



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 23rd – Sept 29th, 2020

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

1) MUSHROOM PORK CHOP

Boneless pork chop in Mushroom Sauce

2) JERKED CHICKEN

Breaded breast marinated in mild Jerk Seasonings (grilled)

3) LEMON DILL COD

Lightly breaded Cod fillet with fresh lemon & dill

4) CHILI CON CARNE

Traditional chili con carne with lean ground beef & mixed beans

5) HONEY LIME CHICKEN THIGHS

Boneless chicken thighs baked with Honey & lime juice

6) PESTO TURKEY MEATBALLS

Hand made Turkey Meatballs simmered in Pesto Cream Sauce

7) MAPLE DIJON HAM

Ham baked in Brown Sugar Glaze topped with Dijon Sauce

BAKED 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!

Office: 250.595.3151 | Fax: 250.595.3129

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