



**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 Oct 16th -

TUESDAY Oct 22nd, 2019 **\$11.00**

1) **MUSHROOM PORK CHOPS**

Boneless Pork Chops braised in Mushroom Gravy

2) **BRUSCHETTA CHICKEN**

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

3) **BLACKENED SNAPPER**

Snapper Fillet baked in Mild-Med Cajun Seasonings

4) **BEEF BOURGUIGNON**

Lean diced beef braised with mushrooms in a Burgundy wine sauce

5) **ASIAN SESAME CHICKEN**

Boneless chicken thighs marinated in a Sesame- Hoi Sin Sauce

6) **SWEDISH MEATBALLS**

Savory lean meatballs (beef & pork) simmered in light pan gravy

7) **PENNE PRIMAVERA**

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

**SWEET CHILI PRAWNS &**

**SCALLOPS \$14.95**

Served with Rice pilaf & choice of two 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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