



**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 Jan 12<sup>th</sup> – Jan 18, 2022

**All Regular Meals \$13.00** (most include choice of starch and two vegetables)

**1) ROAST LEG OF LAMB**

Med -Rare sliced Lamb served with Minted Gravy

**2) JERKED CHICKEN (GF)**

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

**3) LEMON GARLIC PRAWNS**

Tiger Prawns sauteed in lemon & garlic (includes 7 prawns)

**4) HUNGARIAN GOULASH**

Lean & tender inside round beef braised with Paprika & Tomato

**5) HONEY LIME CHICKEN**

Boneless chicken thighs baked in Honey, Cilantro & Lime

**6) TURKEY CUTLET**

Lightly breaded Turkey Cutlet topped with Turkey Gravy

**7) GINGER PORK TENDERLOIN**

Pork Tenderloin baked in tangy Ginger Sauce

**\*\*CASHEW CRUSTED SALMON**

**FILLET 16.95\*\***

Grilled Salmon coated with honey mustard sauce and cashews, served over braised greens and rice pilaf plus a choice of 2 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](mailto:info@chefontherun.ca) | Website: [www.chefontherun.ca](http://www.chefontherun.ca)

2020 Oak Bay Avenue, Victoria, B.C. V8R 1E4



### Hours of Operation:

Monday to Friday: 9am – 5pm

Saturday: Temporarily Closed

Sunday & Holidays: Closed

250.595.3151

## 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 |

*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)

2020 Oak Bay Avenue, Victoria, B.C. V8R 1E4