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

### Weight Management Program 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> |



\* 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 \$6.75 ea.**

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

**Substitutions:** \$1.25 extra  
Please list any substitutions below: