



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 Oct 10th – Oct 14th 2017

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

1) PORK TENDERLOIN

Pork tenderloin medallions topped with Rhubarb Chutney

2) CHICKEN DIJON

Breaded boneless breast topped with grainy Dijon sauce

3) BAKED HADDOCK

Boneless fillet baked with herbed breadcrumbs

4) MOROCCAN BEEF STEW

Lean & tender beef braised with vegetables and seasoned along with Moroccan spices

5) PINEAPPLE CURRY CHICKEN

Boneless chicken casseroled in a sweet pineapple curry sauce

6) TURKEY CUTLETS

Turkey Cutlets grilled to golden brown, topped with Cranberry Sauce

7) BANGERS 'N'MASH

English style dinner sausages served with Onion Gravy

Macadamia Nut Cookie \$2

Chocolate Chip \$2

Oatmeal Raisin \$2

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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