



Valley Home Meals

Soups \$4.95

- ⓪ Corn Chowder V
- ⓪ Cream of Broccoli V
- ⓪ Split Green Pea Vg
- ⓪ Chicken Vegetable
- ⓪ Minestrone Vg
- ⓪ Lentil Vg
- Beef Barley

Individual Dinners \$10.50

- ⓪ Beef Stew
- Lasagna
- Shepherd's Pie
- Tuna Noodle Casserole
- Spaghetti & Meat Sauce
- ⓪ Chili Con Carne
- ⓪ Three Bean Chili Vg

Macaroni & Cheese 7.85 V

Pastries \$8.35

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

Legend

- ♥ • Low in fat, sodium and cholesterol
- ⓪ • Gluten Free
- V • VEGETARIAN
- Vg • VEGAN

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

Regular Entrees - \$12.50

Large Entrees - \$15.00

- ⓪ ♥ Roast Chicken, Gravy, Cranberry Sauce, Brussels Sprouts, Carrots and Mashed Potatoes
- ⓪ ♥ 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.)

- ⓪ ♥ Braised Beef, Gravy, Green Beans, Carrots & Mashed Potatoes

- ⓪ ♥ Chicken Cacciatore, Broccoli, Carrots & Brown Rice

- ♥ Meatloaf, Mashed Carrots & Rutabaga, Peas & Scalloped Potatoes

- ⓪ Curried Chicken, Mango/Peach Chutney, Summer Vegetable Medley & Brown Rice

- ⓪ 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 \$2.95

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

Desserts \$2.50

- ⓪ Stewed Rhubarb Vg
- ⓪ Pear Slices Vg
- ⓪ Peach Slices Vg

Bran Muffins \$2.00

Revised Jan 2025