

# Daily Menu for May

Ordering for May will begin on Wednesday, April 21<sup>st</sup>

**\*except for free meals on May 13 and May 14 – see below\***

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Cod with Shrimp Sauce	<b>4</b> Cottage Pie <b><u>PICK UP ONLY</u></b>	<b>5</b> Turkey Schnitzel	<b>6</b> Beef Stew <b><u>PICK UP ONLY</u></b>	<b>7</b> BBQ Ribs & Chicken
<b>10</b> Salmon with Shrimp Sauce	<b>11</b> Thai Chicken Breast <b><u>PICK UP ONLY</u></b>	<b>12</b> Fish & Chips	<b>13</b> Free CUPE Meal* <b><u>PICK UP ONLY</u></b>	<b>14</b> Free CUPE Meal*
<b>17</b> Cod Nuggets	<b>18</b> Sausages <b><u>PICK UP ONLY</u></b>	<b>19</b> Cabbage Rolls	<b>20</b> Bami Goreng <b><u>PICK UP ONLY</u></b>	<b>21</b> Lamb Shank
<b>24</b> Victoria Day - Silver Harbour <b>CLOSED</b>	<b>25</b> Meat Balls <b><u>PICK UP ONLY</u></b>	<b>26</b> Chicken Breast A La Mode	<b>27</b> Beef Patty <b><u>PICK UP ONLY</u></b>	<b>28</b> Paella
<b>31</b> Garlic Prawns	<p><b><i>*A big thank you to CUPE 389 for sponsoring free meals for North Shore Seniors on May 13<sup>th</sup> and 14<sup>th</sup>. Menu will be Chicken Cordon Bleu, soup, salad, small dessert and an extra treat from CUPE.</i></b></p> <p><b><i><u>Registration for free meals will begin on Monday, May 3<sup>rd</sup>, limit of 2 meals per person, over both days.</u></i></b></p>			

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 11 am 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.