



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 Mar 11th – Mar 16th, 2019

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

1) ROAST LEG OF LAMB(GF)

Roast lamb served Med-Rare with rosemary mint gravy

2) CHICKEN CORDON BLEU

Boneless breaded breast stuffed with Swiss Cheese & Ham

3) FISH CAKES

Medley of premium fish (Salmon & Cod) seasoned and shaped into tasty cakes

4) BEEF STROGANOFF

Lean & tender beef braised with mushrooms & onions finished with sour cream & dill pickle

5) HEARTY CHICKEN STEW

Boneless chicken, carrots, onions, celery & diced potatoes. Add 2 veggies of your choice

6) EGGPLANT PARMESAN

Tender, fired lightly breaded eggplant layered with Marinara Sauce & Asiago

7) CRANBERRY TURKEY CUTLET

Turkey Cutlet topped with Cranberry Sauce

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!

Office: 250.595.3151 | Fax: 250.595.3129

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