



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

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www.valleyhomemeals.com

Gluten Free Order Form

DELIVER ON:	
NAME	PHONE
ADDRESS	
Food Allergies / Special Dietary Needs:	POSTAL CODE

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

Soups \$3.75 ea.

- | | Quantity |
|--|----------|
| <input type="checkbox"/> Corn Chowder | _____ |
| <input type="checkbox"/> Cream of Broccoli | _____ |
| <input type="checkbox"/> Split Green Pea | _____ |
| <input type="checkbox"/> Chicken Vegetable | _____ |
| <input type="checkbox"/> Minestrone | _____ |
| <input type="checkbox"/> Lentil | _____ |


Desserts \$1.75 ea.

- | | Quantity |
|---|----------|
| <input type="checkbox"/> Stewed Rhubarb | _____ |
| <input type="checkbox"/> Pear Slices | _____ |
| <input type="checkbox"/> Peach Slices | _____ |

Gluten Free Regular Entrees \$8.50 ea.

***Meals identified with the "asterisk" are \$6.95**

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

 Please choose either stock or gluten free gravy



	Quantity	Stock	Gravy
* ♥ 🚫 Roast Chicken , Gravy, Brussels Sprouts, Carrots, Mashed Potatoes	_____		
* ♥ 🚫 Roast Pork , Gravy, Peas, Beets & Mashed Potatoes	_____		
♥ 🚫 😊 Chicken , Spinach, Braised Red Cabbage & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
♥ 🚫 Cabbage Rolls , Broccoli, Carrots & Mashed Potatoes	_____		
♥ 🚫 Ham , Spinach, Corn & Mashed Potatoes	_____		
♥ 🚫 😊 Chicken , Peas, Carrots & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
♥ 🚫 Stuffed Green Pepper , Green Beans, Kernel Corn & Mashed Potatoes	_____		
* ♥ 🚫 Braised Beef , Gravy, Green Beans, Carrots & Mashed Potatoes	_____		
* ♥ 🚫 Chicken Cacciatore , Broccoli, Carrots & Brown Rice	_____		
* 🚫 Curried Chicken , Mango Chutney, Summer Vegetable Medley & Brown Rice	_____		
* 🚫 BBQ Chicken , Squash, Green Beans & Brown Rice	_____		
♥ 🚫 Wild Salmon , Carrots, Green Beans & Brown Rice	_____		



Gluten Free Large Entrees \$10.50 ea.

***Meals identified with the "asterisk" are \$8.95**

* ♥ 🚫 Roast Chicken , Gravy, Brussels Sprouts, Carrots, Mashed Potatoes	_____		
* ♥ 🚫 Roast Pork , Gravy, Peas, Beets & Mashed Potatoes	_____		
♥ 🚫 😊 Chicken , Spinach, Red Cabbage & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
♥ 🚫 Cabbage Rolls , Broccoli, Carrots & Mashed Potatoes	_____		
♥ 🚫 Ham , Spinach, Corn & Mashed Potatoes	_____		
♥ 🚫 😊 Chicken , Peas, Carrots & Mashed Potatoes	_____	<input type="checkbox"/>	<input type="checkbox"/>
	Quantity		
♥ 🚫 Stuffed Green Pepper , Green Beans, Kernel Corn &	_____		


Mashed Potatoes

*   **Braised Beef**, Gravy, Green Beans, Carrots & Mashed Potatoes _____


*   **Chicken Cacciatore**, Broccoli, Carrots & Brown Rice _____

 **Curried Chicken**, Mango Chutney, Summer Vegetable Medley & Brown Rice _____

 **BBQ Chicken**, Squash, Green Beans & Brown Rice _____

  **Wild Salmon**, Carrots, Green Beans & Brown Rice _____

Individual Dinners

 Spaghetti & Meat Sauce \$8.50 _____

 Chili Con Carne \$6.50 _____