July 2025				
Mon	Tue	Wed	Thu	Fri
	Canada Day	Perogies Sauerkraut Grilled Garlic Sausage Pretzel Stick	3 Pork Chops Mushroom Sauce Roasted Potatoes Veggies	4 Chicken Souvlaki Greek Potatoes Pita Bread Veggies Tzatziki
7 Beef Stew Hungarian Style Mashed Potatoes Veggies	8 Cabbage Rolls Perogies Veggies	9 Turkey Stew with Mushrooms Veggies Rice	10 Parmesan Chicken Tomato Sauce Roasted Potatoes Veggies	11 Lasagna Garlic Bread Veggies
Spaghetti & Meat Sauce with Meat Balls Garlic Bread Veggies	15 Sweet Thai Chili Chicken Basmati Rice Veggies	16 Meat Lovers Pizza Or Cheese Pizza Caesar Salad Soup	17 Macaroni & Cheese Grilled Pork Tenderloin Medallions Veggies	18 Sockeye Salmon Dill White Wine Sauce Parsley Potatoes Veggies
BBQ Chicken Roasted Potatoes Veggies	22 Stuffed Peppers Tomato Sauce Rice Veggies	Ham Scalloped Potatoes Veggies	Hoagie Bun Au Jus Coleslaw	25 Greek Gyros Rice Veggies Tzatziki Pita Bread Spanakopita
Pork Roast Mashed Potatoes Gravy Veggies	Grilled Chicken Breast in White Wine Sauce Roasted Potatoes Veggies	30 Beef Stroganoff Pasta Veggies	31 Sweet & Sour Pork Chow Mein Rice	

HART PIONEER CENTRE 6986 Hart Highway (250) 962-6712

Menu subject to change without notice. Pick-up Time: 11:30 am - 1 pm
** See reverse for more information.