



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

****CLOSED SATURDAY JULY 1ST & MONDAY JULY 3RD****

Weekly Healthy Meals, Fresh for you!

Available for the week of June 26th-June 30th, 2017

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

1) BBQ RIBS

Tender Pork Back Ribs glazed with house made BBQ Sauce

2) MEDITERRANEAN CHICKEN

Boneless, breaded chicken stuffed with feta cheese, peppers, sundried tomatoes & kale.

3) LEMON GARLIC PRAWNS

Garlic prawns sautéed with lemon & butter

4) CURRIED BEEF STEW

Tender beef braised with mild curry, onions, carrots, peppers & celery

5) CHICKEN CHOW MEIN

Boneless chicken thighs tossed with Chow Mein noodles & vegetables (served as is)

6) BAKED MEATLOAF

Seasoned ground beef shaped into tasty meat loaves, topped with mushroom sauce

7) TURKEY CUTLETS

Grilled to light golden brown, served with house made gravy

**EGG SALAD ON A KAISER ROLL WITH
SIDE KALE, YAM & FETA SALAD \$9.00**

CLOSED SATURDAY JULY 1ST THRU MONDAY JULY 3RD

**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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