



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

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

[www.valleyhomemeals.com](http://www.valleyhomemeals.com)

### Gluten Free 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:

**Soups \$3.50 ea.**

Quantity

- 100** Corn Chowder \_\_\_\_\_
- 101** Cream of Broccoli \_\_\_\_\_
- 102** Split Green Pea \_\_\_\_\_
- 103** Chicken Vegetable \_\_\_\_\_
- 104** Minestrone \_\_\_\_\_
- 105** Lentil \_\_\_\_\_

**Desserts \$1.75 ea.**


Quantity



- 306** Stewed Rhubarb \_\_\_\_\_
- 307** Pear Slices \_\_\_\_\_
- 308** Peach Slices \_\_\_\_\_

**Gluten Free Regular Entrees \$8.00 ea.**

**\*Meals identified with the "asterisk" are \$6.75**

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

 Please choose either stock or gluten free gravy

		Quantity	Stock	Gravy
* ♥ 1-401GF	<b>Roast Chicken</b> , Gravy, Brussels Sprouts, Carrots, Mashed Potatoes	_____		
* ♥ 1-402GF	<b>Roast Pork</b> , Gravy, Peas, Beets & Mashed Potatoes	_____		
♥ 1-403GF 	<b>Chicken</b> , Spinach, Braised Red Cabbage & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
♥ 1-405GF	<b>Cabbage Rolls</b> , Broccoli, Carrots & Mashed Potatoes	_____		
♥ 2-401GF	<b>Ham</b> , Spinach, Corn & Mashed Potatoes	_____		
♥ 2-402GF 	<b>Chicken</b> , Peas, Carrots & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
♥ 2-403GF	<b>Stuffed Green Pepper</b> , Green Beans, Kernel Corn & Mashed Potatoes	_____		
* ♥ 2-405GF	<b>Braised Beef</b> , Gravy, Green Beans, Carrots & Mashed Potatoes	_____		
* ♥ 2-406GF	<b>Chicken Cacciatore</b> , Broccoli, Carrots & Brown Rice	_____		
* 2-408GF	<b>Curried Chicken</b> , Mango Chutney, Summer Vegetable Medley & Brown Rice	_____		
* 2-409GF	<b>BBQ Chicken</b> , Squash, Green Beans & Brown Rice	_____		
♥ 2-410GF	<b>Wild Salmon</b> , Carrots, Green Beans & Brown Rice	_____		

**Gluten Free Large Entrees \$10.00 ea.**

**\*Meals identified with the "asterisk" are \$8.75**

* ♥ 1-401GF	<b>Roast Chicken</b> , Gravy, Brussels Sprouts, Carrots, Mashed Potatoes	_____		
* ♥ 1-402GF	<b>Roast Pork</b> , Gravy, Peas, Beets & Mashed Potatoes	_____		
♥ 1-403GF 	<b>Chicken</b> , Spinach, Red Cabbage & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
♥ 1-405GF	<b>Cabbage Rolls</b> , Broccoli, Carrots & Mashed Potatoes	_____		
♥ 2-401GF	<b>Ham</b> , Spinach, Corn & Mashed Potatoes	_____		
♥ 2-402GF 	<b>Chicken</b> , Peas, Carrots & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>

		Quantity
♥2-403GF	<b>Stuffed Green Pepper</b> , Green Beans, Kernel Corn & Mashed Potatoes	_____
* ♥2-405GF	<b>Braised Beef</b> , Gravy, Green Beans, Carrots & Mashed Potatoes	_____
* ♥2-406GF	<b>Chicken Cacciatore</b> , Broccoli, Carrots & Brown Rice	_____
* 2-408GF	<b>Curried Chicken</b> , Mango Chutney, Summer Vegetable Medley & Brown Rice	_____
* 2-409GF	<b>BBQ Chicken</b> , Squash, Green Beans & Brown Rice	_____
♥2-410GF	<b>Wild Salmon</b> , Carrots, Green Beans & Brown Rice	_____

**Individual Dinners \$6.50 ea.**

1-501GF	Beef Stew	_____
2-501GF	Shepherd's Pie	_____
2-503GF	Spaghetti & Meat Sauce \$8.00	_____
2-505GF	Chili Con Carne	_____

**Substitutions:** \$1.25 extra

Please list any substitutions below: