



Hours of Operation:

Monday to Friday: 9am – 5pm

Saturday: Temporarily Closed

Sunday & Holidays: Closed

250.595.3151

Please note extended menu dates

Weekly Healthy Meals, Fresh for you!

Available for the week of **May 11th – May 20th, 2022**

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

1) PORK TENDERLOIN

Baked Pork Tenderloin topped with Rhubarb Chutney

2) CHICKEN DIJON

Boneless breaded breast topped with our House made Dijon Sauce

3) FISH CAKES

Medley of Salmon & Cod seasoned and shaped into Patties

4) BEEF BOURGUIGNON

Lean diced beef braised with carrots & mushrooms in a Burgundy Sauce

5) ASIAN SESAME CHICKEN

Boneless chicken thighs baked in Hoi-Sin Sesame Glaze

6) TURKEY PENNE PASTA

Ground Turkey, Spinach, Tomatoes & Penne Noodles (with cheese)

7) DANISH MEAT PATTIES

Savory lean ground pork & beef simmered in a light golden gravy

**** SWEET CHILI PRAWNS & SCALLOPS OVER RICE PILAF**

\$16.95**

Frozen Meals only on Tuesday

May 24th -Closed May 23rd

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 (2)	9.00
Potato & Cheddar Perogy (6)	4.50
Chicken Tandoori Samosa (3)	6.95
Vegetable Samosa (3)	7.95
Mac 'n' Cheese small 6.50 large	13.00
Beef Lasagne	11.00
Tuscan Vegetable Lasagne	11.00

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	5.95

INDIVIDUAL MEAT PIES

Quiche – Lorraine	6.50
Quiche – Spinach & Feta	6.50
Quiche – Shrimp & Dill	6.50
Quiche – Vegetable	6.50
Pot Pie – Chicken	8.00
Pot Pie – Steak & Kidney	8.00
Pot Pie – Steak & Mushroom	8.00
Pot Pie – Tortierre	8.00
Pot Pie – Turkey	8.00
Beef Sausage Rolls (3)	6.50
Turkey Sausage Rolls (3)	6.50

Beef Cottage Pie	10.5
Lamb Shepard's Pie	10.5
Turkey & Yam Shepard's Pie	10.5
Fisherman's Pie	10.5

DESSERTS

Apple Crisp	6.95
Shortcake – Strawberry	2.25
Shortcake – Lemon	2.25
Cookie – 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

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