

Valley Home Meals
Gluten Free Menu

Telephone (250) 339-2625 Fax (250) 339-1076 Toll Free 1-866-216-2655

Soups \$3.50 ea.

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

Desserts \$1.75 ea.

- 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.

Gluten Free Large Entrees \$10.00 ea. *Meals identified with the "asterisk" are \$8.75

- * ♥1-401GF **Roast Chicken**, Gravy, Cranberry Sauce, Brussels Sprouts, Carrots, Mashed Potatoes
- * ♥1-402GF **Roast Pork**, Gravy, Peas, Beets & Mashed Potatoes
- ♥1-403GF **Chicken**, Spinach, Red Cabbage & Mashed Potatoes 😊
- ♥1-405GF **Cabbage Rolls**, Broccoli, Carrots & Mashed Potatoes
- ♥2-401GF **Ham**, Spinach, Corn & Mashed Potatoes
- ♥2-402GF **Chicken**, Peas, Carrots & Mashed Potatoes 😊
- ♥2-403GF **Stuffed Green Pepper**, Green Beans, Kernel Corn & Mashed Potatoes
- * ♥2-405GF **Braised Beef**, Gravy, Green Beans, Carrots & Mashed Potatoes
- * ♥2-406GF **Chicken Cacciatore**, Broccoli, Carrots & Rice
- * 2-408GF **Curried Chicken**, Mango Chutney, Summer Vegetable Medley & Brown Rice
- * 2-409GF **BBQ Chicken**, Squash, Green Beans & Brown Rice
- ♥2-410GF **Wild Salmon**, Carrots, Green Beans & Brown Rice

😊 WITH CHOICE OF STOCK OR GLUTEN FREE GRAVY

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Individual Dinners \$6.50

1-501GF Beef Stew

2-501GF Shepherd's Pie

2-503GF Spaghetti & Meat Sauce \$8.00

2-505GF Chili Con Carne