

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.

BREAKFAST

723	Turkey Sausage & Egg White	\$6.50
724	Turkey Bacon & Egg White	\$6.50
805	Spanish Omelette	\$6.50
893	Bran Muffins (box of 4)	\$3.00
885	Zucchini Muffins (box of 4)	\$3.00
709	Oatmeal Raisin Cereal	\$2.75
895	Cheese Biscuits (box of 3)	\$2.50
877	Cinnamon Bun	\$2.50
894	Raisin Scones (box of 3)	\$2.50

INDIVIDUAL DINNERS

749	Breaded Cod scalloped potatoes & peas	\$7.75
773	Cedar Plank Salmon rice & peas	\$7.25
753	Steak & Prawns brown rice & beans	\$7.25
769	Pork Satay noodles & oriental vegetable	\$6.75
751	Butter Chicken brown rice & broccoli	\$6.75
761	Coq au Vin mushroom, bacon & wine	\$6.75
771	Turkey Loaf roasted potatoes & carrots	\$6.50
768	Hungarian Goulash noodles & peas	\$6.50
739	Beef Noodle Casserole glazed carrots	\$6.00

SIDE DISHES

889	High Fibre Fruit Lax (250g) Pureed prunes, dates & raisins	\$3.75
703	Vegetable Platter Roasted carrots, cauliflower & broccoli	\$3.75
710	Pita Bread (pack of 6)	\$2.75
704	Homemade Mashed Potatoes	\$2.25
705	Baked Yam Wedges	\$2.25
707	Baked Potato Wedges	\$2.25
708	Brown Rice Pilaf	\$2.25

FRESH SANDWICHES & WRAPS

931	Sirloin Beef Ciabatta Thin tender beef slices with horseradish and hummus on a fresh bun	\$4.75
932	Club House Turkey bacon, turkey breast, Swiss cheese & spinach on multigrain	\$4.75
933	Veggie Wrap Fresh seasonal vegetables with hummus Spread on a sundried tomato wrap	\$4.75
934	Turkey Spinach Wrap Smoked turkey, Swiss cheese, spinach and thin apple slices	\$4.75
935	Salmon Ciabatta Grilled salmon & caramelized onion on a fresh bun	\$4.75

FRESH ITEMS

930	Quinoa Salad Cranberries, raisin & roasted pumpkin seeds	\$4.75
928	Waldorf Salad Apple, grapes, celery, walnuts & pasta	\$4.75
955	Tzatziki (250g) Cucumber, yogurt & dill	\$3.75
956	Hummus (250g) Chickpeas, olive oil, garlic & lemon	\$3.75
921	Old Fashioned Trifle Sweet cake & fruit custard with whipped cream	\$3.75
902	Fresh Fruit Salad (275g)	\$3.75
907	Coleslaw Salad (275g)	\$3.50
910	Jellied Fruit Salad	\$2.75
929	Cream Cheese Bagel	\$2.75
975	Low Fat Yogurt (275g)	\$2.25
976	Apple Juice (200ml x5 pack)	\$3.75
977	Orange Juice (200ml x5 pack)	\$3.75

SNACKS

879	Frittata Florentine spinach & cheese	\$5.00
880	Frittata Lorraine ham & mushroom	\$5.00
886	Oatmeal Raisin Cookies (box of 6)	\$2.25

LOW SODIUM

COMPLETE DINNER MENU (soup, entrée & dessert) for \$8.00

SOUPS

	Sodium	Carb.	Protein	Fat
451 Beef & Barley	134.3 mg	11.9 g	3.6 g	1.7 g
452 Homemade Vegetable	118.7 mg	9.6 g	2.1 g	0.2 g
453 Chicken Noodle	126.0 mg	15.7 g	5.7 g	1.8 g
454 Cream of Mushroom	132.0 mg	14.0 g	6.9 g	8.4 g
455 Minestrone	127.0 mg	9.8 g	2.1 g	0.3 g
457 Cream of Potato	150.5 mg	14.5 g	4.0 g	6.0 g
458 Butternut Squash & Carrot	80.0 mg	10.0 g	1.0 g	0.5 g
459 Turkey Wild Rice	110.0 mg	11.0 g	5.5 g	1.6 g

ENTRÉES

	Sodium	Carb.	Protein	Fat
551 Poached Cod Loim parsley potatoes and broccoli	437.0 mg	26.0 g	35.0 g	6.0 g
552 Cajun Cod brown rice and peas	370.0 mg	37.0 g	38.0 g	7.5 g
553 Grilled Salmon parsley potatoes and peas	247.7 mg	35.2 g	29.2 g	6.7 g
554 Chicken à la King brown rice, squash & peas	273.5 mg	53.3 g	20.8 g	9.4 g
555 Chicken Cacciatore noodles & Italian mixed vegetables	250.0 mg	36.0 g	28.0 g	12.0 g
562 Chicken Supreme noodles & squash	225.2 mg	39.1 g	51.1 g	17.6 g
564 Chicken Souvlaki brown rice and roasted carrots	250.0 mg	52.0 g	22.0 g	18.0 g
556 Roast Turkey mashed potatoes and brussels sprouts	274.0 mg	32.6 g	35.9 g	14.2 g
557 Roast Beef mashed potatoes and peas	257.5 mg	34.2 g	42.1 g	10.6 g
558 Meat Loaf mashed potatoes and broccoli	224.6 mg	29.3 g	26.4 g	18.3 g
559 Beef Vegetable Stew carrots and peas	398.5 mg	62.7 g	26.0 g	12.0 g
560 Roast Pork mashed potatoes and carrots	243.7 mg	29.1 g	37.3 g	12.5 g
561 Braised Liver mashed potatoes, peas and carrots	436.6 mg	31.1 g	35.0 g	13.0 g
568 Beef Stroganoff noodles, carrots & peas	361.8 mg	57.4 g	27.4 g	12.5 g
569 Salisbury Steak mashed potatoes and honey glazed carrots	460.0 mg	37.0 g	32.0 g	15.0 g
567 Homemade Meatballs Marinara pasta, squash & peas	414.0 mg	33.3 g	28.8 g	13.5 g
563 Turkey Burger Tarragon roasted red potatoes & broccoli	246.6 mg	29.3 g	32.3 g	12.8 g

DESSERTS

	Sodium	Carb.	Protein	Fat
601 Mandarin Oranges	15.0 mg	14.0 g	1.0 g	0 g
602 Apple Sauce	11.0 mg	16.5 g	0 g	0 g
603 Stewed Rhubarb	11.7 mg	4.2 g	1.2 g	0.2 g
604 Peach Slices	5.7 mg	13.7 g	0 g	0 g
605 Pear Slices	5.7 mg	16.0 g	0 g	0 g
608 Rice Pudding	65.0 mg	17.0 g	6.0 g	0.2 g
609 Tapioca Pudding	75.0 mg	17.0 g	5.0 g	0.1 g
612 Chocolate Mousse	20.0 mg	8.0 g	1.0 g	6.0 g
613 Strawberry Mousse	20.0 mg	9.0 g	1.0 g	6.0 g
614 Blueberry Coffee Cake	38.5 mg	28.5 g	7.5 g	1.8 g
615 Chocolate Mousse Brownie	40.0 mg	30.0 g	8.0 g	3.5 g
318 Fresh Banana	1.5 mg	35.0 g	1.5 g	0.5 g
319 Fresh Apple	2.0 mg	28.0 g	0.5 g	0.4 g
320 Fresh Orange	0.0 mg	35.0 g	2.7 g	0.3 g

*Menu subject to change without notice.



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