

# 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 special diet dinner including soup, entrée and dessert is only \$7.00.
- ✓ **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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# LOW SODIUM

COMPLETE DINNER MENU (soup, entrée & dessert) for \$7.00

## SOUPS

	<b>Sodium</b>	<b>Carb.</b>	<b>Protein</b>	<b>Fat</b>
451 <b>Beef &amp; Barley</b>	134.3 mg	11.9 g	3.6 g	1.7 g
452 <b>Homemade Vegetable</b>	118.7 mg	9.6 g	2.1 g	0.2 g
453 <b>Chicken Noodle</b>	126.0 mg	15.7 g	5.7 g	1.8 g
454 <b>Cream of Mushroom</b>	132.0 mg	14.0 g	6.9 g	8.4 g
455 <b>Minestrone</b>	189.6 mg	9.8 g	2.1 g	0.3 g
457 <b>Cream of Potato</b>	225.0 mg	14.5 g	3.0 g	6.0 g

## ENTRÉES

	<b>Sodium</b>	<b>Carb.</b>	<b>Protein</b>	<b>Fat</b>
551 <b>Poached Cod Loins</b> with parsley potatoes and broccoli	460.0 mg	26.0 g	35.0 g	1.0 g
552 <b>Cajun Cod</b> with brown rice and peas	370.0 mg	37.0 g	38.0 g	2.5 g
553 <b>Grilled Salmon</b> with parsley potatoes and peas	247.7 mg	35.2 g	29.2 g	1.7 g
554 <b>Chicken à la King</b> with rice, squash and peas	273.5 mg	53.3 g	18.9 g	4.4 g
555 <b>Chicken Cacciatore</b> with noodles & Italian mix vegetable	250.0 mg	36.0 g	28.0 g	7.0 g
562 <b>Chicken Supreme</b> with noodles and squash	225.2 mg	39.1 g	51.1 g	17.6 g
564 <b>Chicken Souvlaki</b> with brown rice and roasted carrots	250.0 mg	52.0 g	22.0 g	18.0 g
556 <b>Roast Turkey</b> with mashed potatoes and brussel sprouts	274.0 mg	32.6 g	35.9 g	14.2 g
557 <b>Roast Beef</b> with mashed potatoes and peas	257.5 mg	34.2 g	42.1 g	10.6 g
558 <b>Meat Loaf</b> with mashed potatoes and broccoli	224.6 mg	29.3 g	26.4 g	18.3 g
559 <b>Beef Vegetable Stew</b> with carrots and peas	398.5 mg	62.7 g	26.0 g	6.9 g
560 <b>Roast Pork</b> with mashed potatoes and carrots	243.7 mg	29.1 g	37.3 g	7.2 g
561 <b>Braised Liver</b> with mashed potatoes, peas and carrots	436.6 mg	31.1 g	35.0 g	7.9 g
568 <b>Beef Stroganoff</b> with noodles, carrots and peas	361.8 mg	57.4 g	27.4 g	7.6 g
569 <b>Salisbury Steak</b> mashed potatoes, peas & honey glazed carrots	460.0 mg	37.0 g	32.0 g	15.0 g

## DESSERTS

	<b>Sodium</b>	<b>Carb.</b>	<b>Protein</b>	<b>Fat</b>
601 <b>Mandarin Oranges</b>	0 mg	21.0 g	1.0 g	0 g
602 <b>Apple Sauce</b>	11 mg	16.5 g	0 g	0 g
603 <b>Stewed Rhubarb</b>	11.7 mg	4.2 g	1.2 g	0.2 g
604 <b>Peach Slices</b>	5.7 mg	13.7 g	0 g	0 g
605 <b>Pear Slices</b>	5.7 mg	16.0 g	0 g	0 g
608 <b>Rice Pudding</b>	65.0 mg	17.0 g	6.0 g	0.2 g
609 <b>Tapioca Pudding</b>	75.0 mg	17.0 g	5.0 g	0.1 g
610 <b>Zucchini Bread</b>	55.0 mg	6.0 g	1.0 g	1.0 g
612 <b>Chocolate Mousse</b>	20.0 mg	8.0 g	1.0 g	6.0 g
613 <b>Strawberry Mousse</b>	20.0 mg	9.0 g	1.0 g	6.0 g

\*Menu subject to change without notice.



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