



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 Jan 8th - 13th, 2018

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

1) BRAISED PORK CHOP

Center cut boneless pork chop braised in mushroom cream sauce.

2) SOUTHERN FRIED CHICKEN

Boneless chicken breast dredged in flour & spices, fried golden brown. (This dish has a touch of heat)

3) BBQ SALMON

Boneless, skinless fillet glazed and baked in our house made tangy BBQ sauce.

4) PARKER'S BEEF STEW

Angus beef stewed with carrot, onion, celery, mushroom, garlic, green peas & sundried tomato in a rich chicken broth.

5) CHICKEN TAGINE

Boneless chicken thighs casseroled with apricots, ginger, cinnamon & turmeric.

6) ROASTED GARLIC CHICKEN & MUSHROOM TORTELLINI

Chicken sautéed with onion, mushroom & roasted garlic. Finished with white wine, cream & asiago cheese. Served over cheese tortellini.

7) STUFFED ITALIAN MEATLOAF

Seasoned lean ground beef stuffed with Parisian bread, roasted chestnuts & pancetta. Topped with Arrabbiata sauce.

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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