

Valley Home Meals

Telephone (250) 339-2625 Fax (250) 339-1076 Toll Free 1-866-216-2655

Diabetic Menu \$5.95 ea.

Meal Code	Description	Energy Kcal	Pro g	Fat g	CHO g (Total)	Dietary Fibre	Protein	Starch	Fruit and Vegetable	Milk	Fat	Extra
♥ 401Y	Chicken , Gravy, Brussel Sprouts, Carrots, Mashed Potatoes	195	20.8	2.47	22.7	3.4	2½	1	½	0	0	1
♥ 402Y	Roast Pork , Gravy, Peas, Beets & Mashed Potatoes	257	21.3 3	7.7	25.3	4.1	2½	1	1	0	0	0
♥ 403Y	Chicken in Mushroom Sauce , Spinach, Red Cabbage & Mashed Potatoes	277	27	7	24	3.9	2½	1	½	½	0	1
♥ 404Y	Salisbury Steak , Gravy, Broccoli, Creamed Corn & Mashed Potatoes	248	20.2	4.58	31	3.9	2½	1	½	0	0	1
♥ 405Y	Cabbage Rolls , Broccoli, Carrots & Scallop Potatoes	236.3	16.7	6.1	26.5	4.4	2	1	1	0	0	0
♥ 407Y	Chicken Stuffed with Ham and Swiss Cheese , Beets, Green Beans & Scallop Potatoes	245	26.1	6.95	19.3	3	3	1	0	½	0	1
♥ 408Y	Bangers & Mash with Peas and Carrots	256	11	9	25	4	1 ½	½	1	0	0	0
♥ 401G	Ham , Spinach, Creamed Corn & Scallop Potatoes	247	14.5	10.5	26.6	3.2	2	1	½	½	½	0
♥ 402G	Chicken a la King , Peas, Carrots & Mashed Potatoes	302	25.9	2.8	31.8	4.5	2 ½	1	1	½	0	0
♥ 403G	Stuffed Green Pepper , Green Beans, Corn & Scallop Potatoes	260	17.5	6.8	32.2	4.4	2	1	1	0	0	1
♥ 404G	Pork Chop in Mushroom Sauce , Broccoli, Beets & Mashed Potatoes	290	23.6	9.5	26.8	4.0	2 ½	1	½	½	½	0
♥ 405G	Roast Beef , Gravy, Green Beans, Carrots & Mashed Potatoes	222	20.7	6.3	21.8	3.5	2 ½	1	½	0	0	1
♥ 406G	Chicken Cacciatore , Broccoli, Carrots & Pasta	259	25.7	1.7	33.5	4.9	3	1	1 ½	0	0	0
♥ 407G	Meatloaf , Brussel Sprouts, Beets & Scallop Potatoes	274	26.6	6.9	25.8	3.1	3	1	½	½	0	0

Vegetable substitutions will be an extra \$1.25