



WEEKLY FRESH SHEET

May 1st– May 7th, 2024

All of our fresh meals are served with your choice Starch and two Vegetables unless otherwise denoted!

1. ROAST LEG OF LAMB

Lamb Roast cooked to Medium Rare, sliced & served with Minted Gravy

15

WE ONLY USE FARM FRESH CHICKEN

Farm fresh chicken is a great option for those who are looking for a healthy and delicious protein source. It is also a great choice for those who are looking for a meat that is free range and organic. With a little bit of care and attention, farm fresh chicken can be a great addition to any meal.

2. FAJITA STYLE CHICKEN

Boneless, Skinless Chicken Breast, Sautéed Onions, Celery & Sweet Bell Peppers & in Mild Fajita Seasonings (G/F)

15

3. RAINBOW TROUT & BABY SHRIMP

Rainbow Trout fillet in seasoned Flour, grilled & covered with Lemon Dill Cream Sauce & Baby Shrimp

15

WE SUPPORT LOCAL VENDORS

Whether it is Hertel Meats in Port Alberni, Glenwood Meats in Langford, Islands West Produce in Victoria or Portofino Bakery in Saanichton, we source out local product when possible!

4. BEEF STROGANOFF

AAA Angus Beef stewed with Mushrooms, Onions Pickles & Sour Cream

15

5. FRENCH MUSTARD CHICKEN

Boneless Chicken Thighs casseroled with Italian Seasonings, Shallots, Dijon Mustard, White Wine & Cream

15

WE SUPPORT OCEANWISE SEAFOOD

Together we can act for ocean health and the good of our planet. Our time to make a difference is not tomorrow, it's now. We must create ocean-positive action today!

6. JERKED TURKEY PATTIES

Hand made Ground Turkey Patties with Mild Jerk Seasonings topped with Fresh Fennel Slaw

15

7. APPLE CRANBERRY MEATLOAF

Apple Pork Meatloaf topped with our Tangy Cranberry Sauce

15

8. GARLIC & BASIL SWORDFISH

Swordfish Seared with Fresh Basil & Garlic served with your choice Starch & Veggies

18

Fresh, nutritious meals for pick up or delivery. See our website for full menu selection & services!

Phone: 250.595.3151 | Fax: 250.595.3129

info@chefontherun.ca | www.chefontherunoakbay.com

2020 Oak Bay Avenue, Victoria, B.C. V8R 1E4