

SOUPS



Beef Barley

A hearty, dish made with tender chunks of beef, whole-grain barley, and vegetables simmered in a savoury broth



Chicken Vegetable

Flavourful chicken soup with a colourful variety of vegetables



Cream of Broccoli

Creamy and comforting



Leek and potato

Savoury and satisfying



Ham and Pea

Chunks of baked ham, split peas and vegetables



ENTREES



Meatloaf with mashed potato, gravy and broccoli



Beef Stroganoff over egg noodles



Sweet and Sour Meatballs over rice



Salisbury Steak with mashed potato and corn



Perogies, Farmer Sausage and sauerkraut



Chicken Broccoli Casserole over rice



Beef Lasagna
Layers of pasta, rich beef sauce and cheese



DESSERTS



Bread pudding
with vanilla sauce



Cheesecake
with strawberry puree on a graham cracker crust



Sticky Toffee Pudding
with toffee sauce



Carrot cake
Two layers of moist carrot cake with cream cheese icing



Pineapple upside-down cake
A classic dessert with a caramelized topping



PURCHASE INFORMATION

Available for purchase at our office
434 Wallace Street

Monday - Thursday
9AM - 3PM

Delivery available
Please call 604-869-2466
for more information



PRICING

Full meals - \$12
(includes soup, entree & dessert)

Sold separately:

Soup - \$3

Dessert - \$3

Entree - \$8

We accept:

Cash, Debit, Visa & Mastercard

Benefits of Our Frozen Meal Plan

Convenience Without Compromise

Enjoy delicious, ready-to-heat meals whenever you need them. Spend less time shopping, cooking, and cleaning.

Freshness Locked In

Meals are frozen at peak freshness to preserve flavour, texture, and nutrients.

Reduces Food Waste

Use meals when you need them and avoid throwing away spoiled ingredients.

Consistent Quality and Variety

Enjoy diverse flavours and options to keep mealtimes exciting.

Budget-Friendly Solution

Reduce impulse grocery purchases and takeout costs.

Perfect for Busy Lifestyles

Ideal for professionals, families, students, and anyone looking for simple, satisfying meals.

Healthy Choices Made Easy

Take the guesswork out of nutrition with balanced meals designed for convenience.

What our customers are saying

Good value for the price, Joe

We like these meals and drive from Chilliwack for them, W&J

I can order the meals and have them delivered to my mom in Hope, Krystal



Hope
Community
Services

MEALS
—  —  —
TO YOU

Frozen Meals
Made With Love

