



Valley Solutions

life just got alot easier....

Please complete the following form and return by fax to 250 . 341 . 1903. If you have any questions or concerns please email us at valleysolutions@shaw.ca or phone us 250 . 341 . 1903

<p>Details</p> <p>Name</p> <p>Contact Phone</p> <p>Date and Time of Arrival</p> <p>Location and Rm. No.</p> <p>Number of People in the Party</p>	<input style="width: 100%; height: 20px;" type="text"/> <input style="width: 100%; height: 20px;" type="text"/> <input style="width: 100%; height: 20px;" type="text"/> <input style="width: 100%; height: 20px;" type="text"/> <input style="width: 100%; height: 20px;" type="text"/>	<p>Comments/ Extra info</p>																		
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Canned / Jarred Items

Salmon (Red/ Pink)
Corn
Olives

Pork and Beans
Beans
Dill Pickles

Peas
Anchovies
Kidney Beans

Condiments Sauces

Ketchup
Relish

Pickles
Mustard

Worcestershire Sauce
Soy Sauce

Lunch / Dinner Items

Spaghetti
Macaroni
Lasagne Noodles
Spaghetti Sauce
Whole Tomatoes (Canned)
Tomato Paste

White Rice
Wild Rice
Soups
Tomato
Mushroom
Chicken Noodle

Whole Wheat Bread
Whole Wheat buns
White Buns
Hamburger Buns
Hot Dog Buns

Baking Essentials

Flour

Icing Sugar
Raisins
Baking Soda
Shortening

Cornstarch
Oil Spray
Baking Powder
Chocolate Chips

Spices

Salt
Oregano

Black Pepper
Dry Mustard

Paprika

Meat

Beef
Turkey

Bacon
Chicken

Sausage

Dairy Items

Parmesan Cheese
Milk
Cottage Cheese

Butter
Cream Cheese
Margarine

Cheddar Cheese
Mozzarella Cheese

Fruit / Vegies

Cauliflower
White Onions
Lettuce
Potatoes

Carrots
Broccoli
Green Onions

Oranges
Apples
Bananas
Grapefruit

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Beverages

Soda water
Tonic water
Pop
Bottled Water
Fruit Juice

Rye
Gin
Vodka
Scotch

Red Wine
White Wine
Beer

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Snacks

Chips / Crisps
Peanuts

Pretzels
Chocolate

Other
Candy

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