



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 **Sept 28th – Oct 4th, 2022**

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

1) BAKED HAM

Off the bone sliced Ham with
Brown Sugar Mustard Glaze

2) TARRAGON CHICKEN

Boneless breaded breast topped
with Tarragon Cream Sauce

3) BLACKENED SNAPPER

Snapper Fillet grilled in Mild/Med
Cajun Seasonings

4) CURRIED LAMB BIRYANI

Lean ground lamb simmered in
mild curry seasonings

5) HONEY LIME CHICKEN

Boneless chicken thighs baked in
Honey & Fresh Lime

6) RED LENTIL MOUSSAKA

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

7) SWEDISH MEATBALLS

Meatballs seasoned with allspice,
nutmeg, garlic & onions, simmered
with light gravy (beef & pork)

ARTISAN GREEN SALAD \$6.00

BEEF, TURKEY OR PORK SAUSAGE

ROLLS 3 / \$6.50

**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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