



## WEEKLY FRESH SHEET

May 22nd– May 28th, 2024

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

1. **GRAINY DIJON TENDERLOIN** 15  
Oven Roasted Pork Tenderloin topped with Grainy Dijon 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. **CRANBERRY CHICKEN** 15  
Boneless Breaded Chicken Breast topped with Homemade Cranberry Sauce

3. **GRILLED BASA** 15  
Basa Fish Fillets lightly grilled in Seasoned Cornstarch (g/f)

**Apple, Cherry, Strawberry Rhubarb & Blueberry Pie \$3.30 (per slice)**

### **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 & BROCCOLI** 15  
Tender Strips of AAA Top Sirloin, Onions & Broccoli in our House made Ginger Soy Sauce

5. **HONEY LIME CHICKEN THIGHS** 15  
Boneless Chicken Thighs baked with Honey & Fresh Lime & Cilantro (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. **MEDITERRANEAN PASTA SALAD** 13  
Sundried Tomatoes, Sweet Bell Peppers, Red Onions, Rotini Pasta & Feta Cheese

7. **BEEF & POTATO MOUSSAKA** 15  
Layers of Lean Ground Beef & Sliced Yukon Gold Potatoes, topped with A blend of Three Cheese's

8. **SEAFOOD PASTA** 19  
Salmon, Prawns, Baby Shrimp, Bell Peppers, Sweet Onions & Rotini Noodles baked in Creamy Lemon Dill Sauce

**Cheddar & Onion Perogies 6pc \$4.50**

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

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