



**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 **Feb 16<sup>th</sup>- Feb 23<sup>rd</sup>, 2021**

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

**1) STUFFED PORK LOIN**

Pork loin stuffed with Savory Dressing, topped with Gravy

**2) ASPARAGUS CHICKEN**

Boneless breaded breast topped with Asparagus Sauce

**3) PARMESAN PERCH**

Skin on Perch Fillets baked with a Parmesan Crust

**4) THAI COCONUT BEEF (gf)**

Lean & tender AAA Beef in our Thai Coconut Curry Sauce (mild-medium)

**5) CHICKEN CACCIATORE (gf)**

Boneless chicken thighs casseroled with fresh vegetables in Italian Tomato Sauce

**6) CRANBERRY TURKEY CUTLET**

Lightly breaded Turkey Cutlet topped with Cranberry Sauce

**7) DANISH MEAT PATTIES**

Savory lean ground pork & beef patties in a light

**\*CASHEW CRUSTED SALMON\***

**(\$15.95)** Grilled Salmon filet coated with honey mustard sauce and cashews, served over braised kale and rice pilaf. Also, a choice of two fresh 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!*

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Email: [info@chefontherun.ca](mailto:info@chefontherun.ca) | Website: [www.chefontherun.ca](http://www.chefontherun.ca)

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