

# Valley Home Meals

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

## Weight Management Program Menu \$6.95 ea.

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

Meal Code	Description	Energy Kcal	Protein g	Fat g	Sat Fat g	Chol mg Choles- terol	CHO g Carbo- hydrate	Fibre g	Sodium mg	Available Carbohydrate total CHO - Fibre
♥401Y	<b>Roast Chicken</b> , Gravy, Cranberry Sauce, Brussels Sprouts, Carrots, Mashed Potatoes	278	27.8	6	1	64	28	3.2	191	24.8
♥402Y	<b>Roast Pork</b> , Gravy, Peas, Beets & Mashed Potatoes	288	26	8	4	57	28	4.1	192	23.9
♥403Y	<b>Chicken</b> , Mushroom Sauce, Spinach, Braised Red Cabbage & Mashed Potatoes	290	32	7	3	66	24	4	312	20
♥404Y	<b>Salisbury Steak</b> , Gravy, Broccoli, Creamed Corn & Mashed Potatoes	314	26	8	4.9	66.2	34.4	4	527.2	30.4
♥405Y	<b>Cabbage Rolls</b> , Broccoli, Carrots & Scalloped Potatoes	317	23.8	8.5	2.92	56	33.5	4.4	646	29.1
♥406Y	<b>Shrimp in Tarragon Lemon Cream Sauce</b> , Peas, Carrots & Brown Rice	279	13.07	7.8	1.5	66.8	39	2.8	426.9	36.2
♥408Y	<b>Bangers &amp; Mash</b> , Peas & Carrots	260	13.8	12	3.4	33.4	25.05	4.2	370	20.85
♥401G	<b>Ham</b> , Spinach, Creamed Corn & Scalloped Potatoes	275	18	13.2	5.95	45.3	21	3.5	679.5	17.5
♥402G	<b>Chicken a la King</b> , Peas, Carrots & Mashed Potatoes	288	30.9	4	2.2	67.8	32	5	425.5	27
♥403G	<b>Stuffed Green Pepper</b> , Green Beans, Kernel Corn & Scalloped Potatoes	338	24.5	9.2	2.9	56.1	39.2	4.8	609	34.4
♥404G	<b>Pork Chop</b> , Mushroom Sauce, Broccoli, Beets & Mashed Potatoes	321	28.4	11	4.8	71.7	27	4	274	23

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♥405G	<b>Braised Beef</b> , Gravy, Green Beans, Carrots & Mashed Potatoes	278	26.2	9.5	2.45	50	22	4	173.4	18
♥406G	<b>Chicken Cacciatore</b> , Broccoli, Carrots & Brown Rice	339	31.12	3.15	1.2	64	46.6	6	204.5	40.6
♥407G	<b>Meatloaf</b> , Mashed Carrots & Rutabaga, Peas & Scalloped Potatoes	390	28	14.3	5.2	115	35.5	5.2	577	30.3
♥410G	<b>Wild Salmon</b> , Dill Sauce, Carrots, Green Beans & Brown Rice	393.4	24.8	12.4	0.6	53.5	45.4	4.86	319	40.54

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**♥ 1200 - 1500 Calories ♥**

- Eat only the foods listed in the portions described.
- Water, diet soft drinks, as well as clear tea and coffee can be consumed as desired.
- Raw vegetables can be eaten as desired with meals or as snacks.

**BREAKFAST**

- 1 cup (8 ounces) skim milk
- 2 slices of toast or 1 slice toast and 3/4 cup of unsweetened flaked cereal
- 1/2 cup banana or 1 cup fresh berries
- optional: 1 teaspoon margarine and or jam

**LUNCH**

- Choose any Valley Home Meals Regular Heart & Calorie Wise entree  
or  
1 sandwich (2 slices bread, 2 ounces meat or cheese, 1 tsp margarine)
- 1/2 apple or 1/2 cup grapes
- 1 cup (8 ounces) skim milk

**DINNER**

- Choose any Valley Home Meals entree:  
\*1200 calorie plan "Regular Heart & Calorie Wise"
- 1 cup (8 ounces) skim milk or 3/4 skim milk yogurt
- 1/2 cup fresh fruit

*\* This meal plan has been developed by a Registered Dietitian.*

This information is not intended to replace the medical counsel of your Doctor or individual consultation with a Registered Dietitian/Nutritionist.