



Hours of Operation:

Monday to Friday: 9am – 5pm

Saturday: Temporarily Closed

Sunday & Holidays: Closed

250.595.3151

NEW MENU BEGINS OCT 13TH

Weekly Healthy Meals, Fresh for you!

Available for the week of Oct 13th – Oct 20th, 2020

All Regular Meals \$11.00 (includes choice of starch and two vegetables)

1) CABBAGE ROLLS

Ground beef cabbage rolls served in Italian Tomato Sauce

2) APPLE CREAM CHICKEN

Breaded breast topped with Apple Cream Sauce

3) LEMON GARLIC PRAWNS

Tiger prawns sauteed in fresh lemon & garlic

4) BEEF STROGANOFF

Lean & tender beef braised with mushrooms & onions finished with sour cream & dill pickle

5) CHICKEN STRIPS & FRIES

Breaded chicken breast strips served with French fries (no veggies)

6) BBQ MEATLOAF

Seasoned lean ground beef topped with Tangy BBQ Sauce

7) CRANBERRY TURKEY CUTLET

Lightly breaded Turkey Cutlet topped with Cranberry Sauce

****CASHEW CRUSTED SALMON****

\$14.95 **

Grilled Salmon filet coated with honey mustard sauce and cashews, served over braised bok choy and rice pilaf and choice of 2 vegetables

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