

Home Delivered Meals



BETTER MEALS

Facilitator of Independent Living

To Inquire or to Order Call:

(604) 299-1877

Outside Greater Vancouver
call toll-free **1-888-838-1888**
or visit us at **www.bettermeals.com**

Established since 1993, *Better Meals* offers a wide selection of affordable, nutritious and ready-to-eat full course meals and à la carte food items. We deliver throughout Greater Vancouver, Fraser Valley, Greater Victoria, Mid Vancouver Island and into the Okanagan and Interior.

Member of the Better Business Bureau

**Veterans Independence Program
Registered Service Provider**

Office and Commissary address
5742 Beresford St., Burnaby, BC V5J 1J1
Fax: (604) 291-0822

Better Meals is open:

8:30 a.m. to 5:00 p.m., Monday to Friday

Order desk hours: 8:30 a.m. to 3:00 p.m.

VARIETY

Better Meals' large menu provides for healthy and enjoyable eating. Our menu offers many choices. You can choose from our list of full course dinners, à la carte items, fresh salads, sandwiches, as well as our seasonal specials.

NUTRITIONAL

- ✓ All meals are prepared fresh with quality ingredients.
- ✓ Wherever possible, natural spices are used to reduce or replace sodium.
- ✓ Full course meals and à la carte items are specially packaged and blast frozen to lock in freshness and retain nutrients.
- ✓ Salads and sandwiches are delivered fresh for your immediate enjoyment.

CONVENIENT

- ✓ Delivered weekly to your door.
- ✓ Orders may be placed weekly, or at intervals that are convenient to you.
- ✓ Easy to store.
- ✓ Minimizes the need to grocery shop, cook and wash dishes. No mess or fuss.
- ✓ Specially packaged for both microwave and conventional oven re-heating.
- ✓ Easy to re-heat:

Freezer to table approx. cooking time:

Microwave – 5 minutes

Oven – 30 minutes

- ✓ Reduces leftovers and food wastage.
- ✓ Meal containers are easy to dispose of.

AFFORDABLE

- ✓ Cost for a full course dinner including soup, entrée and dessert is only \$6.75.
- ✓ **Delivery is free.**
- ✓ Minimum order per delivery is \$30.00.

SPECIAL NEEDS

Ask about our regular, diabetic/weight control and low sodium diet menus.

DELIVERY

- ✓ Scheduled weekly delivery right to your door.
- ✓ Meals can also be picked up during office hours at the *Better Meals* commissary in Burnaby.

STORAGE

- ✓ Upon delivery of meals, immediately place all frozen items in your freezer compartment.
- ✓ Do not thaw and refreeze.

PAYMENT

- ✓ Cash upon delivery.
- ✓ Alternate method of payment by special arrangement.

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FRESH SANDWICHES

Available on white or brown bread

911	Roast Beef Sandwich with mustard	\$3.75
913	Ham & Cheese with mustard	\$3.75
915	Chicken Salad mayo & celery	\$3.75
917	Tuna Salad mayo & green onion	\$3.75
919	Egg Salad mayo & green onion	\$3.75

FRESH ITEMS

901	Chef Salad Egg, ham, cheese & spring mix	\$3.75
978	Greek Pasta Salad Fusilli, cucumber, onion, olives & peppers with Greek dressing & feta	\$3.75
922	Thai Chicken Salad Noodles tossed in homemade Thai sauce topped with marinated chicken	\$3.75
908	Chicken Caesar Salad Romaine, croutons & parmesan cheese	\$3.75
921	Old Fashioned Trifle Layers of sweet cake & fruit custard with fresh whipped cream on top	\$3.75
902	Fresh Fruit Salad (275g)	\$3.75
976	Apple Juice (200ml x5 pack)	\$3.75
977	Orange Juice (200ml x5 pack)	\$3.75
903	Bean Salad (275g)	\$3.50
904	Carrot and Raisin Salad (275g)	\$3.50
905	Potato Salad (275g)	\$3.50
907	Coleslaw Salad (275g)	\$3.50
910	Jellied Fruit Salad	\$2.75

SNACKS

896	Cornish Pasties (box of 2)	\$5.00
701	Chicken Fingers	\$5.00
897	Quiche Lorraine	\$5.00
898	Quiche Florentine	\$5.00
887	Macaroni & Cheese Supreme	\$4.75

À LA CARTE MENU

INDIVIDUAL DINNERS

749	Breaded Cod	Potato encrusted, served with scalloped potatoes and peas	\$7.75
745	Salmon Teriyaki	Salmon fillet in teriyaki sauce, served with brown rice and peas	\$7.25
758	Coquille St. Jacques	Seafood stew, topped with piped potato & served with broccoli	\$7.00
753	Teriyaki Steak and Prawns	Sirloin tips tossed in teriyaki sauce with buttered prawns, Italian vegetables	\$7.25
756	Beef Stroganoff	Beef simmered in sour cream sauce, served with noodles & vegetables	\$7.00
731	Cabbage Rolls	Slow cooked in tomato sauce and served with Ukrainian-style potatoes	\$7.00
768	Hungarian Goulash	Tender beef in paprika sauce with egg noodles and peas	\$6.50
734	Baked Lasagna	Homemade. Layered with ground beef, mozzarella & cottage cheese	\$6.50
772	Veal Parmigiana	Cutlet topped with tomato sauce & cheese, served with pasta & vegetables	\$6.25
747	Ginger Beef	Tender beef tossed in ginger sauce, served with brown rice & vegetables	\$6.00
750	Sweet & Sour Meat Balls ...	Tasty meat balls in sweet & sour sauce, brown rice & oriental vegetables	\$6.00
736	Swedish Meat Balls	Tasty meat balls in creamy mushroom sauce, noodles & mixed vegetables	\$6.00
739	Beef Noodle Casserole	Ground beef, macaroni noodles, melted cheddar topping & glazed carrots	\$6.00
738	Chili Con Carne	Ground beef, kidney beans in a mild sauce on brown rice with green beans	\$5.75
763	Pulled Pork	Slow roasted, shredded, served on brown rice with mixed vegetables	\$6.00
765	Ginger Pork	Tender pork tossed with mandarin oranges & green onion on brown rice	\$6.00
766	BBQ Ribette	Boneless pork in BBQ sauce, served with brown rice and green beans	\$6.00
762	Turkey Cutlet	Topped with homemade honey mustard, served with scalloped potatoes	\$6.00
761	Coq au Vin	Chicken thighs, mushrooms & bacon in red wine gravy, with long beans	\$6.75
751	Butter Chicken	Boneless chicken with butter tomato sauce, brown rice and broccoli	\$6.75
760	Chicken Souvlaki	Skewers of boneless chicken on rice, served with roasted vegetables	\$6.75
764	Chicken Cordon Bleu	Chicken stuffed with ham & Swiss cheese, served with noodles & vegetable	\$6.75
733	Chicken Stew	Chunks of chicken and hearty vegetables, served with green beans	\$6.50
759	BBQ Chicken	Chicken thighs in tangy BBQ sauce, served with brown rice & carrots	\$6.25
770	Chicken Teriyaki	Boneless chicken in teriyaki sauce on brown rice with oriental vegetables	\$6.25
774	Chicken Stir-fry	Moist chicken & vegetables in teriyaki sauce on rice, and spring roll	\$6.25
742	Chicken Fettuccine	Tender chicken & noodles tossed in Alfredo sauce, served with vegetables	\$6.00
743	Chicken Chow Mein	Tender chicken and chow mein noodles with oriental mixed vegetables	\$6.00
746	Cheese Mannicotti	Spinach & cheese stuffed pasta in a tomato cream sauce, with vegetables	\$6.00

(menu subject to change without notice)