



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

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[www.valleyhomemeals.com](http://www.valleyhomemeals.com)

## Order Form

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

**MENU** Please enter quantities for the menu items you would like to order:

**Legend:**

♥ **Low in fat, sodium and cholesterol.** ☒ **Gluten Free** **V** **Vegetarian** **Vg** **Vegan**

<b>Soups \$3.95 ea.</b>	Quantity	<b>Desserts \$2.00 ea.</b>	Quantity
☒ Corn Chowder <b>V</b>	_____	Chocolate brownie with Chocolate Fudge Frosting	_____
☒ Cream of Broccoli <b>V</b>	_____	Fruit & Berry Crisp	_____
☒ Split Green Pea <b>Vg</b>	_____	Carrot Cake with cream cheese frosting	_____
☒ Chicken Vegetable	_____	Date & Prune Matrimonial Cake	_____
☒ Minestrone <b>Vg</b>	_____	Pineapple Upside-Down Cake	_____
☒ Lentil <b>Vg</b>	_____		
Beef Barley	_____	<b>Desserts \$1.80 ea</b>	Quantity

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

Bran Muffins	_____
☒ Stewed Rhubarb	_____
☒ Pear Slices	_____
☒ Peach Slices	_____

	<b>Regular Entrees \$8.00 ea.</b>	<b>Large Entrees \$10.35 ea.</b>
	Quantity	Quantity
🍴❤️ <b>Roast Chicken</b> , Gravy, Cranberry Sauce, Brussels Sprouts, Carrots, Mashed Potatoes	_____	_____
🍴❤️ <b>Roast Pork</b> , Gravy, Peas, Beets & Mashed Potatoes	_____	_____
❤️ <b>Chicken</b> , Mushroom Sauce, Spinach, Braised Red Cabbage & Mashed Potatoes	_____	_____
❤️ <b>Salisbury Steak</b> , Gravy, Broccoli, Creamed Corn & Mashed Potatoes	_____	_____
❤️ <b>Cabbage Rolls</b> , Broccoli, Carrots & Scalloped Potatoes	_____	_____
❤️ <b>Shrimp in Tarragon Lemon Cream Sauce</b> , Peas, Carrots & Brown Rice	_____	_____
<b>Swedish Meatballs</b> , Sour Cream Gravy, Mashed Carrot & Rutabaga, Peas, Raspberry Jelly & Egg Noodles	_____	_____
❤️ <b>Bangers &amp; Mash</b> , Peas & Carrots	_____	_____
<b>Asian Meatballs</b> , Summer Vegetable Medley & Brown Rice	_____	_____
❤️ <b>Ham</b> , Spinach, Creamed Corn & Scalloped Potatoes	_____	_____
❤️ <b>Chicken a la King</b> , Peas, Carrots & Mashed Potatoes	_____	_____
❤️ <b>Stuffed Green Pepper</b> , Green Beans, Kernel Corn & Scalloped Potatoes	_____	_____
❤️ <b>Pork Chop</b> , Mushroom Sauce, Broccoli, Beets & Mashed Potatoes	_____	_____
🍴❤️ <b>Braised Beef</b> , Gravy, Green Beans, Carrots & Mashed Potatoes	_____	_____
🍴❤️ <b>Chicken Cacciatore</b> , Broccoli, Carrots & Brown Rice	_____	_____
❤️ <b>Meatloaf</b> , Mashed Carrots & Rutabaga, Peas & Scalloped Potatoes	_____	_____
🍴❤️ <b>Curried Chicken</b> Mango Chutney, Summer Vegetable Medley & Brown Rice	_____	_____
🍴❤️ <b>BBQ Chicken</b> , Squash, Green Beans & Brown Rice	_____	_____
❤️ <b>Wild Salmon</b> , Dill Sauce, Carrots, Green Beans & Brown Rice	_____	_____

**Individual Dinners \$7.50 ea.**

	Quantity
🍴 Beef Stew	_____
Macaroni & Cheese \$6.25 <b>V</b>	_____
Lasagna	_____
Tuna Noodle Casserole	_____
Shepherd's Pie	_____
Spaghetti & Meat Sauce	_____
🍴 Chili Con Carne	_____
🍴 Three Bean Chili <b>Vg</b>	_____

**Pastries \$6.50 ea.**

	Quantity
Beef Pot Pie	_____
Quiche with Cheese & Broccoli <b>V</b>	_____
Chicken Pot Pie	_____

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