



WEEKLY FRESH SHEET

May 15th– May 17th, 2024 (Closed Monday May 20)

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

1. **BBQ PULLED PORK** 15
Pork slow Braised In our House Made BBQ Sauce along with Sautéed Onions

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.

2. **MUSHROOM CHICKEN** 15
Boneless Breaded Chicken Breast topped with Mushroom Sauce

3. **TEMPURA COD & CHIPS** 15
Hand Battered Cod Filets served with thick cut French Fries

~Please Note we are closed Monday May 20 & will be serving Frozen meals Only on Tuesday May 21 ~

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!

4. **HUNGARIAN GOULASH** 15
AAA Angus Beef stewed with Paprika, Onions & Tomatoes

5. **CHICKEN PAD THAI** 15
Rice Noodles, Chicken, Peanuts & Vegetables in Traditional Pad Thai Sauce (mild) (g/f)

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 ocean-positive action today!

6. **SPAGHETTI & MEATBALLS** 15
Italian Beef Meatballs slow braised in Marinara Sauce, served over Spaghetti Noodles & topped with A Three Cheese Blend

7. **TURKEY SAUSAGES** 15
Slow Braised Bone In Ham, sliced & topped with Pineapple Orange Glaze

8. **MEDITERRANEAN LAMB LOIN CHOPS** 19
Lamb Loin Chops marinated with Garlic, All Spice, Cardamom, Nutmeg, Paprika & Kalamata Olives ~ Served with your choice of sides :)

Date Squares/Nanaimo Bars,/Pecan Fudge /Carrot Cake & Buttertarts \$2

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

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