



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

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

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 \$6.95 ea.**

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

**Substitutions:** \$1.50 extra

Please list any substitutions below: