



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 March 25th-
TUESDAY March 31st, 2020 **\$11.00**

1) STUFFED PORK

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

2) APPLE CREAM CHICKEN

Boneless, breaded chicken breast topped with Apple Cream Sauce

3) SEAFOOD STUFFED SOLE

Sole stuffed with Scallops & Shrimp, topped with Dill Sauce

4) GINGER BEEF

Cantonese style Ginger Beef served over brown rice, choice of two vegetables

5) CHICKEN STIR FRY

Boneless chicken thighs ,stir fry veggies & rice pilaf (as is)

6) MILD CURRIED BEEF BIRYANI

Lean ground beef, carrots, onions & celery in a mild curry casserole

7) TURKEY SAUSAGES

Dinner style turkey sausages with pan made gravy

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

/CREDIT CARD ON FILE PREFERRED***

CHOOSE DELIVERY ☺ ** STORE FRONT IS

TAKE OUT 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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