



**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 **April 28<sup>th</sup>- May 4<sup>th</sup>, 2021**

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

**1) TEXAS STYLE BEEF BRISKET**

Slow cooked, super tender  
“pulled style” beef with BBQ  
Sauce & Caramelized Onions

**2) CHICKEN DIJON**

Boneless breaded breast topped  
with Creamy Dijon Sauce

**3) MAPLE MISO SALMON**

Salmon fillet baked in a house  
made Maple Miso Glaze

**4) BEEF A LA CHURCHILL**

Angus Beef diced & stewed along  
with root vegetables & Guinness

**\*\* KALE, YAM, FETA & WALNUT**

**SALAD \$9.00 (Meal Size) \*\*\***

**5) COCONUT CURRY CHICKEN**

Boneless thighs simmered in Thai  
Coconut Curry Sauce (mild-med)

**6) QUINOA & SPINACH PATTIES**

Spinach & Quinoa seasoned Patties,  
served with rice pilaf & veggies

**7) PORK CUTLET PARMESAN**

Tenderized Pork Cutlet coated in  
Seasoned Panko Crumbs, Italian  
Tomato Sauce & Three Cheese Blend

**\*\*SEAFOOD PASTA \$16.95\*\***

Salmon, prawns, shrimp, bell  
peppers & sweet onions in creamy  
dill sauce, over rotini noodles

**\*\*\*FRESH FRUIT SALAD \$4.95 \*\*\***

**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!*

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

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