



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 Nov 25th – Dec 1st, 2020

All Regular Meals \$12.00 (includes choice of starch and two vegetables)

1) MUSHROOM PORK CHOP

Boneless pork chop slow braised in Mushroom Sauce

2) CHICKEN DIJON

Breaded chicken breast topped with house made Dijon Sauce

3) GRILLED BASA (gf)

Basa fillet coated in seasoned cornstarch, lightly grilled

4) HOMESTYLE CHILI

Tender diced beef braised with beans, tomatoes, onions & chili seasonings

5) HONEY LIME CHICKEN

Boneless chicken thighs baked with Honey & Lime Juice

6) SPINACH & FETA FRITTATA

Spinach, Mushrooms, Feta Cheese, Swiss cheese, Sweet Onions & Eggs

7) ENGLISH BANGERS

Traditional English style banger sausages topped with Onion Gravy

****PRIME RIB DINNER \$16.95****

AAA Rib eye cooked medium-rare & served w/ roasted potatoes, roasted winter veggies, brussel sprouts, Yorkshire pudding & pan gravy

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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