



**Hours of Operation:**

Monday to Friday: 8am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

## **Weekly Healthy Meals, Fresh for you!**

Available for the week of Jan 15- 20, 2018

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

**1) ROAST BARON OF BEEF**

Medium Rare Roast Beef served with Yorkshire pudding and pan made gravy

**2) CHICKEN FLORENTINE**

Boneless breast topped with Spinach & Cheese Mornay Sauce

**3) LEMON HERBED HADDOCK**

Premium White fish baked with lemon herbed breadcd rumbs

**4) BEEF STROGANOFF**

Lean & tender beef braised with mushrooms & onions finished with sour cream & dill pickle

**5) CHICKEN A LA KING**

Boneless chicken thighs casserole with sweet bell peppers & mushrooms

**6) SWEET & SOUR PORK BALLS**

Savoury lean ground Pork Balls in Polynesian Sweet & sour Sauce

**7) HONEY GARLIC PORK SHANK**

Plump & tender pork shank glazed with honey garlic sauce

**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](mailto:info@chefontherun.ca) | Website: [www.chefontherun.ca](http://www.chefontherun.ca)

2020 Oak Bay Avenue, Victoria, B.C. V8R 1E4