



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 16th, - July 21ST, 2018

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

1) PORK TENDERLOIN

Oven roasted Pork Tenderloin topped with house made Rhubarb Chutney.

2) APPLE CREAM CHICKEN

Breaded breast topped with Apple Cream Sauce

3) FISH CAKES

Medley of premium fish Seasoned and shaped in cakes. Lightly breaded and grilled.

4) TERIYAKI BEEF STIR FRY

Tender lean sliced beef marinated in Teriyaki Sauce, served with stir fry veggies & rice.

5) CHICKEN A LA KING

Boneless chicken thighs casseroled with sweet bell peppers & mushrooms

6) BEEF COTTAGE PIE

Lean ground beef, carrots, onions & celery, topped with mashed potatoes Served with your choice of two veggies

7) SPINACH & FETA CANNELLONI

Spinach, Feta and Mozzarella wrapped in a Fresh pasta sheet and topped with Arrabbiata Sauce

BEEF WELLINGTON \$14.95

Tender Beef Filet, Mushroom Duxelle (mushrooms, shallots, thyme & garlic) wrapped in Puff Pastry

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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