

VEGETARIAN

1. Broccoli Cheese Quiche



Quiche, Mashed Potatoes, Roasted Veggies

2. Veggie Lasagna



*Roasted Veggies, Cream Sauce
and Panko Topping*

TERMS & CONDITIONS

- For customers aged 65+, a minimum order of 7 meals per week is required.
- Delivery days are Wednesday and Thursday.
- Meal orders must be placed by Sunday for the following week.
- For grocery delivery service, orders must be placed at least 24 hours prior to the delivery day.
- The minimum meal order must be met to receive grocery delivery service.



**Call, Fax or E-mail
your orders**



Telephone: 250-497-5630

Fax: 250-497-5659

E-mail: greystonesv@gmail.com



Scan the QR Code
for our Weekly Flyer



SENIORS 65+

**FROZEN MEAL
PROGRAM**

**ONLY
\$6.49^{+tax}**

BEEF

1. Meatloaf Dinner



Beef Meatloaf, Mashed Potatoes, Veggies, Gravy

2. Shepherd's Pie



Beef, Veggies, Topped with Mashed Potatoes and Cheddar Topping

3. Beef Stroganoff



Beef, Egg noodles, Creamy of Mushroom, Parsley

4. Roast Beef Dinner

Roast Beef, Mashed Potatoes, Roasted Veggies and Gravy

5. Cabbage Roll Dinner

Cabbage Roll with Tomato Sauce Mashed Potatoes or Rice

CHICKEN

1. Roast Chicken or Turkey Dinner



Chicken, Mashed Potatoes, Stuffing, Roasted Veggies, Gravy

2. Popcorn Chicken Dinner



Breaded Chicken, Mashed Potatoes, Corn, Gravy

3. Chicken Parmesano



Chicken Parm, Pasta, Tomato Sauce and Parmesan Cheese

4. Stuffed Chicken Dinner

Broccoli Cheese, Cordon Bleu, or Briel/Apple, Mashed Potatoes, Veggies

5. Butter Chicken Dinner

Butter Chicken, Rice, and Pita Bread

PASTA

1. Meat Lasagna Dinner



Beef lasagna, Tomato sauce, Garlic bread and Mozza/Cheddar topping.

2. Chicken Alfredo Dinner



Chicken, Noodles, Alfredo sauce Parmesan Cheese

3. Mac & Cheese Deluxe



Macaroni, Cheese Sauce and Cheddar Topping