



Phone: (250) 339-2625 Fax: (250) 339-1076

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www.valleyhomemeals.com

Gluten Free Order Form


DELIVER ON:	
NAME	PHONE
ADDRESS	
Food Allergies / Special Dietary Needs:	POSTAL CODE

MENU Please enter quantities for the menu items you would like to order:

Soups (8oz) \$2.65 ea.	Quantity	Desserts \$1.50 ea.	Quantity
102 Split Green Pea	_____	306 Stewed Rhubarb	_____
103 Chicken Vegetable	_____	307 Pear Slices	_____
104 Minestrone	_____	308 Peach Slices	_____
105 Lentil	_____		

Gluten Free Small Entrees \$7.00 ea.






Best for weight management and the smaller appetite.

 Please choose either stock or gluten free gravy

	Quantity	Stock	Gravy
 1-401GF  Chicken , Brussel Sprouts, Carrots, Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
 1-402GF  Roast Pork , Peas, Beets & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
 1-403GF  Chicken , Spinach, Red Cabbage & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
 1-405GF Cabbage Rolls , Broccoli, Carrots & Mashed Potatoes	_____		
 1-407GF Chicken Stuffed with Ham & Swiss Cheese , Beets, Green Beans & Mashed Potatoes	_____		
 2-401GF Ham , Spinach, Corn & Mashed Potatoes	_____		
 2-402GF  Chicken , Peas, Carrots & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
 2-403GF Stuffed Green Pepper , Green Beans, Corn & Mashed Potatoes	_____		
 2-405GF  Roast Beef , Green Beans, Carrots & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>

Gluten Free Full Sized Entrees \$9.00 ea.

Best for the larger appetite

 1-401GF  Chicken , Brussel Sprouts, Carrots, Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
 1-402GF  Roast Pork , Peas, Beets & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
 1-403GF  Chicken , Spinach, Red Cabbage & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
 1-405GF Cabbage Rolls , Broccoli, Carrots & Mashed Potatoes	_____		
 1-407GF Chicken Stuffed with Ham & Swiss Cheese , Beets, Green Beans & Mashed Potatoes	_____		
 2-401GF Ham , Spinach, Corn & Mashed Potatoes	_____		
 2-402GF  Chicken , Peas, Carrots & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
 2-403GF Stuffed Green Pepper , Green Beans, Corn & Mashed Potatoes	_____		
 2-405GF  Roast Beef , Green Beans, Carrots & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>