



**Hours of Operation:**

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

**CLOSED MONDAY FEB 12- FAMILY DAY**

**Weekly Healthy Meal's, Fresh for you!**

Available for the week of February 13<sup>th</sup>-17<sup>th</sup>, 2018

All Meals \$9.50 (includes choice of starch and two vegetables)

**1) BAKED MAPLE HAM**

Maple glazed ham topped with Pineapple Sauce

**2) CHICKEN PRINCESS**

Boneless breaded chicken breast topped with Asparagus Sauce

**3) FISH CAKES**

Medley of premium fish seasoned and shaped in cakes. Lightly breaded and grilled

**4) HOMESTYLE CHILI**

Lean diced beef braised along with beans, tomatoes, onions & mild chili seasoning

**5) PINEAPPLE CURRY CHICKEN**

Boneless chicken thighs casseroled in sweet pineapple curry sauce

**6) BEEF COTTAGE PIE**

Lean ground beef, carrots, onions & celery, topped with mashed potatoes Served with your choice of two veggies

**7) PESTO TURKEY MEATBALLS**

Turkey meatballs in our house made Pesto Cream Sauce

**8) 6oz PRIME RIB DINNER \$14.95**

AAA Ribeye cooked medium-rare & served with herb roasted potatoes, grilled asparagus & honey dill carrots. Topped with Yorkshire pudding and pan 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](mailto:info@chefontherun.ca) | Website: [www.chefontherun.ca](http://www.chefontherun.ca)

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