



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

*****CLOSED MONDAY SEPT 2, 2019*****

Weekly Healthy Meals, Fresh for you!

Available for the week of WEDNESDAY Aug 28th -

TUESDAY Sept 3rd, 2019 **\$11.00**

1) STUFFED PORK LOIN

Oven roasted pork loin stuffed with savory dressing, topped with pan gravy

2) ASPARAGUS CHICKEN

Boneless, breaded Chicken breast topped with Asparagus Sauce

3) STUFFED SOLE

Sole stuffed with Scallops & Shrimp, topped with Dill Sauce

4) BEEF RAGOUT

Lean and tender inside round stewed with carrots, diced tomatoes, mushrooms & onions

5) SAFFRON CHICKEN (G/F)

Boneless chicken thighs roasted with saffron & yoghurt

6) TURKEY & YAM SHEP'S PIE

Lean ground turkey, mixed vegetables topped with Sweet Potato (+ 2 veggies)

7) LIVER & ONIONS

Tender calf liver lightly breaded and fried. Served with sautéed onions and gravy

BEEF WELLINGTON \$14.95

Tender Beef Filet, Mushroom Duxelle (mushrooms, shallots, thyme & garlic) wrapped in Puff Pastry

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