



**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 19<sup>th</sup> – Jan 25<sup>th</sup>, 2022

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

**1) BEEF POT ROAST**

Slow cooked AAA Angus Beef topped with Rich Beef Gravy

**2) ORANGE GLAZED CHICKEN**

Boneless breaded breast topped with Zesty Mandarin Orange Glaze

**3) BBQ SALMON**

Salmon Fillet baked in our house made BBQ Sauce

**4) BEEF BORDELAISE**

Lean & tender beef braised with tomatoes in a rich beef stock

**5) CHICKEN MARSALA**

Boneless chicken thighs coated in Marsala Wine & Mushrooms

**6) RED LENTIL MOUSSAKA**

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

**7) APPLE CHEDDAR PORK**

Lightly breaded Pork Cutlet topped with Apple Cheddar Sauce

**\*\*CHICKEN & CHORIZO**

**TORTELLINI PASTA \$16.95**

**ARTISAN GREEN SALAD \$6.00**

**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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