

Valley Home Meals

Soups \$3.75

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

Individual Dinners \$6.50

- ☒ Beef Stew
- Macaroni & Cheese \$6.00 V
- Lasagna
- Tuna Noodle Casserole
- Beef Pot Pie
- Shepherd's Pie
- Quiche with Cheese & Broccoli V
- Spaghetti & Meat Sauce
- Chicken Pot Pie
- ☒ Chili Con Carne
- ☒ Three Bean Chili Vg

Legend

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

(Prices are subject to change without notice.)

Regular Entrees - \$6.95

Large Entrees - \$8.95

- ☒ ♥ 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 Rolls, 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
- ♥ Bangers & Mash, Peas & Carrots
- Asian Meatballs, Summer Vegetable Medley & Brown Rice
- ♥ Ham, Spinach, Creamed Corn & Scalloped Potatoes
- ♥ Chicken à 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

Entrees have been developed to meet Canada's Food Guide Requirements for Healthy Eating.

Desserts \$1.95

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

Desserts \$1.75

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