



WEEKLY FRESH SHEET

April 3rd - 9th, 2024

All of our fresh meals are served with your choice Starch and two Vegetables unless otherwise denoted!

Please note that we will be closed on Good Friday March 29th, 2024 and will only be providing

Frozen Meals on Monday April 1st and Tuesday April 2nd, 2024!

1. POT ROAST OF BEEF 15

AAA Angus Beef slow roasted with Root Vegetables & Seasonings, thick sliced and drizzled with Pan Gravy (G/F w/out Gravy)

4. PARKER'S BEEF STEW 15

Angus beef stewed with carrots, celery, onion, mushroom, garlic, peas & sundried tomatoes in a rich broth

5. CHICKEN CHOW MEIN 15

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

WE ONLY USE FARM FRESH CHICKEN

Farm fresh chicken is a great option for those who are looking for a healthy and delicious protein source. It is also a great choice for those who are looking for a meat that is free range and organic. With a little bit of care and attention, farm fresh chicken can be a great addition to any meal.

WE SUPPORT OCEANWISE SEAFOOD

Together we can act for ocean health and the good of our planet. Our time to make a difference is not tomorrow, it's now. We must create

2. BROCCOLI CHEDDAR CHICKEN 15

Boneless Breaded Farm Fresh Chicken Breast covered with our house made Broccoli Cheddar Cream Sauce

3. BLACKENED SNAPPER 15

Boneless Red Snapper fillet grilled with House made Cajun Seasonings (G/F)

6. ENGLISH STYLE BANGERS 15

Blends of Seasoned Ground Beef & Pork Sausage smothered in Sautéed Onions & Rich Beef Gravy

7. TURKEY PESTO MEATBALLS 15

Ground Turkey hand made meatballs simmered in our Pesto Cream Sauce

8. SEARED HALIBUT TOPPED WITH MANGO CHUTNEY OVER RICE PILAF \$19.95

WE SUPPORT LOCAL VENDORS

Whether it is Hertel Meats in Port Alberni, Glenwood Meats in Langford, Islands West Produce in Victoria or Portofino Bakery in Saanichton, we source out local product when possible!

Fresh, nutritious meals for pick up or delivery. See our website for full menu selection & services!

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