CHEF ON THE RUN

9781B Second Street, Sidney

250 655 3141 · chefontherun.net

Mon - Fri, 9 am - 5 pm · Closed weekends & stats

THIS WEEK'S MENU

November 9 - 13, 2026

Meals $15.50 | **Includes entrée · 1 starch · 2 veggies**

CLOSED WEDNESDAY NOVEMBER 11TH FOR REMEMBRANCE

1. **OVEN BRAISED SWISS STEAK**
   Tenderized and casseroled with onions and tomato in a beef gravy

2. **BAKED MARINARA CHICKEN**
   Chicken breast baked in a Marinara sauced topped with melted Mozzarella

3. **PAN FRIED LEMON SOLE**
   Dover Sole with a light Lemon sauce

4. **BEEF STEAK "A LA CHURCHILL"**
   Beef steak braised with onions and julienne carrots in a stout gravy

5. **CHICKEN "KON-TIKI"**
   Boneless Chicken in a sweet & sour sauce

6. **HOMEMADE MEAT LASAGNA**
   Italian meat sauce layered with pasta and béchamel sauce

7. **CENTRE CUT PORK CHOP**
   Pan seared then slowly baked in a mushroom sauce

8. **VEGETABLE KORMA**
   Rich and creamy Vegetarian curry mildly spiced and flavourful

GRAB & GO

Our Grab & Go section is stocked with family meal options, meat pies & soups.

UK imports & Mamma Musey's Pierogi available in store.

COLD PLATE SALADS

Available with turkey, beef, corned beef or ham.

Includes salad greens, potato salad, coleslaw & 4-bean salad.

WE DELIVER

Daily: Saanich Peninsula

Cordova Bay & Royal Oak: Tuesdays

Salt Spring Island: Wednesdays

Duncan: Thursdays