



**Hours of Operation:**

Monday to Friday: 9am – 5pm

Saturday: Temporarily Closed

Sunday & Holidays: Closed

250.595.3151

**Please note frozen only May 24th**

## **Weekly Healthy Meals, Fresh for you!**

Available for the week of **May 25<sup>th</sup> – May 31<sup>st</sup>, 2022**

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

**1) MAPLE DIJON HAM**

Baked Ham topped with Maple  
Dijon Sauce

**2) CHICKEN DIVAN**

Boneless breaded breast topped  
with Broccoli Cheddar sauce

**3) CORNMEAL HADDOCK**

Seasoned Cornmeal Crust (g/f)

**4) GINGER BEEF**

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

**5) THAI PEANUT CHICKEN**

Boneless chicken thighs baked in  
Thai Peanut Sauce

**6) CRANBERRY TURKEY CUTLET**

Turkey Cutlet topped with Cranberry  
Sauce

**7) ENGLISH BANGERS**

Traditional English style Sausages  
served with Onion Gravy

**~\*6 OZ BACON WRAPPED BEEF  
TENDERLOIN STEAK \$18.95\*~**

Served with Au Jus, Roasted Potatoes &  
choice of 2 Fresh Veggies

**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 (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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