



**FRESH, NUTRITIOUS MEALS  
FOR PICK UP OR DELIVERY**

## **COOKING GUIDELINES**

We recommend heating  
our home-style meals in  
the oven with the  
foil lid on.

### **FRESH DINNERS**

Preheat oven to 375°  
Place fresh dinner in the  
oven and heat for  
30 minutes.

### **FROZEN DINNERS**

Preheat oven to 425°  
Place fresh dinner in the  
oven and heat for  
45 minutes.

**250.595.3151**

**2020 OAK BAY AVE**

**WWW.CHEFONTRERUN.CA**