

# Healthy Eating Made Easy

## Nutrition

At Valley Home Meals, we prepare home cooked, nutritious meals based on Canada's Food Guide for healthy eating. We work with a registered Dietician & Nutritionist to provide outstanding nutritional value to our customers.



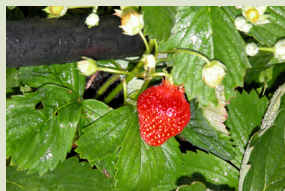
Flavourful gravies & sauces enhanced with rich reduced stock



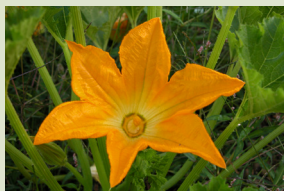
Meals are packaged in bio-degradable containers

## Our Garden

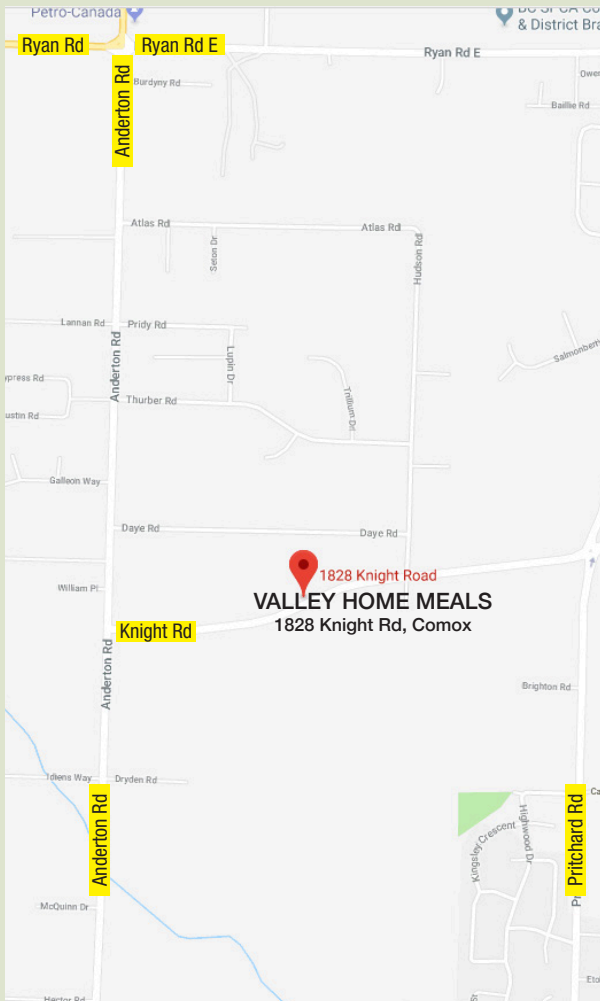
At Valley Home Meals, we grow our own seasonal fruits, berries and vegetables. We supplement by supporting local growers to ensure the best nutritional value and flavour in our menu items. Only the highest quality ingredients go into your meals. We make everything from scratch without using any pre-packaged mixes. MSG and Preservative Free.



Strawberries for use in our baking



Zucchini used in our chicken soup



**Locally owned and operated**

**Phone: (250) 339-2625**

**Fax: (250) 339-1076**

**Toll Free: 1-866-216-2655**

*\*Please check well ahead for Holiday Delivery Schedules*



**Let us do the  
cooking for you.**

*Delicious*

**Quality Frozen Meals  
Available for Pick-Up  
or Delivery**

**Office Hours:  
8:00 am to 3:00 pm  
Monday to Thursday  
Friday 8:00 am to 12:00 pm**

**1828 Knight Rd.,  
Comox**

**Phone: (250) 339-2625**

**Toll Free: 1-866-216-2655**

**Serving Vancouver Island Since 1999**

**Provider for Veterans  
Dietician Approved Entrees**

**Order online at  
[www.ValleyHomeMeals.com](http://www.ValleyHomeMeals.com)**

**Gift Certificates Available**

**[www.ValleyHomeMeals.com](http://www.ValleyHomeMeals.com)**

# Valley Home Meals

## Soups \$3.85

- ☯ Corn Chowder V
- ☯ Cream of Broccoli V
- ☯ Split Green Pea Vg
- ☯ Chicken Vegetable
- ☯ Minestrone Vg
- ☯ Lentil Vg
- Beef Barley

## Individual Dinners \$6.95

- ☯ Beef Stew
- Lasagna
- Shepherd's Pie
- Tuna Noodle Casserole
- Spaghetti & Meat Sauce
- ☯ Chili Con Carne
- ☯ Three Bean Chili Vg

**Macaroni & Cheese \$6.25 V**

## Pastries \$6.50

- Beef Pot Pie
- Chicken Pot Pie
- Quiche with Cheese & Broccoli V

## Legend

- ♥ • Low in fat, sodium and cholesterol
- ☯ • Gluten Free
- V • VEGETARIAN
- Vg • VEGAN

(Prices are subject to change without notice.)

## Regular Entrees - \$7.50

## Large Entrees - \$9.65

- ☯ ♥ Roast Chicken, Gravy, Cranberry Sauce, Brussels Sprouts, Carrots and Mashed Potatoes
- ☯ ♥ Roast Pork, Gravy, Peas, Beets & Mashed Potatoes
- ♥ Chicken, Mushroom Sauce, Spinach, Braised Red Cabbage & Mashed Potatoes
- ♥ Salisbury Steak, Gravy, Broccoli, Creamed Corn and Mashed Potatoes
- ♥ Cabbage Rolls, Broccoli, Carrots & Scalloped Potatoes
- ♥ Shrimp in a Tarragon Lemon Cream Sauce, Peas, Carrots & Brown Rice
- Swedish Meatballs, Sour Cream Gravy, Mashed Carrot & Rutabaga, Peas, Raspberry Jelly & Egg Noodles
- ♥ Bangers & Mash, Peas & Carrots
- Asian Meatballs, Summer Vegetable Medley & Brown Rice
- ♥ Ham, Spinach, Creamed Corn & Scalloped Potatoes
- ♥ Chicken à 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, Mashed Carrots & Rutabaga, Peas & Scalloped Potatoes
- ☯ Curried Chicken, Mango Chutney, Summer Vegetable Medley & Brown Rice
- ☯ BBQ Chicken, Squash, Green Beans & Brown Rice
- ♥ Wild Salmon, Dill Sauce, Carrots, Green Beans & Brown Rice

♥ *Heart Healthy & Diabetic Entrees were developed by a Dietitian Nutritionist*

## Desserts \$1.95

- Brownies with Chocolate Ganache
- Fruit & Berry Crisp
- Carrot Cake with Cream Cheese Frosting
- Date & Prune Matrimonial Cake
- Pineapple Upside-down Cake

## Desserts \$1.75

- Bran Muffins
- ☯ Stewed Rhubarb Vg
- ☯ Pear Slices Vg
- ☯ Peach Slices Vg

Revised Dec 2019

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