



**Hours of Operation:**

Monday to Friday: 9am – 5pm

Saturday: Temporarily Closed

Sunday & Holidays: Closed

250.595.3151

**\*\*\* Frozen Meals Only Tuesday Oct 12<sup>th</sup>\*\*\***

## Weekly Healthy Meals, Fresh for you!

Available for the week of Oct 13<sup>th</sup> - Oct 19<sup>th</sup>, 2021

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

**1) CAPER CREAM VEAL**

Lightly breaded Veal Cutlet topped with Caper Cream Sauce

**2) GREEK CHICKEN BREAST**

Boneless, breast marinated in yogurt oregano, lemon & garlic, topped with braised bell peppers

**3) FISH CAKES**

Medley of Salmon & Cod hand shaped into patty cakes

**4) IRISH LAMB STEW**

Lean & tender diced lamb stewed with root vegetables

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

**5) PAPRIKA ROASTED CHICKEN**

Boneless chicken thighs baked in Paprika, Olive Oil & Brown Sugar

**6) RED LENTIL MOUSSAKA**

Red Lentil, Eggplant & Root Vegetables casseroled & finished with Mashed Yukon Gold Potatoes

**7) APPLE PORK MEATLOAF**

Seasoned Ground Pork Meatloaf topped with Dijon Apple Sauce

**BBQ CHICKEN & RIBS - \$17.95**

Bone in quarter cut Chicken and a half order of Ribs, smothered in our house made BBQ sauce. Served with Baked Beans, Corn Fritter, choice of one vegetable & starch

**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](mailto:info@chefontherun.ca) | Website: [www.chefontherun.ca](http://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	10.50
Tuscan Vegetable Lasagne	10.50

### 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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