



**Hours of Operation:**

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

**\*\*\* CLOSED MONDAY MAY 21<sup>ST</sup> - VICTORIA DAY\*\*\***

## Weekly Healthy Meals, Fresh for you!

Available for the week of May 22nd – May 26th, 2018

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

**1) STUFFED PORK LOIN**

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

**2) OLD SOUTH CHICKEN**

Boneless chicken breast topped with our wonderful Peach Salsa

**3) BBQ SALMON**

Boneless salmon fillet baked in BBQ Sauce

**4) LOUISIANA BEEF CREOLE**

Lean & tender beef braised with sweet bell peppers, mushrooms & tomatoes

**5) CHICKEN CACCIATORE**

Boneless chicken thighs casseroled in an Italian tomato sauce

**6) BAKED MEATLOAF**

Lean ground beef seasoned and shaped into a tasty loaf, topped with Mushroom Sauce

**7) PENNE PRIMAVERA**

Vegetarian pasta! Penne noodles, sautéed vegetables tossed in Italian Pomodoro Tomato Sauce. Topped with Parmesan & Mozzarella cheeses

**COQUILLES ST JACQUES \$13.95**

Pan Seared Scallops Creamy White Dill Sauce in Pastry, topped with Mashed Potato. Served with two fresh veggies

**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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