



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 Jan 13th- Jan 19th, 2021

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

1) MUSHROOM PORK CHOP

Boneless Pork Chop slow braised in Mushroom Gravy

2) JERKED CHICKEN

Boneless breaded breast marinated in Mild-Med Jerk Seasonings

3) BBQ SALMON

Salmon Fillet baked in House Made BBQ Sauce

4) HUNGARIAN GOULASH

Lean & tender inside round beef braised with Paprika & Tomato

5) CHICKEN CHOW MEIN

Boneless chicken thighs, Chow Mein noodles & vegetables tossed in Hoi-Sin Sauce

6) PENNE PRIMAVERA

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

7) TURKEY SAUSAGE

Dinner style Turkey Sausages topped with Gravy

****6 oz Bacon Wrapped Beef Tenderloin topped with Au Jus**

\$16.95 **

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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