

Valley Home Meals

Telephone (250) 339-2625 Fax (250) 339-1076

Toll Free 1-866-216-2655

SOUPS (8 oz) \$2.50

- 102 Split Green Pea
- 103 Chicken Vegetable
- 104 Minestrone
- 105 Lentil

DESSERTS \$1.50

- 300 Brownies
- 301 Banana Cake
- 302 Carrot Cake
- 303 Fruit & Berry Crisp
- 304 Lemon Cake
- 305 Bran Muffins

- 306 Stewed Rhubarb
- 307 Pear Slices
- 308 Peach Slices
- 309 Carrot & Orange Square
- 310 Pineapple Upside Down Cake

HEART & CALORIE WISE ENTREES \$5.75

(Best for weight management and the smaller appetite)

- ♥401Y Chicken, Gravy, Brussel Sprouts, Carrots, Mashed Potatoes
- ♥402Y Roast Pork, Gravy, Peas, Beets & Mashed Potatoes
- ♥403Y Chicken in Mushroom Sauce, Spinach, Red Cabbage & Mashed Potatoes
- ♥404Y Salisbury Steak, Gravy, Broccoli, Creamed Corn & Mashed Potatoes
- ♥405Y Cabbage Rolls, Broccoli, Carrots & Scallop Potatoes
- ♥407Y Chicken Stuffed with Ham & Swiss Cheese, Beets, Green Beans & Scallop Potatoes
- ♥408Y Bangers & Mash with Peas & Carrots

HEART & CALORIE WISE ENTREES \$5.75

(Best for weight management and the smaller appetite)

- ♥401G Ham, Spinach, Creamed Corn & Scallop Potatoes
- ♥402G Chicken a la King, Peas, Carrots & Mashed Potatoes
- ♥403G Stuffed Green Pepper, Green Beans, Corn & Scallop Potatoes
- ♥404G Pork Chop in Mushroom Sauce, Broccoli, Beets & Mashed Potatoes
- ♥405G Roast Beef, Gravy, Green Beans, Carrots, & Mashed Potatoes
- ♥406G Chicken Cacciatore, Broccoli, Carrots & Pasta
- ♥407G Meatloaf, Brussel Sprouts, Beets & Scallop Potatoes

HEART & CALORIE WISE FULL-SIZED ENTREES \$7.75

(Best for the larger appetite)

Vegetable substitutions will be an extra \$1.25

INDIVIDUAL DINNERS \$5.75

- 501Y Beef Stew
- 502Y Macaroni & Cheese \$5.00
- 503Y Lasagna
- 504Y Tuna Noodle Casserole
- 505Y Beef Pot Pie
- 506Y Shrimp in Cream Sauce, Peas, Carrots & Pasta
- 507Y Salmon & Dill Sauce on Rice with Carrots and Green Beans

HEART & CALORIE WISE FULL-SIZED ENTREES \$7.75

(Best for the larger appetite)

Vegetable substitutions will be an extra \$1.25

INDIVIDUAL DINNERS \$5.75

- 501G Shepherd's Pie
- 502G Quiche Cheese & Broccoli
- 503G Spaghetti & Meat Sauce
- 504G Chicken Pot Pie
- 505G BBQ Chicken on Rice with Green Beans & Squash
- 506G Chili Con Carne

Delicious Home Cooking Delivered Right To Your Door