



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

Weekly Healthy Meals, Fresh for you!

Available for the week of Aug 14th - Aug 19th, 2017

All Meals \$9.00 (includes choice of starch and two vegetables)

1) ROAST BARON OF BEEF

Med Rare roast beef served with Yorkshire Pudding & Gravy

2) CHICKEN CHASSEUR

Grilled breast served with Red Wine Mushroom Sauce

3) BLACKENED SNAPPER

Snapper fillet coated in mild Cajun seasoning and lightly grilled

4) TERIYAKI BEEF STIR FRY

Lean diced beef marinated in Teriyaki Sauce served over Rice Pilaf. Choice of two fresh veggies

5) THAI PEANUT CHICKEN

Boneless chicken thighs baked in Thai Peanut Sauce

6) PORK ROAST

Center cut pork loin wrapped in pork belly & roasted. Served with Maple Apple Sauce

7) CABBAGE ROLLS

Lean ground beef & rice nestled inside cabbage, baked in Italian Tomato Sauce

\$12.95 Feature ~ Mild Sweet Chili Prawns & Scallops sautéed with Bell Peppers & Onions. Served with Rice Pilaf & your choice of 2 fresh vegetables

ALSO AVAILABLE, FRESH SOUPS, TASTY DESSERTS, POT PIES, SHEPHERD'S PIE, FISHERMANS PIE, AND QUICHES!

Fresh, nutritious meals for pick up or delivery. See our website for full menu selection & services!

Office: 250.595.3151 | Fax: 250.595.3129

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