



Hours of Operation:

Monday to Friday: 9am – 6pm

Saturday: 10am – 5pm

Sunday & Holidays: Closed

250.595.3151

*****PLEASE NO CASH OR DEBIT SALES /CREDIT CARD
ON FILE PREFERRED*** CHOOSE DELIVERY ☺**

Weekly Healthy Meals, Fresh for you!

Available for the week of WEDNESDAY April 1st-

TUESDAY April 7th, 2020 **\$11.00**

1) ROAST BEEF

Med-Rare Roast Beef served with
Yorkshire Pudding & Pan Gravy

2) CHICKEN DIJON

Boneless, breaded chicken breast
topped with a mild Dijon Sauce

3) BLACKENED SNAPPER

Snapper Fillet baked in Mild-Med
Cajun Seasonings

4) BEEF RAGOUT

Lean & tender beef braised with
onions, celery, tomato, mushrooms
and carrots

5) THAI PEANUT CHICKEN

Boneless chicken thighs baked in Thai
Peanut Sauce

6) SMOKED SALMON PENNE

Penne pasta served with tomato
cream sauce, house smoked salmon &
capers

7) SWEET & SOUR PORK BALLS

Lean ground pork balls simmered in
Sweet & Sour Sauce

*****PLEASE NO CASH OR DEBIT SALES**

/CREDIT CARD ON FILE PREFERRED***

CHOOSE NO CONTACT DELIVERY ☺ **

STORE FRONT IS TAKE OUT – PRE-ORDER

ONLY **

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

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**ALSO AVAILABLE, FRESH SOUPS,
TASTY DESSERTS, POT PIES,
SHEPHERD'S PIE, FISHERMANS PIE,
AND QUICHES!**

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