

# 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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# DIABETIC & WEIGHT CONTROL

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

## SOUPS

	Carb.	Protein	Fat	Calories
401 <b>Beef &amp; Barley</b>	13.6 g	4.1 g	2.0 g	86.9
402 <b>Homemade Vegetable</b>	10.9 g	3.3 g	1.0 g	62.8
403 <b>Chicken Noodle</b>	11.6 g	4.2 g	1.3 g	75.5
404 <b>French Pea</b>	17.2 g	8.0 g	1.2 g	109.4
405 <b>Minestrone</b>	6.8 g	1.5 g	0.2 g	33.0
406 <b>Lentil</b>	19.8 g	7.7 g	0.4 g	110.0

## ENTRÉES

	Carb.	Protein	Fat	Calories
501 <b>Poached Cod Loim</b> with parsley potatoes and broccoli	26.0 g	35.0 g	1.0 g	260.0
502 <b>Cajun Cod</b> with brown rice and peas	37.0 g	38.0 g	2.5 g	330.0
503 <b>Grilled Salmon</b> with parsley potatoes and peas	35.2 g	29.2 g	1.7 g	269.2
504 <b>Chicken Cacciatore</b> with noodles & Italian mix vegetable	36.0 g	28.0 g	7.0 g	330.0
511 <b>Chicken Stew</b> with broccoli and squash	46.6 g	46.5 g	6.4 g	432.6
514 <b>Chicken Souvlaki</b> with brown rice and roasted carrots	52.0 g	22.0 g	18.0 g	460.0
506 <b>Roast Turkey</b> with mashed potatoes and brussel sprouts	29.1 g	33.7 g	14.2 g	382.3
507 <b>Roast Beef</b> with mashed potatoes and peas	34.2 g	42.1 g	10.6 g	405.9
508 <b>Meat Loaf</b> with mashed potatoes and broccoli	41.5 g	27.3 g	18.5 g	440.6
509 <b>Beef Vegetable Stew</b> with carrots and turnip	29.5 g	32.8 g	7.6 g	319.8
510 <b>Roast Pork</b> with mashed potatoes and peas	34.4 g	40.9 g	7.4 g	372.8
512 <b>Baked Ham</b> with parsley potatoes and brussel sprouts	34.0 g	27.0 g	3.0 g	260.0
513 <b>Braised Liver</b> with mashed potatoes, peas and carrots	31.1 g	35.0 g	7.9 g	332.0
516 <b>Swiss Steak</b> with mashed potatoes and broccoli	44.0 g	23.0 g	10.0 g	340.0
517 <b>Salisbury Steak</b> mashed potatoes, peas & honey glazed carrots	42.0 g	21.0 g	10.0 g	330.0

## DESSERTS

	Carb.	Protein	Fat	Calories
602 <b>Apple Sauce</b>	16.5 g	0 g	0 g	66.0
603 <b>Stewed Rhubarb</b>	4.2 g	1.2 g	0.2 g	21.1
604 <b>Peach Slices</b>	13.7 g	0 g	0 g	57.1
605 <b>Pear Slices</b>	16.0 g	0 g	0 g	68.6
606 <b>Banana Bread</b>	20.6 g	3.7 g	1.1 g	108.8
607 <b>Carrot Cake</b>	25.0 g	5.0 g	0.4 g	120.0
608 <b>Rice Pudding</b>	17.0 g	6.0 g	0.2 g	90.0
609 <b>Tapioca Pudding</b>	17.0 g	5.0 g	0.1 g	90.0
610 <b>Zucchini Bread</b>	6.0 g	1.0 g	1.0 g	35.0
611 <b>Peach Cobbler</b>	25.0 g	3.5 g	3.0 g	146.5

\*Menu subject to change without notice.



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(Revised)