



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 **July 28th – Aug 3rd, 2021**

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

1) **ROAST BEEF DINNER**

Med-Rare Roast Beef served with Gravy & Yorkshire Pudding

2) **MEDITERRANEAN CHICKEN**

Boneless breaded breast stuffed with Feta Cheese, peppers, sundried tomatoes & kale

3) **MAPLE MISO SALMON**

Baked Salmon Fillet with Maple Miso Glaze

4) **HUNGARIAN GOULASH**

Lean & tender AAA inside round Beef braised with Paprika & tomatoes

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

5) **PENNE ARRIBIATA PASTA**

Chicken, Chorizo Sausage, Bell Peppers & Sweet Onions in Arribiata Sauce. Baked with Cheese (as is)

6) **RED LENTIL MOUSSAKA**

Red Lentil, Eggplant & Root Vegetables casserole & finished with Mashed Yukon Gold Potatoes

7) **SALISBURY STEAK**

Seasoned hand made lean ground beef patties served with Onion Gravy

****ROAST TURKEY DINNER**

\$15.95**

Turkey, Stuffing, Gravy, Mashed Potatoes, Broccoli & Rst'd Winter Veggies

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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