



Hours of Operation:

Monday to Friday: 8am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

Weekly Healthy Meals, Fresh for you!

Available for the week of June 11-June 16th, 2018

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

1) BBQ SPARE RIBS

Tender Pork back ribs glazed with our house made BBQ Sauce

2) CHICKEN DIVAN

Boneless breast topped with Broccoli Cheese Sauce

3) GRILLED BASA

Premium Basa Fillet breaded and grilled to golden brown

4) GINGER BEEF

Cantonese style Ginger Beef served over brown rice, choice of two vegetables

5) LEMON GARLIC CHICKEN

Boneless chicken thighs braised with fresh lemon & garlic

6) SPAGHETTI & MEATBALLS

Italian style meatballs simmered in Marinara sauce, served over spaghetti pasta

7) LAMB SHEPHERD'S PIE

Traditional Shepherd's Pie with ground lamb, topped with mashed potato

POLLO PORTAFINO - \$11.95

Tender chicken breast stuffed with prosciutto, Swiss cheese, prawns & fresh basil. Mustard Cream 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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