



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

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www.valleyhomemeals.com

Diabetic 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.

Regular Entrees \$6.95 ea.

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.*

- | | 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 | _____ |

Substitutions: \$1.50 extra
 Please list any substitutions below: