



**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's January 14<sup>th</sup> – January 19<sup>th</sup>, 2019

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 CORDON BLEU**

Breaded breast stuffed with Ham &  
Swiss Cheese

**3) BLACKENED SNAPPER**

Snapper Fillet baked in Mild-Med  
Cajun Seasonings

**4) BEEF STROGANOFF**

Lean & tender beef braised with  
mushrooms & onions finished with  
sour cream & dill pickle

**5) THAI PEANUT CHICKEN**

Boneless chicken thighs baked in Thai  
peanut sauce

**6) SMOKED BBQ PULLED PORK**

House smoked pork shoulder  
flavoured with our house made BBQ  
Sauce

**7) EGGPLANT MOUSSAKA**

Eggplant, Red Lentils and root  
vegetables casserole & topped with  
Yukon Gold potato.

**\*\* SWEET CHILI PRAWNS &  
SCALLOPS \$13.95 \*\***

Served with two veggies over  
Rice Pilaf

**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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