



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 May 14th – May 19th, 2018

Most Meals \$9.50 (includes choice of starch and two vegetables)

1) **BAKED MAPLE HAM**

Maple glazed ham topped with Pineapple Sauce.

2) **GREEK CHICKEN**

Boneless, breast marinated in yogurt oregano, lemon & garlic, topped with braised bell peppers

3) **SEAFOOD STUFFED SOLE**

Sole stuffed with scallops & shrimp topped with white dill sauce.

4) **BEEF STROGANOFF**

Lean & tender beef braised with mushrooms & onions finished with sour cream & dill pickle

5) **SMOKEHOUSE CHICKEN**

Bone in smoked chicken legs smothered in a house made BBQ sauce.

6) **SWEET & SOUR PORK BALLS**

Savoury lean ground Pork Balls in Polynesian Sweet & sour sauce.

7) **EGGPLANT PARMESAN**

Tender, fried, lightly breaded eggplant layered with house made marinara sauce and Asiago cheese.

SWEET CHILI PRAWNS &

SCALLOPS - \$13.95

Tiger Prawns, Sea Scallops, Onions and Bell Peppers in a mild Sweet Chili Sauce. Served with rice & two veggies

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!

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