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

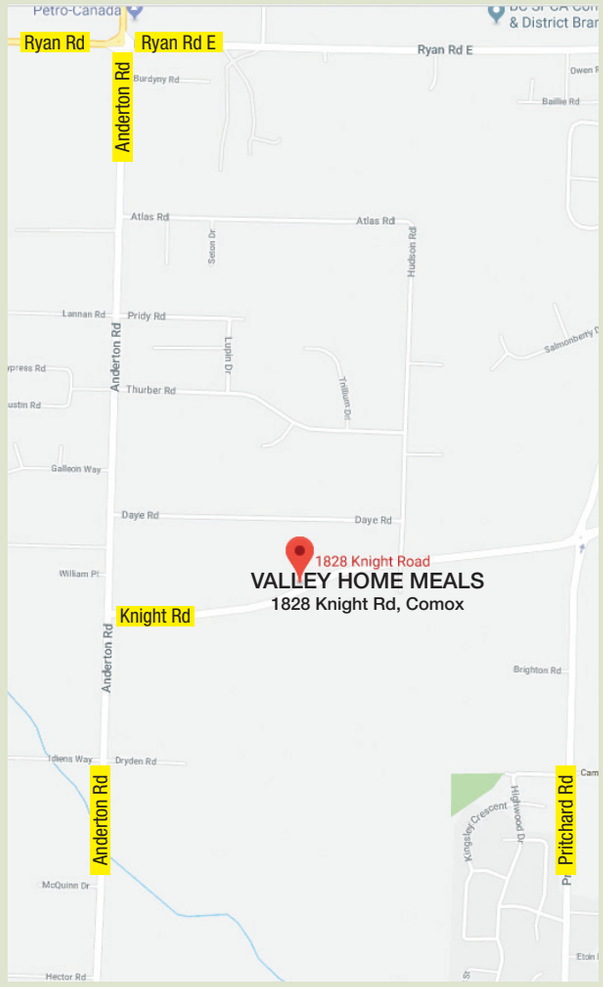
Meals are packaged in bio-degradeable containers

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 Friday

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

Gift Certificates Available

www.ValleyHomeMeals.com

Valley Home Meals

Soups $4.25

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

Individual Dinners $7.75

- Beef Stew
- Lasagna
- Shepherd's Pie
- Tuna Noodle Casserole
- Spaghetti & Meat Sauce
- Chili Con Carne
- Three Bean Chili Vg
- **Macaroni & Cheese $6.50** V

Pastries $6.75

- 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 - $8.50
Large Entrees - $10.75

- ♥ 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 Roll, 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
- ♥ Banger & Mash, Peas & Carrots
- Asian Meatballs, Summer Vegetable Medley & Brown Rice
- ♥ Ham, Spinach, Creamed Corn & Scalloped Potatoes
- ♥ Chicken á 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 $2.25

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

Desserts $1.95

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

Revised March 2021

Toll Free: 1-866-216-2655 **Phone: (250) 339-2625** **Fax: (250) 339-1076**