

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 and seasonal specials. Ask about our regular, low sodium and diabetic & weigh control menus.

NUTRITIONAL

- ✓ All meals are prepared fresh with quality ingredients.
- ✓ Meals are specially packaged and blast frozen to lock in freshness and retain nutrients.
- ✓ Salads and sandwiches are delivered fresh for your immediate enjoyment.

CONVENIENT

- ✓ Weekly delivery right to your door.
- ✓ Orders may be placed weekly, or at intervals that are convenient for you.
- ✓ Minimizes the need to grocery shop, cook and wash dishes. No fuss.
- ✓ Specially packaged for oven, toaster oven and microwave re-heating.
- ✓ Reduces leftovers and food wastage.
- ✓ Meals arrive frozen and are easy to store. Do not thaw and re-freeze.

AFFORDABLE

- ✓ Cost is only \$8.00 for a full course dinner including soup, entrée & dessert.
- ✓ Minimum order is \$30 per delivery.
- ✓ **Delivery is free.**

BREAKFAST

650	Turkey Sausage & Egg Hash browns & brown beans	\$6.50
651	Ham & Egg Hash browns & brown beans	\$6.50
652	Omelette Florentine Spinach, cheddar, hash browns & brown beans	\$6.50
653	Turkey Sausage & Pancakes	\$6.50
654	French Toast & Ham	\$6.50
655	Oatmeal	\$2.75
656	Cinnamon Bun	\$2.50

FRESH ITEMS

956	Hummus Pureed chickpeas and herbs	\$3.75
948	Tzatziki Minced cucumber with yogurt and herbs	\$3.75
949	Old Fashioned Trifle Sweet cake & fruit custard with whipped cream	\$3.75
976	Apple Juice (200ml x5 pack)	\$3.75
977	Orange Juice (200ml x5 pack)	\$3.75
950	Protein Shake (350ml)	\$3.75
975	Low Fat Yogurt (275g)	\$2.25

INDIVIDUAL DINNERS

670	Breaded Cod Scalloped potatoes & peas	\$7.75
671	Steak & Prawns Brown rice & Italian mixed vegetables	\$7.25
672	Pork Satay Noodles & oriental vegetables	\$6.75
673	Swedish Meatballs Noodles and mixed vegetables	\$6.75
674	Butter Chicken Brown rice & broccoli	\$6.75
675	Hungarian Goulash Noodles & peas	\$6.50

FINELY MINCED

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

SOUPS

	Carb.	Protein	Fat	Calories
481 Beef & Barley	13.6 g	4.1 g	2.0 g	86.9
482 Homemade Vegetable	10.4 g	3.8 g	1.1 g	69.0
484 French Pea	17.2 g	8.0 g	1.2 g	109.4
485 Cream of Mushroom	14.0 g	6.9 g	8.4 g	156.9
486 Cauliflower	14.5 g	3.0 g	6.0 g	124.0
488 Cream of Tomato	18.0 g	1.9 g	0.9 g	85.2

ENTRÉES

	Carb.	Protein	Fat	Calories
581 Poached Cod Loin with parsley potatoes and broccoli	34.2 g	31.3 g	2.2 g	283.3
593 Tuna Casserole with peas and carrots	31.0 g	19.1 g	9.9 g	291.9
583 Grilled Salmon with scalloped potatoes and peas	43.3 g	26.6 g	11.6 g	386.3
584 Chicken à la King with white rice, peas and carrots	27.4 g	16.6 g	10.9 g	268.9
591 Chicken Supreme with whipped potatoes and carrots	19.4 g	26.3 g	11.6 g	286.3
585 Chicken Cacciatore with whipped potatoes and squash	22.0 g	23.7 g	7.1 g	244.0
594 Bangers and Mash with whipped turnips and carrots	12.0 g	15.0 g	24.0 g	410.0
586 Roast Turkey with scalloped potatoes and squash	46.0 g	28.4 g	10.9 g	400.5
587 Roast Beef with whipped potatoes and peas	15.1 g	39.0 g	11.1 g	324.7
595 Swiss Steak with whipped potatoes and broccoli	44.0 g	23.0 g	10.0 g	340.0
596 Beef Noodle Casserole with peas and carrots	9.0 g	14.0 g	5.0 g	220.0
592 Meat Loaf with whipped potatoes and broccoli	28.3 g	26.4 g	23.2 g	402.2
597 Beef Stroganoff with peas and carrots	9.0 g	14.0 g	5.0 g	220.0
589 Pineapple Ham with whipped potatoes and squash	60.4 g	28.7 g	7.0 g	419.7
590 Roast Pork with whipped potatoes and carrots	13.0 g	26.3 g	8.8 g	241.8

DESSERTS

	Carb.	Protein	Fat	Calories
681 Fruit Cocktail	33.3 g	0 g	0 g	140.1
682 Apple Sauce	27.0 g	0 g	0 g	105.8
684 Peach Puree	25.0 g	0 g	0 g	102.9
685 Pear Puree	36.2 g	0 g	0 g	144.7
689 Tapioca Pudding	17.0 g	5.0 g	0 g	90.0
690 Chocolate Mousse	0.02 g	8.0 g	1.0 g	6.0
691 Strawberry Mousse	0.02 g	9.0 g	1.0 g	6.0
688 Rhubarb and Vanilla	9.0 g	1.6 g	1.2 g	51.0

*Menu subject to change without notice.



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