

Daily Menu for July

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Canada Day Silver Harbour CLOSED	2 Cod with Prawns
5 Meatballs	6 Thai Chicken Breast <u>PICK UP ONLY</u>	7 Shepherd's Pie	8 Bami Goreng <u>PICK UP ONLY</u>	9 Pork Stew
12 Salmon with Shrimp Sauce	13 Cabbage Rolls <u>PICK UP ONLY</u>	14 Turkey Schnitzel	15 Beef Stew <u>PICK UP ONLY</u>	16 Lasagna
19 Tiger Prawns	20 Sausages <u>PICK UP ONLY</u>	21 Chicken Cacciatore	22 BBQ Ribs & Chicken <u>PICK UP ONLY</u>	23 Lamb Shank
26 Cod Nuggets	27 Jambalaya <u>PICK UP ONLY</u>	28 Fish & Chips	29 Meat Patty <u>PICK UP ONLY</u>	30 Chicken a la King

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.