



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 **Sept 15th - Sept 21st, 2021**

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

1) **BBQ RIBS**

Tender Back Ribs in our own House Made BBQ Sauce

2) **MANGO CHUTNEY CHICKEN**

Breaded boneless breast topped with Mango Chutney Glaze

3) **LEMON GARLIC PRAWNS**

Tiger Prawns sauteed in Lemon Garlic Butter (g/f)

4) **HOMESTYLE CHILI**

Tender diced beef braised with beans, tomatoes, onions & chili seasonings

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

5) **CHICKEN CACCIATORE**

Boneless chicken thighs casseroleed with fresh vegetables in Italian Tomato Sauce

6) **TURKEY SAUSAGES**

Dinner style Turkey Sausages served with Gravy

7) **SWEDISH MEATBALLS**

Meatballs seasoned with allspice, nutmeg, garlic & onions, simmered with light gravy (beef & pork)

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

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

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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OFFERED DAILY!

LIGHT BITES

Cabbage Rolls (each)	4.00
Potato & Cheddar Perogy (6)	4.50
Chicken Tandoori Samosa (3)	5.95
Vegetable Samosa (3)	5.95
Mac 'n' Cheese small 6.00 large 12.00	
Beef Lasagne	9.75
Tuscan Vegetable Lasagne	9.75

SALADS / SANDWICHES

Pastrami & Cheddar Sandwich	6.00
Roasted Turkey & Swiss Sandwich	6.00
Ham & Swiss Sandwich	6.00
Artisan Green Salad w/ Balsamic	6.00
Fresh Fruit Salad	4.95
Cold Vegetable & Pasta Salad	7.00

INDIVIDUAL MEAT PIES

Quiche – Lorraine	6.00
Quiche – Spinach & Feta	6.00
Quiche – Shrimp & Dill	6.00
Quiche – Vegetable	6.00
Pot Pie – Chicken	7.25
Pot Pie – Steak & Kidney	7.25
Pot Pie – Steak & Mushroom	7.25
Pot Pie – Tortierre	7.25
Pot Pie – Turkey	7.25

Beef Cottage Pie	9.75
Lamb Shepard's Pie	9.75
Turkey & Yam Shepard's Pie	9.75
Fisherman's Pie	9.75

DESSERTS

Apple Crisp	5.95
Shortcake – Strawberry	2.25
Shortcake – Lemon	2.25
Cookie – Chocolate Chip	2.10
Cookie – Double Chocolate Chip	2.10
Cookie – Oatmeal Raisin	2.10
Cookie – White Chocolate Macadamia	2.10
Pie – Lemon Meringue	3.30
Pie – Apple	3.30
Pie – Blueberry	3.30
Pie – Cherry	3.30
Pie – Strawberry Rhubarb	3.30
Square – Butter Tart	2.10
Square – Carrot Cake	2.10
Square – Date	2.10
Square – Nanaimo Bar	2.10
Square – Triple Chocolate Cake	2.10
Square – Chocolate Pecan Brownie	2.10
New York Style Cheesecake	4.95

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