
purchased from B&E Foods**

approx.  
**\$3<sup>.20</sup>**  
of finished  
dish

# NATURAL WOODEN CUTLERY



COMPOSTABLE

Our natural wooden cutlery range are made from premium quality wood, blending functionality with sustainability. Perfect for serving your grab-and-go meals.



**\$38<sup>.80\*</sup>**  
CTN



**No.27576**  
SPOON - WOODEN  
160X34X1.5MM 2000'S

**\$38<sup>.21\*</sup>**  
CTN



**No. 27577**  
FORK - WOODEN  
160X26X1.5MM 2000'S

**\$30<sup>.23\*</sup>**  
CTN



**No. 27578**  
KNIVES - WOODEN  
165X22X1.5MM 2000'S

**\$56<sup>.75\*</sup>**  
CTN



**No. 27936**  
SPORK - WOODEN  
165X34X1.5MM 2000'S

**\$33<sup>.56\*</sup>**  
CTN



**No. 16489**  
WOODEN CUTLERY SET - FORK /  
KNIFE / NAPKIN 400'S EJ ECO

**\$42<sup>.32\*</sup>**  
CTN



**No. 16490**  
WOODEN CUTLERY SET - FORK / KNIFE /  
NAPKIN / SPOON 400'S EJ ECO

\* GST NOT INCLUDED



**\$7.20**  
**UNIT**

**No.12218**  
**Sauce - Sriracha Chilli Sauce**  
**Mild (GF/VEGAN) 12x810g**  
**Healthy Boy**



**No. 11154**  
**SOY SAUCE - GLUTEN FREE**  
**4.5L(3) HEALTHY BOY**

**\$22.50/DRUM**



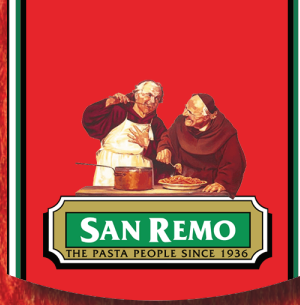
**No. 11155**  
**OYSTER SAUCE - GLUTEN**  
**FREE 5KG (3) HEALTHY BOY**

**\$22.00/DRUM**



**No. 11157**  
**FISH SAUCE - GLUTEN FREE**  
**4.5L(3) HEALTHY BOY**

**\$13.50/DRUM**



No. 12696  
PASTA - PENNE # 18  
2x5KG SAN REMO

**\$26.70/CTN**



No. 12697  
PASTA - SPAGHETTI # 5  
2x5KG SAN REMO

**\$26.70/CTN**



No. 12698  
PASTA - FETTUCCINE # 12  
2x5KG SAN REMO

**\$26.70/CTN**



No. 15757  
PASTA - MACARONI #38  
2x5KG SAN REMO

**\$26.70/CTN**



# Premium Meat



**\$9.00**  
KG

**No. 17670**  
**PORK LEG ROAST MOISTURE**  
**INFUSED TIED 5KG(3) R/W FRESH**



**\$12.90**  
KG

**No. 10912**  
**FZ PORK RIBS HALF (USA) 20KG R/W**



**\$12.90**  
KG

**No. 10867**  
**BEEF - RUMP YP CAP ON 4KG (5) R/W B/mont**



**\$11.90**  
KG

**No. 17041**  
**BEEF BRISKET POINT END GRASSFED PJ/AMG**  
**GRASS 20KG**



| No.   | BEEF CHUCK DICED    | PRICE             |
|-------|---------------------|-------------------|
| 28302 | 3 X 3CM 5KG BAG R/W | <b>\$14.50 KG</b> |
| 27497 | 4 X 4CM 5KG BAG R/W | <b>\$14.50 KG</b> |
| 31359 | 5 X 5CM 5KG BAG R/W | <b>\$14.50 KG</b> |



No. 11241  
POMPANO 600/7009 GG  
10KG/CTN

**\$133.00/CTN**



No. 12687  
FZ COOKED FARMED TIGER  
PRAWNS 16/20 AUSTRALIA  
PACIFIC REEF 3KG

**\$49.50/CTN**



No. 11020  
FZ OCTOPUS - BABY IQF  
16/25 1KG (10)

**\$10.80/KG**



No. 16550  
FZ OCTOPUS - BABY IQF  
26/30 1KG (10)

**\$10.80/KG**



No. 13477  
SCALLOPS ROE OFF 60/80  
1KG(10) FROZEN

**\$12.00/KG**



No. 13617  
CHEESE - CHEESE SAUCE 1KG  
(5) DIROSSI

**\$10.00/PKT**



No. 18644  
CHEESE - AMERICAN BURGER  
SLICE 72'S 89X89 1.5KG (8)  
DIROSSI

**\$19.15/PKT**



No. 28152  
CHEESE - US BURGER SLICES  
120'S SLICES 2.27KG (4) REAL  
DAIRY

**\$29.40/PKT**



No. 18652  
FZ BRIOCHE BURGER BUN FB  
4.5" 100G X 48 TIP TOP

**\$49.95/CTN**



No. 13942  
FZ POTATO BUN SLICED  
80gX48 ARYZTA

**\$32.00/CTN**



No. 17241  
FZ LARGE MILK BUNS SEED-  
ED SLICED FULLBAKE 24PC  
75G BAKERS CRUST

**\$19.20/CTN**



No. 18286  
OIL - OLIVE EXTRA VIRGIN  
4LTR (4) PALERMO

**\$48.00/DRUM**

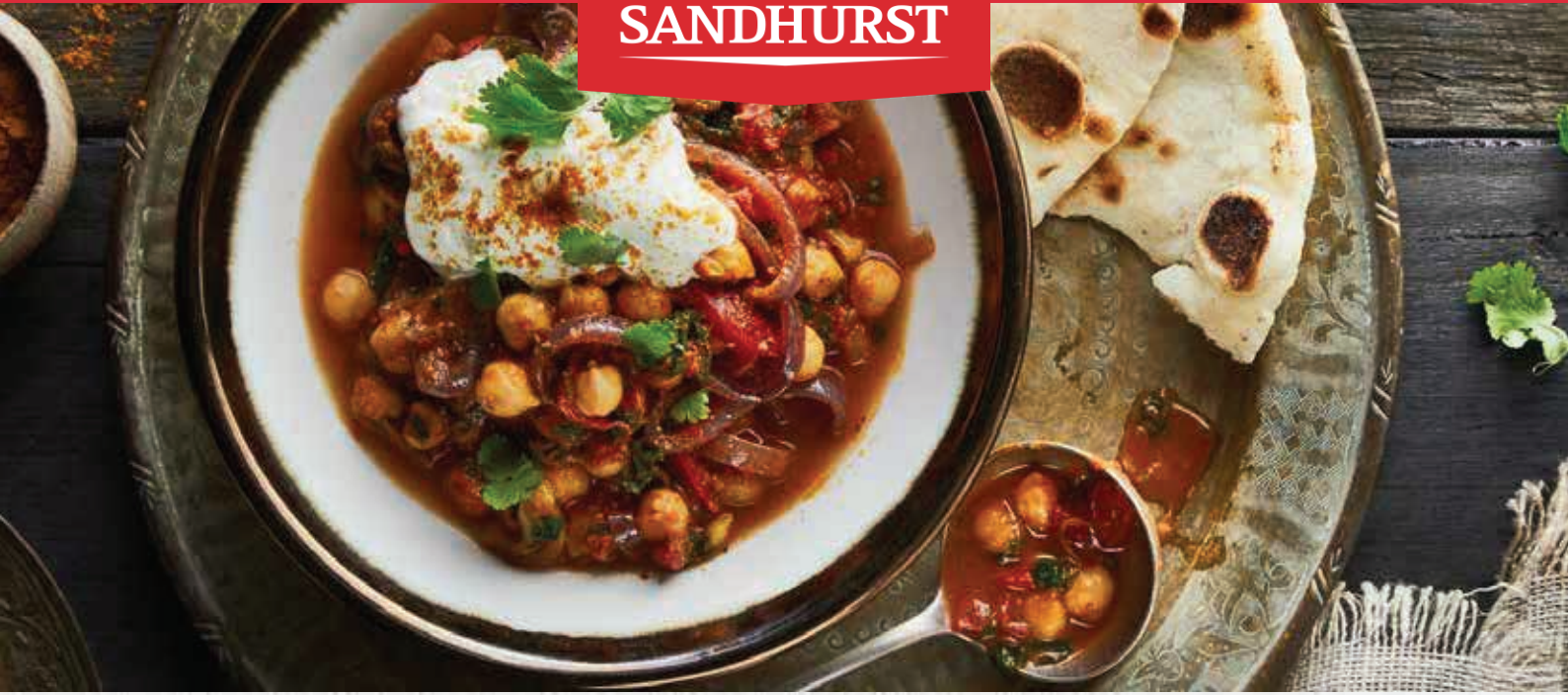


No. 26504  
CANNED - BEETROOT SLICES  
3KG (3) GOLDEN CIRCLE

**\$9.50/UNIT**



**SANDHURST**



**\$6<sup>.50</sup>**  
**UNIT**

**No.18476**  
**CANNED - CANNELLINI**  
**BEAN 2.5KG (6) SANDHURST**



**\$7<sup>.20</sup>**  
**UNIT**

**No.16804**  
**CANNED - CHICKPEAS IN**  
**BRINE A9(6) SANDHURST**



**\$7<sup>.50</sup>**  
**UNIT**

**No.17249**  
**CANNED - RED KIDNEY**  
**BEANS A9(6) SANDHURST**



No. 16935  
BACON - DICED 2KG (7) PEN-  
DLE

**\$7.00/KG**



No. 17906  
SAUCE - NAPOLI / PASTA  
SAUCE 3X3KG MUTTI

**\$43.00/CTN**



No. 16146  
FZ MOZZARELLA - BUFFALO  
1KG(2) SORI

**\$26.50/KG**



No. 13868  
FZ CHEESE - BUFFALO BUR-  
RATA 125G X 12 SORI

**\$56.00/CTN**



No. 30514  
CHEESE - PARMESAN GRATED  
2KG(6) DIROSSI

**\$32.00/PKT**



No. 17693  
CHEESE - PARMESAN  
SHAVED 1KG (8) DIROSSI

**\$16.90/PKT**



No. 17644  
CHEESE - PARMESAN SHRED-  
DED 1KG (8) DIROSSI

**\$16.90/PKT**



No. 13467  
BEAN VERMICELLI 500G(20)  
LONG KOW

**\$2.20/UNIT**



No. 30566  
BEAN VERMICELLI 500GM  
(20) DOUBLE DRAGON

**\$4.70/UNIT**



No. 12371  
RICE VERMICELLI NOODLES  
500G(24) WAI WAI

**\$2.90/UNIT**

# Asian Cooking Wine



**NEW**

No. 15217  
CHINESE COOKING RICE  
WINE 750ML (12)

**\$2.10/UNIT**



**NEW**

No. 15218  
ROSE COOKING WINE 750ML  
(12)

**\$2.50/UNIT**



No. 12582  
SHAOXING COOKING WINE  
640ML (12)

**\$1.90/UNIT**



No. 18965  
COOKING WINE - GOLDEN  
LABEL ZERO ADDED 1.9L (6)  
HADAY

**\$5.10/UNIT**



No. 28430  
SPICE - SUMAC 1KG KRIO

**\$13.99/UNIT**



No. 12387  
SEASONING - CHICKEN SALT  
8KG FRUTEX

**\$49.99/UNIT**



No. 18408  
FZ POTATO CAKE/SCALLOP  
LARGE PREMIUM 70G 120'S  
AUSSIE CHIPS

**\$54.99/CTN**



No. 12385  
COURSE SEMOLINA 12.5KG  
BEN FURNEY

**\$20.31/BAG**





No. 13951  
FZ BBQ PORK BUN NO MSG  
20 X 50G X 10PK  
HO'S DIM SIM

**\$245.00/CTN**



No. 13952  
FZ PORK DUMPLINGS 35G NO  
MSG 50 X 35G X 4PK  
HO'S DIM SIM

**\$240.00/CTN**



No. 13953  
FZ PRAWN GOW GEE DUMP-  
LING NO MSG 50 X 35G X 4PK  
HO'S DIM SIM

**\$255.00/CTN**



No. 13954  
FZ VEGETABLE DUMPLING NO  
MSG 50 X 35G X 6PK  
HO'S DIM SIM

**\$340.00/CTN**



No. 13955  
FZ CHICKEN GINGER SIU MAI  
NO MSG 50 X 35G X 4PK  
HO'S DIM SIM

**\$245.00/CTN**



No. 19156  
RICE - BASMATI RICE SPECIAL  
BIRIYANI 20KG FORTUNE

**\$52.00/BAG**



No. 19155  
RICE - BASMATI RICE BIRI-  
YANI SPECIAL 5KG X 4 FOR-  
TUNE

**\$13.00/BAG**



No. 14026  
OIL - AUSTRALIAN GHEE 5KG  
SAHARA

**\$59.00/DRUM**



No. 14137  
CHEESE - PANEER 5KG  
VILLAGE DAIRY

**\$62.00/CTN**



No. 10207  
YOGHURT - 10KG NATURAL  
YOGHURT VILLAGE DAIRY

**\$25.00/UNIT**



No. 10233  
YOGHURT - 10KG GREEK YO-  
GHURT SAHARA

**\$28.95/UNIT**

# CHECKOUT SOS PAPER BAG



RECYCLABLE



COMPOSTABLE



PREMIUM QUALITY



LOGO PRINTING

Our checkout SOS bags are crafted from high-quality materials, perfect for securely holding grab-to-go takeaway food such as burgers and chips. They are freestanding, making them easy to load. These brown paper bags are recyclable, compostable, and reusable, and they are packed flat for convenient storage.



**\$51.00\***  
CTN

**No. 27799**  
BROWN #8 MEDIUM  
157X100X310 1000'S



**\$59.00\***  
CTN

**No. 31080**  
BROWN #12 MEDIUM  
178X112X330MM 1000'S



**\$24.00\***  
CTN

**No. 31079**  
BROWN #16 LARGE  
240X120X390MM 250'S

# TAKEAWAY PAPER CARRY BAG



RECYCLABLE



COMPOSTABLE



PREMIUM QUALITY



LOGO PRINTING

Our takeaway paper bags are robust, sturdy, and ideal for delivering your meals. Available in both Twisted and Flat Handle options, these premium-quality bags can support up to 8 to 10KG products, ensuring worry-free presentation of your takeaway meals.



**\$33.00\***  
CTN

**No. 27572**  
SMALL TWIST HANDLE  
280X280X160MM 250'S



**\$35.00\***  
CTN

**No. 17662**  
MEDIUM TWIST HANDLE  
305X305X175MM 250'S  
**Uber SIZE**



**\$39.00\***  
CTN

**No. 27798**  
LARGE TWIST HANDLE  
350X330X230MM 150'S



**\$33.00\***  
CTN

**No. 27429**  
BROWN SMALL  
FLAT HANDLE 250'S



**\$35.00\***  
CTN

**No. 19646**  
BROWN MEDIUM  
FLAT HANDLE 250'S

\* GST NOT INCLUDED

# PREMIUM TASTE WITHOUT THE PREMIUM PRICE



\$39.<sup>00</sup>  
UNIT



海天 haday  
**Gluten-free Soy Sauce**  
No Preservatives Added  
无麸质生抽  
NET: 10.5 L

**INFORMED GLUTEN-FREE**

**INGREDIENTS:** Water, soybeans (34%), salt, etc.  
All quantities above are averages.  
Contains Soy.  
Contains 2.0 ml / 70g net alcohol (alcohol will be evaporated after cooking).  
Please keep in a cool and dry place. Tightly close lid after use to avoid contamination.  
Serve with cold dish or hot dry cooking.  
Best Before: See Packing.  
Lot Number: See Packing.  
PRODUCT OF CHINA

Imported by: B&E Global PTY LTD  
Address: 25 Bessemer Street Blacktown NSW 2148  
Tel: 0298528800

**MANUFACTURER:**  
Foshan Haitian (Guangdong)  
Foshan City, Guangdong  
Address: Guosheng Road No. 889  
Guangming District, Guangzhou  
District, Foshan, Guangdong, China.

**NUTRITION INFORMATION**  
Per 100 ml (average)  
Energy (kJ) 100  
Protein (g) 1.0  
Total fat (g) 0.1  
Carbohydrate (g) 0.1  
Sodium (mg) 10

# LIGHT SOY SAUCE

No.18976 LIGHT SOY SAUCE GLUTEN FREE 10.5L(2) HADAY