



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 Aug 21st -

TUESDAY Aug 27th, 2019 **\$11.00**

1) BEEF TENDERLOIN(GF)

Beef tenderloin wrapped with bacon, cooked med-rare topped with Red Wine Jus

2) BRUSCHETTA CHICKEN

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

3) BLACKENED SNAPPER(GF)

Snapper Fillet baked in Mild-Med Cajun Seasonings

4) TERIYAKI BEEF STIR FRY

Tender beef marinated in Teriyaki Sauce. Served over rice with stir fry veggies

5) BBQ CHICKEN (GF)

Boneless chicken thighs baked in our house made BBQ Sauce

6) GRILLED PORK LOIN (GF)

Pork loin topped with Sundried Tomato, & Spinach Cream Sauce

7) PENNE PRIMAVERA

Vegetarian pasta! Penne noodles, sautéed vegetables tossed in Italian Pomodoro Tomato Sauce. Topped with Parmesan & Mozzarella cheeses

ROASTED YAM, KALE, FETA & WALNUT SALAD \$7.00

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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