

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

Valley Home Meals & Flowers.

Seasonal Fresh cut Flowers, Bouquet Arrangements and CSA Subscriptions available from Mid March to Mid September.

Open 8am to 3pm Monday to Friday

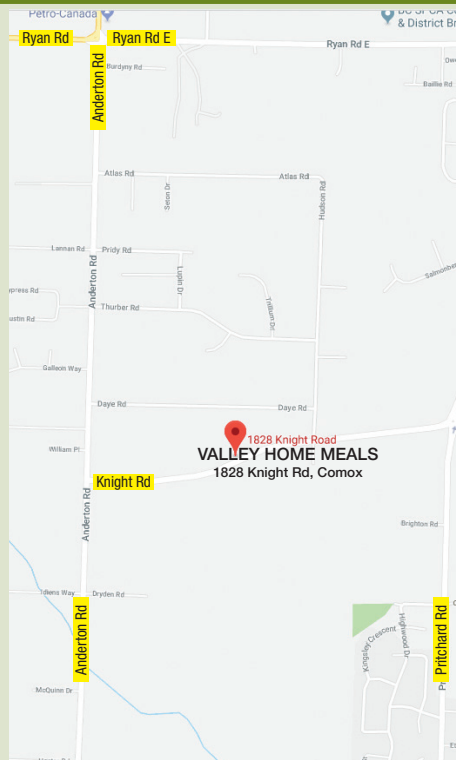
Cash & Carry on Saturdays & Sundays 9am to 3pm

Christmas Wreaths & Dried Florals

Available For Pick-Up or Delivery



5% of all flower sales go to Comox Valley Healthcare Foundation for Cancer



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

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Toll Free: 1-866-216-2655

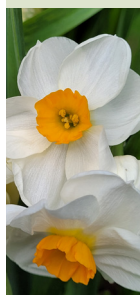
Serving Vancouver Island Since 1999

Provider for Veterans
Dietician Approved Entrees

Order online at
www.ValleyHomeMeals.com

Gift Certificates Available

www.ValleyHomeMeals.com



Valley Home Meals

Soups \$4.65

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

Individual Dinners \$9.55

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

Macaroni & Cheese \$7.45 V

Pastries \$7.95

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

Legend

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

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

Regular Entrees - \$10.85

Large Entrees - \$13.35

- ☒ ♥ 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
- ♥ Mennonite Sausage, Peas, Carrots & Mashed Potatoes
- 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

(Prices are subject to change without notice.)

- ☒ ♥ 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

*Available to order with notification:
Gluten Free, Pureed,
and Potassium-Restricted Meals*

Desserts \$2.65

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

Desserts \$2.25

- ☒ Stewed Rhubarb Vg
- ☒ Pear Slices Vg
- ☒ Peach Slices Vg

Bran Muffins \$2.00

Revised Oct 2023

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