



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

Toll Free: 1-866-216-2655

www.valleyhomemeals.com

Calorie Wise Order Form

DELIVER ON:	
NAME	PHONE
ADDRESS, please include City/Town	
Food Allergies / Special Dietary Needs:	POSTAL CODE



* To qualify for Combo Pack Pricing simply choose any 15 or more entrees or individual dinners of your choice.

MENU Please enter quantities for the menu items you would like to order:
 ♥ *Meals identified with the "Heart" symbol are low in fat, sodium and cholesterol.*

Regular Entrees \$6.95 ea.

- | | Quantity |
|--|----------|
| ♥🚫 Roast Chicken , Gravy, Cranberry Sauce, Brussels Sprouts, Carrots, Mashed Potatoes | _____ |
| ♥🚫 Roast Pork , Gravy, Peas, Beets & Mashed Potatoes | _____ |
| ♥ Chicken , Mushroom Sauce, Spinach, Braised Red Cabbage & Mashed Potatoes | _____ |
| ♥ Salisbury Steak , Gravy, Broccoli, Creamed Corn & Mashed Potatoes | _____ |
| ♥ Cabbage Rolls , Broccoli, Carrots & Scalloped Potatoes | _____ |
| ♥ Shrimp in Tarragon Lemon Cream Sauce , Peas, Carrots & Brown Rice | _____ |
| ♥ Bangers & Mash , Peas & Carrots | _____ |
| ♥ Ham , Spinach, Creamed Corn & Scalloped Potatoes | _____ |
| ♥ Chicken a la King , Peas, Carrots & Mashed Potatoes | _____ |
| ♥ Stuffed Green Pepper , Green Beans, Kernel Corn & Scalloped Potatoes | _____ |
| ♥ Pork Chop , Mushroom Sauce, Broccoli, Beets & Mashed Potatoes | _____ |
| ♥🚫 Braised Beef , Gravy, Green Beans, Carrots & Mashed Potatoes | _____ |
| ♥🚫 Chicken Cacciatore , Broccoli, Carrots & Brown Rice | _____ |
| ♥ Meatloaf , Brussels Sprouts, Beets & Scalloped Potatoes | _____ |
| ♥ Wild Salmon , Dill Sauce, Carrots, Green Beans & Brown Rice | _____ |

Vegetable substitutions: \$1.50 extra

Please list any substitutions below: