

# Valley Home Meals

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## Diabetic Menu \$5.75 ea.

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

Vegetable substitutions will be an extra \$1.25