



Hours of Operation:

Monday to Friday: 9am – 5pm

Saturday: Temporarily Closed

Sunday & Holidays: Closed

250.595.3151

Weekly Healthy Meals, Fresh for you!

Available for the week of Sept 16th – Sept 22nd, 2020

All Meals \$11.00 (includes choice of starch and two vegetables)

1) BBQ RIBS

Tender Back ribs served with our house made BBQ Sauce

2) CHICKEN DIVAN

Breaded breast topped with Broccoli Cheese Sauce

3) GRILLED BASA

Basa fillet in seasoned cornstarch grilled to golden brown (gf)

4) TERIYAKI BEEF STIR FRY

Tender lean sliced beef in Teriyaki Sauce, served with Rice & Stir Fry Veggies

5) CHICKEN CACCIATORE

Boneless chicken thighs marinated in Italian Tomato Sauce

6) SMOKED SALMON FRITTATA

House smoked salmon, sweet onions, garlic, fresh dill & creamy goat cheese, plus 2 veggies

7) SALISBURY STEAK

Hand made lean ground beef patty served with Onion Gravy

*****CHICKEN & MUSHROOM**

ALFREDO TORTELLINI \$14.95***

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!

Office: 250.595.3151 | Fax: 250.595.3129

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