



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 18th -

TUESDAY Sept 24th, 2019 **\$11.00**

1) **PORK TENDERLOIN**

Pork Tenderloin served with house made Rhubarb Chutney

2) **CHICKEN PARMESAN**

Boneless, breaded chicken breast topped with Marinara Sauce & Cheese

3) **BAKED HADDOCK**

Breaded haddock topped with Peach Salsa

4) **CURRIED BEEF MADRAS**

Angus Beef diced & stewed in a Madras Curry Sauce

5) **HEARTY CHICKEN STEW**

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

6) **VEGETABLE LASAGNE**

Mixed vegetables layered with noodles and creamy white cheese sauce

7) **BANGERS & MASHED**

English style dinner sausages served with Sauteed Onion Gravy

COQUILLES ST JACQUES \$13.95

Pan Seared Scallops Creamy White Dill Sauce in Pastry, topped with Mashed Potato. Served with two fresh 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!

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