



WEEKLY FRESH SHEET

May 8th– May 14th, 2024

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

1. **VEAL JAEGER SCHNITZEL** 15
Lightly Breaded Veal Cutlet topped with Mushroom, Bell Pepper 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.

2. **MANGO CHUTNEY CHICKEN** 15
Boneless Breaded Chicken Breast topped with Tangy Mango Chutney

3. **ATLANTIC COD CAKES** 15
Atlantic Cod, & fish seasonings shaped into savory patties

~We have Fresh baked Croissants
6 pc (large) \$6.95 ~

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!

4. **BEEF CABBAGE ROLLS** 15
Beef & Rice wrapped in Cabbage & Baked in Italian Tomato Sauce

5. **BACON RANCH CHICKEN** 15
Boneless Chicken Thighs casseroled with Ranch Seasonings & Crispy Bacon, finished with Creamy Ranch Sauce

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. **PENNE PRIMAVERA PASTA** 15
Carrots, Celery, Onions, Broccoli, Bell Peppers, Cauliflower & Penne Pasta Noodles in Italian Tomato Sauce & Cheese

7. **PINAPPLE ORANGE GLAZED HAM** 15
Slow Braised Bone In Ham, sliced & topped with Pineapple Orange Glaze

8. **SWEET CHILI PRAWNS & SCALLOPS** 18
Served Over Rice Pilaf & choice of veggies

~Assorted New York Cheese Cake
2 pc \$8.95

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

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