

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

<i>BREAKFAST</i>		
650	Sausage and Eggs with Hash Browns and Brown Beans	\$5.00
651	Ham and Eggs with Hash Browns and Brown Beans	\$5.00
652	Spinach Florentine Omelette with Hash Browns	\$5.00
653	Pancakes and Sausage with Maple Syrup	\$5.00
654	French Toast & Ham with Pineapple sauce & Maple Syrup	\$5.00
655	Oatmeal	\$2.75
<i>SIDE DISHES</i>		
889	Fruit Lax	\$3.75
976	Apple Juice (200ml x5 pack)	\$3.75
977	Orange Juice (200ml x5 pack)	\$3.75

SOUPS

481	Beef & Barley
482	Homemade Vegetable
484	French Pea
485	Cream of Mushroom
486	Cauliflower
488	Cream of Tomato

ENTRÉES

581	Poached Cod Loin with parsley potatoes and broccoli
593	Tuna Casserole with peas and carrots
583	Grilled Salmon with scalloped potatoes and peas
584	Chicken à la King with white rice, peas and carrots
591	Chicken Supreme with whipped potatoes and carrots
585	Chicken Cacciatore with whipped potatoes and squash
594	Bangers and Mash with whipped turnips and carrots
586	Roast Turkey with scalloped potatoes and squash
587	Roast Beef with whipped potatoes and peas
595	Swiss Steak with whipped potatoes and broccoli
596	Beef Noodle Casserole with peas and carrots
592	Meat Loaf with whipped potatoes and broccoli
597	Beef Stroganoff with peas and carrots
589	Pineapple Ham with whipped potatoes and squash
590	Roast Pork with whipped potatoes and carrots

DESSERTS

681	Fruit Cocktail
682	Apple Sauce
684	Peach Puree
685	Pear Puree
689	Tapioca Pudding
690	Chocolate Mousse
691	Strawberry Mousse
688	Rhubarb and Vanilla

Carb.	Protein	Fat	Calories
13.6 g	4.1 g	2.0 g	86.9
10.4 g	3.8 g	1.1 g	69.0
17.2 g	8.0 g	1.2 g	109.4
14.0 g	6.9 g	8.4 g	156.9
14.5 g	3.0 g	6.0 g	124.0
18.0 g	1.9 g	0.9 g	85.2

Carb.	Protein	Fat	Calories
34.2 g	31.3 g	2.2 g	283.3
31.0 g	19.1 g	9.9 g	291.9
43.3 g	26.6 g	11.6 g	386.3
27.4 g	16.6 g	10.9 g	268.9
19.4 g	26.3 g	11.6 g	286.3
22.0 g	23.7 g	7.1 g	244.0
12.0 g	15.0 g	24.0 g	410.0
46.0 g	28.4 g	10.9 g	400.5
15.1 g	39.0 g	11.1 g	324.7
44.0 g	23.0 g	10.0 g	340.0
9.0 g	14.0 g	5.0 g	220.0
28.3 g	26.4 g	23.2 g	402.2
9.0 g	14.0 g	5.0 g	220.0
60.4 g	28.7 g	7.0 g	419.7
13.0 g	26.3 g	8.8 g	241.8

Carb.	Protein	Fat	Calories
33.3 g	0 g	0 g	140.1
27.0 g	0 g	0 g	105.8
25.0 g	0 g	0 g	102.9
36.2 g	0 g	0 g	144.7
17.0 g	5.0 g	0 g	90.0
0.02 g	8.0 g	1.0 g	6.0
0.02 g	9.0 g	1.0 g	6.0
9.0 g	1.6 g	1.2 g	51.0

Every effort has been made to ensure that our pureed meals are well blended. However, we cannot guarantee that every meal is completely lump-free.

(menu subject to change without notice)