

# ***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](http://www.chefontherun.net) [Online ordering available](#)

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

**THIS WEEKS MENU: 6<sup>th</sup> May to 10<sup>th</sup> May 2024**

- 1. ROAST LEG OF LAMB**  
*With a mint dressing and pan gravy*
- 2. CHICKEN DIVAN**  
*Chicken breast topped with broccoli and three cheese sauce*
- 3. GRILLED FILLET OF ARCTIC CHAR**  
*Delicate sweet flavor shipped to us direct from the Yukon Lakes*
- 4. MEDITERRANEAN BEEF STEW**  
*Braised with onions, Zucchini, red bell peppers in a tomato/beef gravy*
- 5. CHICKEN CURRY 'MADRAS'**  
*Boneless Chicken simmered in a medium/hot curry sauce*
- 6. SWEDISH MEATBALLS**  
*Simmered in a savory light onion gravy*
- 7. GRILLED WEINER SCHNITZEL**  
*Breaded Pork cutlet dressed with a fresh Mushroom sauce*
- 8. VEGETARIAN CANNELLONI**  
*Spinach and 3 cheese Cannelloni in a Tomato 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**