



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 December 3rd – Dec 8th, 2018

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

1) PORK TENDERLOIN (GF)

Oven roasted Pork Tenderloin topped with Rhubarb Chutney

2) CHICKEN “PRINCESS”

Breaded boneless breast topped with Asparagus Sauce

3) SALMON FRITTATA(GF)

House smoked salmon, sweet onions, garlic, fresh dill & creamy goat cheese, add 2 veggies of your choice

4) TERIYAKI BEEF STIR FRY

Lean & tender beef marinated in Teriyaki Sauce. Served over rice with choice of two veggies

5) CHICKEN COQ AU VIN

Boneless chicken thighs casserole with carrots & mushrooms in Red Wine Sauce

6) TURKEY PESTO MEATBALLS

Seasoned ground turkey meatballs glazed with Pesto Cream Sauce

7) BEEF BIRYANI

Lean ground beef, carrots, onions & celery in a mild curry casserole

PRIME RIB DINNER (6oz) - \$15.95

AAA Rib eye cooked medium-rare & served with herb roasted potatoes, roasted winter veggies & balsamic brussel sprouts. Yorkshire pudding pan gravy

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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