



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 WEDNESDAY May 22nd -

TUESDAY May 28th, 2019 **\$11.00**

1) ROAST LAMB

Medium Rare Roast Lamb served with Minted Gravy

2) BRUSCHETTA CHICKEN

Marinated Chicken Breast topped with fresh Bruschetta (garlic, olive oil, basil & tomato)

3) STUFFED SOLE

Sole stuffed with Scallops & Shrimp, topped with Dill Sauce

4) HOMESTYLE CHILI

Angus beef stewed with onions, tomato, beans & mild chili seasonings

5) CHICKEN CHOW MEIN

Boneless chicken thighs, Chow Mein noodles & vegetables tossed with Hoi-Sin Sauce

6) TURKEY & YAM SHEPHERD'S PIE

Lean ground turkey, mixed vegetables topped with Sweet Potato (+ 2 veggies)

7) BANGERS & MASHED

Traditional English Bangers served with onion Gravy

BAKED SEAFOOD PASTA \$15.95

Salmon, prawns, shrimp, bell peppers & sweet onions in creamy dill sauce, over rotini noodles. Topped with Cheese

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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