



**Hours of Operation:**

Monday to Friday: 9am – 5pm

Saturday: Temporarily Closed

Sunday & Holidays: Closed

250.595.3151

**\*\*CLOSED FRIDAY JULY 1<sup>ST</sup>\*\***

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

Available for the week of June 29<sup>th</sup> – July 5<sup>th</sup>, 2022

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

**1) APPLE STUFFED PORK**

Stuffed Pork Loin topped with Maple Mustard Sauce

**2) CHICKEN SCALLOPINE**

Boneless breaded breast topped with Saffron Shallot Cream Sauce

**3) BLACKENED SNAPPER**

Snapper Fillet grilled in Mild-Medium Cajun Seasonings

**4) TERIYAKI BEEF STIRFRY**

Lean & tender Teriyaki Beef over rice pilaf with stir fry veggies

**Artisan green salad \$6.00**

**5) SOUTHWEST CHICKEN**

Boneless chicken thighs, black beans, corn, cilantro & seasonings

**6) MEDITERRANEAN PASTA SALAD (COLD)**

Rotini Pasta, Bell Peppers, Sweet Onions, Feta Cheese & Sundried Tomato (as is)

**7) SALISBURY STEAK**

Lean ground beef patty in Onion Gravy

**GRILLED AHI YELLOWFIN TUNA TOPPED WITH PEACH SALSA OVER RICE PILAF (PLUS VEGGIES)\$17.95**

**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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