



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 17th-22nd, 2018

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

1) ROAST LEG OF LAMB

Med Rare roasted leg of Lamb, topped with Rosemary Mint gravy

2) CHICKEN DIJON

Boneless breaded chicken breast topped with Grainy Dijon Sauce

3) CILANTRO LIME BASA

Fillet of Basa baked with Fresh Lime & Fresh Cilantro

4) TERIYAKI BEEF STIR FRY

Tender lean sliced beef marinated in Teriyaki Sauce, served with stir fry veggies & rice.

5) HEARTY CHICKEN STEW

Boneless chicken, carrots, onions, celery & diced potatoes. Served with two more veggies of your choice.

6) CABBAGE ROLL

Lean ground beef & rice, baked in tomato sauce

7) BBQ PULLED PORK

Slow roasted pork shoulder flavoured with our house made BBQ Sauce

*BAKED MAPLE HAM MAC & CHEESE - \$11.95

House made Macaroni & Cheese, with Maple Glazed Ham, topped with a blend of cheeses.

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

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