

**Hours of Operation:**

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday &amp; Holidays: Closed

250.595.3151

## Weekly Healthy Meals, Fresh for you!

Available for the week of June 11<sup>th</sup> – 16<sup>th</sup>, 2018

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

**1) BEEF BRISKET**

Slow cooked “pull styled” beef, topped with Savory Wild Mushroom Jus.

**2) CHICKEN DIVAN**

Breaded boneless chicken breast topped with broccoli cheese sauce

**3) BBQ SALMON**

Salmon fillet baked in our house made BBQ Sauce.

**4) HOMESTYLE CHILI**

Tender chunks of beef, navy beans, kidney beans, tomato, carrots, onion and celery.

**5) CHICKEN CHASSEUR**

Boneless chicken thighs stewed with root vegetables, white wine and tomato.

**6) HAWAIIAN PORK BALLS**

Savoury lean pork in a Polynesian sweet 'n' sour sauce.

**7) SPINACH & FETA CANNELLONI**

Spinach, Feta and Mozzarella wrapped in a Fresh pasta sheet and topped with Arrabbiata Sauce.

**8) SEAFOOD NEWBURG - \$13.95**

Prawns, scallops, shrimp meat & salmon in a creamy white wine sauce. Served in a puff pastry shell with rice & two veg.

**ALSO AVAILABLE, FRESH SOUPS, TASTY DESSERTS, POT PIES, SHEPHERD’S PIE, FISHERMANS PIE, QUICHES MORE**

*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)

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