



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 Oct 20th - Oct 26th, 2021

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

1) ROAST LEG OF LAMB

Medium-Rare sliced Lamb Leg served with Minted Gravy

2) CHICKEN CORDON BLEU

Breaded Chicken Breast stuffed with Swiss Cheese & Sliced Ham

3) CURRIED PRAWNS

Tiger Prawns in a Mild Curry Sauce

4) HUNGARIAN GOULASH

Lean & tender inside round beef braised with Paprika & Tomato

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

5) HONEY LIME CHICKEN

Boneless chicken thighs baked with Honey & Limes (gf)

6) EGGPLANT PARMESAN

Tender, lightly breaded eggplant layered with Marinara Sauce & Asiago (served with two veggies)

7) SALISBURY STEAK

Seasoned hand made lean ground beef patties served with Onion Gravy

****ROAST BEEF & YORKSHIRE**

PUDDING DINNER \$14.95**

Includes Starch & Two Veggies

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	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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