



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

Weekly Healthy Meals, Fresh for you!

Available for the week of June 19th-June 24th, 2017

All Meals \$9.00 (includes choice of starch and two vegetables)

1) BAKED MAPLE HAM

Slow roasted Maple Ham topped with Pineapple Sauce

2) OLE SOUTH CHICKEN

Boneless, breaded chicken breast topped Peach Salsa

3) GRILLED BASA

Boneless fillet grilled with fresh herbs & breadcrumbs

4) GINGER BEEF

Cantonese style Ginger Beef served over rice, choice of fresh veggies

5) CHICKEN TAGINE

Boneless chicken thighs casseroled with apricots, ginger, cinnamon & ginger

6) SWEDISH MEATBALLS

Savory lean meatballs simmered in golden gravy

7) LIVER & ONIONS

Served with Sautéed Onion Gravy

ALSO AVAILABLE, FRESH SOUPS, TASTY DESSERTS, POT PIES, SHEPHERD'S PIE, FISHERMANS PIE, AND QUICHES!

Fresh, nutritious meals for pick up or delivery. See our website for full menu selection & services!

Office: 250.595.3151 | Fax: 250.595.3129

Email: info@chefontherun.ca | Website: www.chefontherun.ca

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