



**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 Sept 11th -

TUESDAY Sept 17th, 2019 **\$11.00**

**1) POT ROAST OF BEEF**

Slow cooked tender -well done- beef served with rich gravy

**2) APPLE CREAM CHICKEN**

Boneless, breaded Chicken breast topped with Apple Cream Sauce

**3) NORI CRUSTED SALMON**

Grilled skin on salmon fillet finished off with a crunchy, sweet Nori crust (sesame seeds)

**4) BEEF STROGANOFF**

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

**5) CHICKEN CHOW MEIN**

Boneless chicken thighs, chow mein noodles & vegetables tossed in Hoi-Sin Sesame Sauce

**6) EGGPLANT MOUSSAKA**

Eggplant, red lentils & root vegetables casseroled and topped with Yukon Gold Potatoes (Vegetarian) add 2 veggies

**7) DANISH MEAT PATTIES**

Danish style meat patties (blend of beef & pork) served with light creamy gravy

**\*\*SEAFOOD PASTA \$14.95\*\***

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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