



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 Oct 15th - Oct 20th, 2018

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

1) POT ROAST OF BEEF

Roast beef slowly braised with root vegetables, served with pan gravy

2) PROSCUITTO WRAPPED CHICKEN

Tender chicken breast stuffed with ricotta, walnuts, sundried tomato & fresh sage. Wrapped in prosciutto, topped with a lemon caper veloute.

3) FISH CAKES

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

4) LOUISANNA BEEF CREOLE

Lean & tender beef braised with sweet bell peppers, mushrooms & tomatoes

5) CHICKEN CHOW MEIN

Boneless chicken thighs tossed with fresh veggies & Chow Mein Noodles

6) DANISH MEAT PATTIES

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

7) TURKEY CUTLET

Lightly breaded turkey cutlets grilled golden brown, served with Pan Gravy.

*SALMON COULIBIAC - \$13.95

Salmon fillet, Mushroom Duxelle, fresh Dille wrapped in puff pastry & baked to golden brown! Served with 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!

Office: 250.595.3151 | Fax: 250.595.3129

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