



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

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www.valleyhomemeals.com

Calorie Wise Order Form

DELIVER ON:	
NAME	PHONE
ADDRESS, please include City/Town	
Food Allergies / Special Dietary Needs:	POSTAL CODE



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

MENU Please enter quantities for the menu items you would like to order:

♥ *Meals identified with the "Heart" symbol are low in fat, sodium and cholesterol.*

Regular Entrees \$6.95 ea.

- | | Quantity |
|---|----------|
| ♥401Y Roast Chicken , Gravy, Cranberry Sauce, Brussels Sprouts, Carrots, Mashed Potatoes | _____ |
| ♥402Y Roast Pork , Gravy, Peas, Beets & Mashed Potatoes | _____ |
| ♥403Y Chicken , Mushroom Sauce, Spinach, Braised Red Cabbage & Mashed Potatoes | _____ |
| ♥404Y Salisbury Steak , Gravy, Broccoli, Creamed Corn & Mashed Potatoes | _____ |
| ♥405Y Cabbage Rolls , Broccoli, Carrots & Scalloped Potatoes | _____ |
| ♥406Y Shrimp in Tarragon Lemon Cream Sauce , Peas, Carrots & Brown Rice | _____ |
| ♥408Y Bangers & Mash , Peas & Carrots | _____ |
| ♥401G Ham , Spinach, Creamed Corn & Scalloped Potatoes | _____ |
| ♥402G Chicken a la King , Peas, Carrots & Mashed Potatoes | _____ |
| ♥403G Stuffed Green Pepper , Green Beans, Kernel Corn & Scalloped Potatoes | _____ |
| ♥404G Pork Chop , Mushroom Sauce, Broccoli, Beets & Mashed Potatoes | _____ |
| ♥405G Braised Beef , Gravy, Green Beans, Carrots & Mashed Potatoes | _____ |
| ♥406G Chicken Cacciatore , Broccoli, Carrots & Brown Rice | _____ |
| ♥407G Meatloaf , Brussels Sprouts, Beets & Scalloped Potatoes | _____ |
| ♥410G Wild Salmon , Dill Sauce, Carrots, Green Beans & Brown Rice | _____ |

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