



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

*****CLOSED MON MAY 20TH** Effective MAY 15TH,**

meals will increase to \$11.00

Weekly Healthy Meals, Fresh for you!

Available for the week of WEDNESDAY May 15th -

TUESDAY May 21st, 2019 **\$11.00**

1) MUSHROOM PORK CHOP

Center cut Pork Chops slow braised in Mushroom Gravy

2) ASPARAGUS CHICKEN

Boneless breaded breast topped with Creamy Asparagus Sauce

3) COCONUT SALMON

Boneless Salmon fillet baked in fresh coconut

4) PARKER'S BEEF STEW

Angus beef stewed with carrot, onion, celery, mushroom, garlic, green peas & sundried tomato in a rich broth

5) CHICKEN COQ AU VIN

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

6) CABBAGE ROLLS (gf)

Beef & Rice stuffed cabbage rolls in tomato sauce

7) EGGPLANT PARMESAN (veg)

Tender, lightly breaded eggplant layered with Marinara Sauce & Asiago

****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!

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