



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

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

**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 ✓ Vegetarian ✓g Vegan**

<b>Soups \$4.45 ea.</b>	Quantity	<b>Desserts \$2.50 ea.</b>	Quantity
☒ Corn Chowder ✓	_____	Chocolate brownie with Chocolate Fudge Frosting	_____
☒ Cream of Broccoli ✓	_____	Fruit & Berry Crip	_____
☒ Split Green Pea ✓g	_____	Carrot Cake with cream cheese frosting	_____
☒ Chicken Vegetable	_____	Date & Prune	_____
	_____	Matrimonial Cake	_____
	_____	Pineapple Upside-	_____
☒ Minestrone ✓g	_____	Down Cake	_____

🍷 Lentil<sup>Vg</sup>



**Desserts \$1.95 ea.**

Quantity

Bran Muffins \_\_\_\_\_

🍷 Stewed Rhubarb \$2.10 \_\_\_\_\_

🍷 Pear Slices \$2.10 \_\_\_\_\_

🍷 Peach Slices \$2.10 \_\_\_\_\_

Bran muffin \$1.95 \_\_\_\_\_

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

**Regular Entrees \$10.50ea.**  
Quantity

**Large Entrees \$12.95 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

**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 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	_____	_____
  <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 \$9.25ea.**

	Quantity
 Beef Stew	_____
Macaroni & Cheese \$7.25 	_____
Lasagna	_____
Tuna Noodle Casserole	_____
Beef Pot Pie \$ 7.75	_____
Shepherd's Pie	_____
Quiche with Cheese & Broccoli  <b>\$7.75</b>	_____
Spaghetti & Meat Sauce	_____
Chicken Pot Pie \$7.75	_____
	
Three Chili  Con Carne	_____
Bean Chili 	_____

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