



Hours of Operation:

Monday to Friday: 9am – 5pm

Saturday: Temporarily Closed

Sunday & Holidays: Closed

250.595.3151

Weekly Healthy Meals, Fresh for you!

Available for the week of Nov 18th – Nov 24th, 2020

All Regular Meals \$12.00 (includes choice of starch and two vegetables)

1) PORK TENDERLOIN

Sliced pork tenderloin topped with Rhubarb Chutney

2) CRANBERRY CHICKEN

Breaded chicken breast topped with Cranberry Sauce

3) COCONUT SALMON

Salmon fillet topped with Coconut and lightly baked

4) TERIYAKI BEEF STIR FRY

Tender lean sliced beef in Teriyaki Sauce, served with Rice & Stir Fry Veggies

5) CHICKEN TAGINE

Boneless chicken thighs casseroled with apricots, cinnamon & ginger

6) SALISBURY STEAK

Seasoned ground beef patties in Onion Gravy

7) BAKED MAPLE HAM

Ham topped with Maple Dijon Sauce

**CHICKEN & MUSHROOM
ALFREDO TORTELLINI \$15.95**

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

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