



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 May 5th- May 11th, 2021

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

1) HONEY GARLIC RIBS

Tender Back Ribs in our house made Honey Garlic Sauce

2) TARRAGON CHICKEN

Boneless breaded breast topped with Tarragon Cream Sauce

3) LEMON HERBED HADDOCK

Haddock fillet baked in Lemon Herbed Panko Breadcrumbs

4) BEEF BOURGUIGNON

Lean diced beef braised with carrots & mushrooms in a Burgundy Sauce

5) CHICKEN CHOW MEIN

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

6) CURRIED LAMB BIRYANI

Lean ground lamb simmered in mild curry seasonings

7) SALISBURY STEAK

Seasoned hand made lean ground beef patties served with Onion Gravy

****BEEF WELLINGTON \$15.95****

AAA Angus Beef Tenderloin with Dijon Mustard, Mushroom Duxelle, wrapped in pastry

****Sandwiches: Turkey or Pastrami****

or Smoked Ham \$6.00 **

*****FRESH FRUIT SALAD \$4.95 *****

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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