



**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 November 12th – Nov 17th, 2018

All Meals \$10.00 (includes choice of starch and two vegetables)

**1) ROAST BARON OF BEEF**

Med-Rare Roast Beef with Gravy & Yorkshire Pudding

**2) CHICKEN DIANNE**

Boneless breast baked over Apple & Leek Stuffing with Gravy

**3) BAKED HADDOCK**

Haddock fillet breaded with Lemon Herb Panko

**4) IRISH LAMB STEW**

Lean diced Lamb slow braised with root vegetables

**5) CHICKEN A LA KING**

Boneless chicken casseroled with Bell Peppers & Mushrooms in White Wine Sauce

**6) ROTINI BOLOGNESE**

Italian Meat Sauce served over Rotini Pasta Noodles, topped with Cheese

**7) GINGER SOY PORK BALLS**

Lean Pork Balls served with Ginger Soy Sauce & Rice Pilaf (+ 2 veggies)

**SEAFOOD NEWBURG \$13.95**

Prawns, Shrimp & Baby Scallops in a White Cream Sauce inside Puff Pastry Shell plus Rice & 2 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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