

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: 29th April to 3rd May 2024

- 1. BAKED VIRGINIA HAM**
With a Pineapple/Raisin sauce
- 2. JERK CHICKEN LEG**
Marinated and cooked in our house-made Jerk Rub
- 3. FISHERMANS PIE**
Cod, Salmon and Shrimp in a leek/dill sauce topped with mash potato
- 4. BEEF STEAK RAGOUT**
Beef steak braised with fresh root vegetables in a hearty gravy
- 5. CHICKEN ‘A LA KING’**
Boneless Chicken in a creamy white sauce with sweet peppers
- 6. BOSTON MEATLOAF**
With a mushroom sauce
- 7. TANGY TURKEY CUTLET**
Grilled Turkey cutlet dressed with a Peach salsa sauce
- 8. VEGETARIAN MOUSSAKA**
Eggplant layered with potato and Zucchini in a tomato-lentil 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

Ask about our British import grocery goods!! lots of Hartleys Jams, Marmite, Marmalades, Bisto granules, English/Irish teabags, Heinz beans & soups, steamed puddings, Custard, Rice pudding, pickled onions/branston pickles, mushy peas, crackers, biscuits/cookies and more