



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 **Nov 24th - Nov 30th, 2021**

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

1) BEEF POT ROAST

Slow cooked AAA Angus Beef topped with Rich Beef Gravy

2) JERKED CHICKEN

Boneless breast marinated in Mild-Medium Jerk Seasonings (gf)

3) BBQ SALMON

Salmon fillet baked in our House Made BBQ Sauce

4) GINGER BEEF

Cantonese style Ginger Beef served with brown rice & your choice of two vegetables

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

5) COCONUT CURRY CHICKEN

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

6) TURKEY SAUSAGES

Dinner style turkey sausages topped with gravy

7) ITALIAN MEATLOAF

Seasoned Ground Beef Meatloaf under Italian Tomato Sauce

COQUILLESSTJACQUES\$15.95

Scallops in a White Wine Cream sauce baked in puff pasty, over rice pilaf & 2 fresh vegetables

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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