



**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 WEDNESDAY Oct 23rd -

TUESDAY Oct 30th, 2019 **\$11.00**

**1) BBQ RIBS**

Tender Pork back ribs served with our own house made BBQ Sauce

**2) CHICKEN DIJON**

Breaded Chicken Breast topped with Dijon Sauce

**3) GRILLED HADDOCK**

Haddock fillet coated in seasoned cornstarch & grilled golden brown

**4) TERIYAKI BEEF STIR FRY**

Tender beef marinated in Teriyaki Sauce. Served over rice with stir fry veggies

**5) BUTTER CHICKEN**

Boneless chicken thighs marinated in a blend of yoghurt & Indian Spices

**6) CRANBERRY TURKEY CUTLET**

Lightly breaded Turkey cutlet topped with Cranberry Sauce

**7) MEATBALLS AL FORNO**

Lean lamb meatballs, sundried tomato, balsamic & pine nut. Served with Tomato Arrabbiata Sauce

**\*\*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](mailto:info@chefontherun.ca) | Website: [www.chefontherun.ca](http://www.chefontherun.ca)

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