



**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 July 16<sup>th</sup>, - July 21<sup>ST</sup>, 2018

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

**1) BEEF ROULADEN (Balsamic)**

AAA Angus Beef with sweet peppers, zucchini, carrot & onion strips, slow braised in Rosemary Balsamic Glaze

**2) CHICKEN FLORENTINE**

Boneless breast topped with a house made spinach & cheese Mornay sauce.

**3) LEMON CRUSTED SALMON**

Boneless, skinless filet crusted with herbed Panko crust.

**4) MOROCCAN BEEF STEW**

Braised Beef with apricots, almonds and flavoured with a Sweet North African spice blend.

**5) SMOKEHOUSE CHICKEN**

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

**6) DANISH MEAT PATTIES**

Danish style meat patties (blend of beef & pork) served with light creamy gravy.

**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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