



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

HOLIDAY HOURS- Dec 31st – 9am -4pm

CLOSED January 01, 2019 - Happy New Year!!

Weekly Healthy Meals, Fresh for you!

Available for the week's January 7th – January 12th, 2019

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

1) STUFFED PORK LOIN

Oven roasted pork loin stuffed with savory dressing, topped with pan gravy

2) CRANBERRY CHICKEN

Boneless breast topped with Cranberry Sauce

3) FISH CAKES

Medley of premium fish seasoned and shaped into patties

4) BEEF BOURGUIGNON

Lean diced beef braised with mushrooms in a Burgundy wine sauce.

5) CHICKEN CACCIATORE

Boneless chicken thighs casserole in an Italian Tomato Sauce

6) SALISBURY STEAK

Savoury lean ground beef patty served with Onion Gravy

7) TURKEY SHEPHERD'S PIE

Lean ground turkey, carrots, onions & celery topped with Yams (plus 2 veggies of your choice)

SALMON COULIBIAC \$13.95

Salmon fillet, Mushroom Duxelle & Dill 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!

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