



## FRESH & FROZEN MEAL SOLUTIONS BAKED GOODS

Chef prepared meals from our kitchen to yours. We make food just like you would at home. All of our stocks, sauces, meals and baked goods are made from scratch using real ingredients.

FREE DELIVERY on select days/times  
Qualicum Beach to Nanaimo.

**ORDER ONLINE, BY PHONE  
OR IN-STORE!**

[www.cedarskyfoods.com](http://www.cedarskyfoods.com)

Phone (250)248-5663

#4- 1065 Herring Gull Way  
Parksville, BC

Monday 10am – 4pm

Tuesday 10am – 4pm

Wednesday 11am – 4pm

Thursday 11am – 5pm

Friday 10am – 5pm

Closed Sat, Sun & Holidays

Please note: This is a sample menu. Product availability and pricing is subject to change. Check our website or phone to see what's currently in stock. ☺

## SOUP & STEW

- Chili con Carne \$4.99
- Hungarian Mushroom Soup \$4.99
- Yellow Split Pea & Ham Soup \$4.99
- Butternut Squash & Maple Soup \$4.99
- Roasted Corn & Bacon Chowder \$4.99
- Beef Vegetable Stew \$5.99
- New England Clam Chowder \$5.99

## MEALS FOR ONE

- Shepherd's Pie \$4.99
- Vegetable Shepherd's Pie \$4.99
- Coconut Curry Vegetables & Rice \$4.99
- Mushroom, Broccoli & Red Pepper Quiche or Ham & Broccoli Quiche \$4.99
- Cabbage Rolls (2 rolls) \$5.99
- Beef, Chicken, Turkey or Seafood Pot Pie \$6.99
- Beef or Vegetarian Lasagna \$7.99
- Beef Bourguignon, Mashed Potatoes & Vegetables \$7.99
- Braised Pork Back Ribs, Pineapple Rice & Vegetables \$8.99
- Beef Stroganoff, Rice Pilaf & Vegetables \$7.99
- Mushroom Dijon Chicken, Mashed Potatoes & Vegetables \$7.99
- Baked Ham, Scalloped Potatoes & Vegetables \$7.99
- Meatloaf, Mashed Potatoes, Gravy & Vegetables \$7.99
- Wild Salmon, Peach Ginger Sauce, Rice Pilaf & Vegetables \$10.99
- Honey Lemon Chicken, Scalloped Potatoes & Vegetables \$7.99
- Butter Chicken & Rice \$6.99

## MEALS FOR ONE cont.

- Thai Green Curry Chicken & Rice \$6.99
- Braised Chicken Thighs, Mashed Potatoes & Vegetables \$7.99
- Wild Salmon, Cheesy Mashed Cauliflower, Brussel Sprouts & Spinach \$10.99

## SERVES 2+

make your own sides

- Butter Chicken (serves 2-3) \$14.99
- Mushroom Dijon Chicken (serves 2-3) \$14.99
- Thai Green Curry Chicken (serves 2-3) \$14.99
- Beef Stroganoff (serves 2-3) \$16.99
- Beef Bourguignon (serves 2-3) \$16.99
- Coconut Curry Vegetables (serves 2-3) \$11.99
- Bolognese Sauce (serves 2) \$5.99
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- Pizza- Cheese 9" \$9.99
- Pizza- Ham & Pineapple 9" \$11.99
- Meatballs (24 pieces) \$11.99
- Cabbage Rolls (4 rolls) \$11.99
- Shepherd's Pie 750g (serves 2-3) \$12.99
- Beef or Vegetarian Lasagna 800g (serves 2-3) \$14.99

## FAMILY SIZE

- \*Cabbage Rolls (10 rolls) \$24.99
- \*Shepherd's Pie 2.5kg (serves 6+) \$24.99
- \*foil tray for oven only

## SIDES

- Mashed Potatoes 454g (serves 2) \$3.99
- Scalloped Potatoes 250g (serves 2) \$2.99
- Rice Pilaf (serves 2) \$2.99
- Fried Rice (serves 2) \$2.99

## DESSERT & BAKED GOODS

**Cookies- baked fresh or frozen pre-  
portioned to bake at home \$7.99/dozen**

Oatmeal Raisin  
Chocolate Chip  
Triple Chocolate  
Ginger

**Pack of 2 cookies \$2.00**

**Brownie \$2.50**

**Mini Fruit Pies 5" (serves 2) \$6.99**

Apple, Peach, Bumbleberry, Strawberry  
Rhubarb

**Carrot Cake (serves 2) \$5.99**

**Muffins \$2.25**

Morning Glory  
Banana Chocolate Chip  
Chocolate Zucchini  
Pumpkin Spice  
Lemon Poppyseed

Food allergies? All menu items are gluten free.  
Please ask about other allergens when  
ordering.

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currently in stock. ☺

## HOW IT WORKS

Our meals are chef prepared with fresh local ingredients, rapidly frozen, labelled with heating instructions and are ready to place in your freezer when you receive them. Save time, money and enjoy the convenience of eating nutritious prepared meals in the comfort of your own home. The containers provided are microwave and oven safe, and recyclable.

### ORDERING

Order online at [www.cedarskyfoods.com](http://www.cedarskyfoods.com), order by phoning us at 250-248-5663 or visit us in-store during business hours.

### PAYMENT

We accept Visa, Mastercard, Debit, Paypal, Interac e-transfer or cash. Sorry, no cheques. We are a registered service provider for the Veteran's Independence Program.

### LOCAL DELIVERY

**Parksville, French Creek:** FREE delivery with orders of \$40 or more. Delivery Thursday mornings 9-11am.

**Qualicum Beach, Errington, Coombs:** FREE delivery with orders of \$40 or more. Delivery Wednesday mornings 9-11am.

**Nanoose Bay:** FREE delivery with orders \$40 or more. Delivery Wednesday evenings 4:30-6pm.

**Lantzville and Nanaimo:** FREE delivery with orders of \$60 or more. Delivery Thursday evenings between 5:30-8pm.

\*Alternate delivery days or times may be available for an extra fee. Delivery schedule subject to change.

### STORE PICK UP

After placing your order online or by phone we will let you know when your order is ready to pick up. Or just drop by during store hours to make your selections and take your meals home right away.

### HAVE QUESTIONS?

Please call us at 250-248-5663 or email [info@cedarskyfoods.com](mailto:info@cedarskyfoods.com)

### WHERE ARE WE?

We are located in the Parksville Industrial Park-  
#4- 1065 Herring Gull Way (beside Indaba).

