

Silver Harbour Seniors' Activity Centre

Daily Menu for March

Monday	Tuesday	Wednesday	Thursday	Friday
1 Garlic Prawns	2 Beef Stew <u>PICK UP ONLY</u>	3 Turkey Schnitzel	4 Meat Balls <u>PICK UP ONLY</u>	5 Paella
8 Salmon	9 Bangers & Mash <u>PICK UP ONLY</u>	10 Chicken Leg	11 Pork Stew <u>PICK UP ONLY</u>	12 Lasagna
15 Shrimp a la Mode	16 Thai Chicken Breast <u>PICK UP ONLY</u>	17 Fish & Chips	18 Tortellini con Pancetta <u>PICK UP ONLY</u>	19 BBQ Ribs & Chicken
22 Cod Nuggets	23 Bami Goreng <u>PICK UP ONLY</u>	24 Cottage Pie	25 Butter Chicken <u>PICK UP ONLY</u>	26 Lamb Shank
29 Chicken Cordon Bleu	30 Cabbage Rolls <u>PICK UP ONLY</u>	31 Cod Loin with Shrimp Sauce	1 Easter Dinner – Ham & Scalloped Potatoes	2 Good Friday Silver Harbour CLOSED

Silver Harbour's meal program is available for pick up (Monday-Friday) or delivery (Monday, Wednesday and Friday only). Each meal (entrée, soup, salad, and dessert) costs \$10 and is chilled, ready for you to reheat. **To order, please phone 604-980-2474, Monday through Friday between 10 am and 3 pm, but no later than 1 pm the day before – you may order multiple days in advance.** We accept Visa and Mastercard only for payment. There is a maximum of 2 meals per person and daily quantities are limited.

You may pick up your pre-ordered/pre-paid meals at the back of Silver Harbour from 11 am to 12 pm (masks and physical distancing procedures are required). Meals are delivered Mondays, Wednesdays and Fridays (except on holidays) between approximately 10 and 2 pm. We deliver to North Vancouver neighbourhoods between the Seymour River and the Capilano River. You will be called 5 or 10 minutes before delivery and asked to come out to the front of your house or apartment building. Please specify delivery or pickup when you order your meals.