



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 April 22nd – April 27th, 2019

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

1) BAKED HAM (gf)

Maple Glazed ham topped with Pineapple Sauce

2) CHICKEN CORDON BLEU

Boneless breaded stuffed with Ham & Swiss Cheese

3) LEMON GARLIC PRAWNS(gf)

Prawns sautéed in lemon & fresh garlic

4) HUNGARIAN GOULASH

Lean & tender beef braised with paprika & tomato

5) PINEAPPLE CURRY CHICKEN

Boneless chicken thighs baked in sweet Pineapple Curry Sauce

6) EGGPLANT MOUSSAKA

Eggplant, red lentils & root vegetables casseroled and topped with Yukon Gold Potatoes (Vegetarian) add 2 veggies

7) APPLE CHEDDAR PORK CUTLET

Breaded Pork cutlet served with Apple Cheddar Sauce

BAKED SEAFOOD PASTA \$14.95

Salmon, prawns, shrimp, bell peppers & sweet onions in creamy dill sauce, over rotini noodles. Topped with Cheese

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

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