



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 July 21st - July 27th, 2021

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

1) PORK TENDERLOIN

Oven roasted Pork Tenderloin
with Rhubarb Chutney

2) CHICKEN CORDON BLEU

Breaded chicken breast stuffed
with Ham & Swiss Cheese

3) LEMON GARLIC PRAWNS

Tiger prawns sauteed in fresh
Lemon, Garlic & Butter

4) BEEF BOURGUIGNON

Lean diced beef braised with
carrots & mushrooms in a
Burgundy Sauce

5) PINEAPPLE CURRY CHICKEN

Boneless chicken thighs baked in
Sweet Pineapple Curry Sauce

6) TURKEY SAUSAGES

Dinner style Turkey Dinner Sausages
served with Pan Made Gravy

7) SPAGHETTI & MEATBALLS

House made meatballs in Italian
Tomato Sauce served over Spaghetti
Noodles, sprinkled with Cheese

****SALMON COULIBIAC \$15.95****

Salmon fillet, Mushroom Duxelle &
Dill wrapped in puff pastry baked to
golden brown!

*****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!

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