



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 5th – Nov 10th, 2018

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

1) BAKED MAPLE HAM

Slow roasted tender Maple Ham topped with Maple Dijon Sauce

2) CHICKEN CORDON BLEU

Breaded breast stuffed with Ham & Swiss Cheese

3) BLACKENED SNAPPER

Snapper Fillet baked in Mild-Med Cajun Seasonings

4) CURRIED BEEF MADRAS

Angus Beef diced & stewed in a Madras Curry Sauce

5) PINEAPPLE CURRY CHICKEN

Boneless chicken thighs baked in a Pineapple Curry Sauce

6) BEEF COTTAGE PIE

Lean ground beef, carrots, onions & celery in a rich stock, topped with mashed potatoes (+ 2 veggies)

7) HONEY GARLIC PORK SHANK

Lightly breaded pork cutlet topped with Apple Cheddar Sauce

HOUSE SMOKED LAMB RIBS

\$13.95

**(choice of starch & 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!

Office: 250.595.3151 | Fax: 250.595.3129

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