



**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 September 10<sup>th</sup>-15<sup>th</sup>, 2018

All Meals \$10.00 (includes choice of starch and two vegetables)

**1) ROAST BARON OF BEEF**

Medium Rare Roast Beef served with Yorkshire Pudding & Gravy

**2) CHICKEN DIVAN**

Boneless breast topped with Broccoli Cheese Sauce

**3) TEMPURA COD AND CHIPS**

House battered cod served with French fries

**4) BEEF BOURGUIGNON**

Lean diced beef braised with mushrooms in a Burgundy wine sauce.

**5) ASIAGO CHICKEN THIGHS**

Boneless chicken thighs breaded in a mixture of Panko, Asiago cheese, cayenne, paprika & Dijon mustard.

**6) EGGPLANT PARMESAN**

Tender, fried, lightly breaded eggplant layered with house made marinara sauce and Asiago cheese.

**7) SWEET & SOUR PORK BALLS**

Lean ground pork balls simmered in Polynesian Sweet & Sour Sauce

**\*SALMON COULIBIAC - \$13.95**

Salmon fillet, Mushroom Duxelle, fresh Dille wrapped in puff pastry & baked to golden brown! Served with Rice & 2 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!*

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

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