

Valley Home Meals

Soups \$3.50

- 100 Corn Chowder
- 101 Cream of Broccoli
- 102 Split Green Pea
- 103 Chicken Vegetable
- 104 Minestrone
- 105 Lentil

Desserts \$1.75

- 300 Brownies
- 301 Banana Cake
- 302 Carrot Cake
- 303 Fruit Crisp
- 304 Lemon Cake
- 305 Bran Muffins
- 306 Stewed Rhubarb
- 307 Pear Slices
- 308 Peach Slices
- 309 Pineapple Upside-down Cake

Menu Choices

Though our regular menu provides a variety of entree and dessert choices, we also have a selection of different menus to suit your specific needs. Please call 250-339-2625 for more information about the following menu choices:

- ♥ • Calorie Wise Menu
- ♥ • Weight Management Program
- ♥ • Heart Wise Menu
- ♥ • Diabetic Menu
- ♥ • Gluten Free Menu
- ♥ • Potassium Restricted Menu
- Pureed Menu

Regular Entrees - \$6.75

Large Entrees - \$8.75

♥ *Meals identified with the "Heart" symbol are low in fat, sodium & cholesterol.*

- ♥401Y Roast Chicken, Gravy, Cranberry Sauce, Brussels Sprouts, Carrots and Mashed Potatoes
- ♥402Y Roast Pork, Gravy, Peas, Beets & Mashed Potatoes
- ♥403Y Chicken, Mushroom Sauce, Spinach, Braised Red Cabbage & Mashed Potatoes
- ♥404Y Salisbury Steak, Gravy, Broccoli, Creamed Corn and Mashed Potatoes
- ♥405Y Cabbage Rolls, Broccoli, Carrots & Scalloped Potatoes
- ♥406Y Shrimp in a Tarragon Lemon Cream Sauce, Peas, Carrots & Brown Rice
- 407Y Swedish Meatballs, Sour Cream Gravy, Mashed Carrot & Rutabaga, Peas, Raspberry Jelly & Egg Noodles
- ♥408Y Bangers & Mash, Peas & Carrots
- 409Y Asian Meatballs, Summer Vegetable Medley & Brown Rice
- ♥401G Ham, Spinach, Creamed Corn & Scalloped Potatoes
- ♥402G Chicken à la King, Peas, Carrots & Mashed Potatoes
- ♥403G Stuffed Green Pepper, Green Beans, Kernel Corn & Scalloped Potatoes
- ♥404G Pork Chop, Mushroom Sauce, Broccoli, Beets & Mashed Potatoes

♥405G Braised Beef, Gravy, Green Beans, Carrots & Mashed Potatoes

♥406G Chicken Cacciatore, Broccoli, Carrots & Brown Rice

♥407G Meatloaf, Mashed Carrots & Rutabaga, Peas & Scalloped Potatoes

408G Curried Chicken, Mango Chutney, Summer Vegetable Medley & Brown Rice

409G BBQ Chicken, Squash, Green Beans & Brown Rice

♥410G Wild Salmon, Dill Sauce, Carrots, Green Beans & Brown Rice

Entrees have been developed to meet Canada's Food Guide for Healthy Eating.

Individual Dinners \$6.50

501Y Beef Stew

502Y Macaroni & Cheese \$6.00

503Y Lasagna

504Y Tuna Noodle Casserole

505Y Beef Pot Pie

501G Shepherd's Pie

502G Quiche with Cheese & Broccoli

503G Spaghetti & Meat Sauce

504G Chicken Pot Pie

505G Chili Con Carne

About Us

Meals are MSG and Preservative Free. All our baking comes fresh from our ovens. Meals are packaged in biodegradable containers. (Prices are subject to change without notice.)