

# 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.
- ✓ À la carte items are also reasonably priced.
- ✓ **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, or call in advance with credit card information.
- ✓ Alternate method of payment by special arrangement.

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You may also order online at:

[www.bettermeals.com](http://www.bettermeals.com)

—**FRESH SANDWICHES & WRAPS**—

Sandwiches available on white or brown bread

911	<b>Roast Beef</b> with horseradish mayo	\$3.75
913	<b>Ham &amp; Cheese</b> with mustard	\$3.75
915	<b>Chicken Salad</b> mayo & celery	\$3.75
917	<b>Tuna Salad</b> mayo & green onion	\$3.75
919	<b>Egg Salad</b> mayo & green onion	\$3.75
923	<b>Turkey Salad Wrap</b> mayo & celery	\$3.75
925	<b>Crispy Chicken Wrap</b> Chicken strips, bacon & lettuce	\$3.75

—**FRESH ITEMS**—

901	<b>Chef Salad</b> Egg, ham, cheese & spring mix	\$3.75
922	<b>Thai Chicken Salad</b> Noodles, marinated chicken & homemade Thai sauce	\$3.75
908	<b>Chicken Caesar Salad</b> Romaine, croutons & parmesan cheese	\$3.75
921	<b>Old Fashioned Trifle</b> Sweet cake & fruit custard with whipped cream on top	\$3.75
902	<b>Fresh Fruit Salad</b> (275g)	\$3.75
905	<b>Potato Salad</b> (275g)	\$3.50
907	<b>Coleslaw Salad</b> (275g)	\$3.50
910	<b>Jellied Fruit Salad</b>	\$2.75
976	<b>Apple Juice</b> (200ml x5 pack)	\$3.75
977	<b>Orange Juice</b> (200ml x5 pack)	\$3.75

—**SNACKS**—

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

**À LA CARTE MENU**

—**INDIVIDUAL DINNERS**—

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

(menu subject to change without notice)