



01/03/2025 to 30/03/2025

B&E FOODS / SA

# 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**



- ✓ Gluten-Free
- ✓ Non-GMO Soybeans
- ✓ 100% Vegan

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

**\$22.50/DRUM**



- ✓ Gluten-Free
- ✓ No Artificial Flavour
- ✓ No Sweetener

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

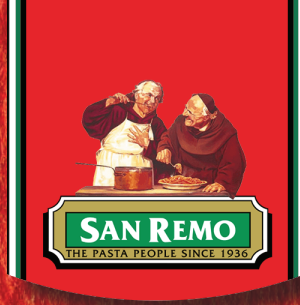
**\$22.00/DRUM**



- ✓ Gluten-Free
- ✓ No Color Added
- ✓ No MSG
- ✓ No Preservative

**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**