



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

Weekly Healthy Meal's, Fresh for you!

Available for the week of February 19th-24th, 2018

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

1) STUFFED PORK LOIN

Oven roasted boneless loin stuffed with savory dressing, topped with pan gravy

2) CHICKEN COQ AU VIN

Boneless chicken casseroled with carrots and mushrooms in a red wine sauce.

3) SEAFOOD STUFFED SOLE

Sole stuffed with scallops & shrimp. With white dill sauce.

4) CURRIED BEEF STEW

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

5) BUTTER CHICKEN

A traditional Indian dish, chicken thighs in a creamy butter sauce.

6) LIVER & ONIONS

Tender calf liver sauteed with onions and gravy.

7) TURKEY SAUSAGES

Grilled to golden brown, served with house made 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

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