

Chef on the Run – Sidney

9781b Second Street, Sidney Tel 250 655 3141

OPEN 9 am – 5 pm MON-FRI (CLOSED WEEK-ENDS/STATS)

TOLL FREE: 1 877 704 2433 (outside Victoria)

www.chefontherun.net [Online ordering available](#)

ALL MEALS \$13.25 includes Entrée, chice of 1 Starch & 2 veg

THIS WEEKS MENU: 15th April to 19th April 2024

1. **BARBECUED SPARERIBS**
Tender Baby Back Ribs with a tangy BBQ sauce
2. **PRIMAVERA STUFFED CHICKEN**
*Boneless breast stuffed with zucchini, tomatoes & bell peppers
and topped with Mozzarella and parmesan*
3. **COD CAKES**
Breaded Cod with a Parsley sauce
4. **BEEF BOURGUIGNON**
Beef steak braised with onion & mushrooms in a red wine sauce
5. **CHICKEN 'MARBELLA'**
Boneless Chicken casseroled in a prune & apricot sauce
6. **CHILLI CON CARNE**
Ground beef with onions, red kidney beans and tomatoes)
7. **BRAISED LIVER**
Fresh sliced Liver with an onion gravy
8. **SPINACH & RICOTTA RAVIOLI**
In an Alfredo sauce

ALSO AVAILABLE AS MEAL TURKEY, BEEF, CORNED BEEF AND HAM COLD PLATES
INCLUDES POTATO SALAD, COLESLAW AND 4 BEAN WITH A SALAD GARNISH

HOMEMADE PIES..... CHEESY CHILLI PIE-CHICKEN & MUSHROOM – CHICKEN & HAM – STEAK & ALE – BEEF CURRY - GROUND BEEF & VEG - CHICKEN & VEG – CHICKEN & HAM – STEAK & VEG - STEAK & KIDNEY – TURKEY & VEG – STEAK & MUSHROOM - FISHERMAN'S PIE – SHEPHERDS PIE – CORNISH PASTIES – SCOTCH PIES – VEGETABLE QUICHE – QUICHE LORRAINE - SHRIMP & DILL QUICHE – SPINACH & FETA QUICHE - ASSORTED SOUPS ALSO AVAILABLE....INDIVIDUAL TRIFLE, PUDDING, RICE PUDDING,FRUIT PIE BY THE SLICE INCLUDE APPLE, STRAWBERRY/RHUBARB, BLUEBERRY, CHERRY, COCONUT CREAM, PECAN, LEMON PIE AND PUMPKIN PIE, ASSORTED CAKE SQUARES