

# 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 dinner including soup, entrée and dessert is only \$6.75.
- ✓ **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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**BREAKFAST**

721 Sausage & Egg	\$5.00
722 Bacon & Egg	\$5.00
727 Pancakes & Sausage	\$5.00
726 French Toast & Bacon	\$5.00
893 Bran Muffins (box of 4)	\$3.00
899 Blueberry Muffins (box of 4)	\$3.00
709 Oatmeal Raisin Cereal	\$2.75
895 Cheese Biscuits (box of 3)	\$2.50
894 Raisin Scones (box of 3)	\$2.50

**HOMEMADE PIES**

711 Steak Pie with vegetables	\$5.50
712 Steak & Kidney Pie with vegetables	\$5.50
713 Beef & Onion Pie with vegetables	\$5.50
714 Chicken Pie with vegetables	\$5.50
715 Shepherd's Pie with vegetables	\$5.50
890 Apple Crumble Pie	\$3.50
891 Rhubarb Crumble Pie	\$3.50
892 Peach Pie	\$3.50

**SIDE DISHES**

889 High Fibre Fruit Lax (250g) Pureed Prunes, dates & raisins	\$3.75
703 Vegetable Platter Roasted carrots, cauliflower & broccoli	\$3.75
704 Homemade Mashed Potatoes	\$2.25
705 Baked Yam Wedges	\$2.25
706 Scalloped Potatoes	\$2.25
707 Baked Potato Wedges	\$2.25
708 Steamed Brown Rice	\$2.25
702 Beef Gravy (175g)	\$2.25

**COMPLETE DINNER MENU**

**3 COURSE DINNER**

Soup, Entrée & Dessert for \$6.75

**SOUPS.....**

112 Beef and Barley	115 Minestrone	118 Cream of Cauliflower
113 Homemade Vegetable	116 Lentil Soup	119 Chicken Noodle
114 French Pea	117 Cream of Mushroom	120 Cream of Tomato

**ENTRÉES.....**

221 Poach Cod Loin	Filet of ocean cod in dill sauce, served with parsley potatoes and broccoli
222 Tuna Casserole	Creamy tuna & noodles with cheddar crumble topping, served with peas and carrots
223 Grilled Salmon	Filet of wild salmon in parsley sauce, served with scalloped potatoes and peas
224 Chicken à la King	Diced chicken in cream sauce with brown rice, served with squash and peas
225 Chicken Supreme	Chicken thighs in a mushroom sauce, served with noodles and glazed carrots
233 Chicken Cacciatore	Chicken thighs in tomato sauce with fusilli noodles and Italian mixed vegetables
227 Roast Turkey	Breast of turkey, stuffing, cranberry, gravy, mashed potatoes and Brussel sprouts
229 Roast Beef	Slow roasted AAA inside round, beef gravy, mashed potatoes and peas
231 Swiss Steak	Homemade beef patty in tomato sauce, mashed potatoes and broccoli
232 Bangers and Mash	Tender sausages in gravy, mashed potatoes and carrot-turnip whip
226 Beef Stew	Slow cooked with hearty vegetables, served with baked yams and Brussel sprouts
234 Veal Cutlet	Breaded cutlet in mushroom & onion sauce, mashed potatoes and mixed vegetables
235 Baked Ham	Country ham in pineapple sauce, scalloped potatoes and Brussel sprouts
236 Roast Pork	Slow roasted leg of pork, pork gravy, applesauce, mashed potatoes and peas
237 Salisbury Steak	Homemade beef patty, mushroom & onion sauce, mashed potatoes and carrots
238 Pasta Bolognese	Spaghetti and meat sauce with parmesan cheese topping, squash and peas
239 Meat Loaf	Home-style meat loaf, beef gravy, mashed potatoes and mixed vegetables

**DESSERTS.....**

301 Rice Pudding	306 Strawberry Mousse	316 Peach & Pear Halves
302 Lemon Cake	307 Butter Tart	317 Bread Pudding
303 Peach Cobbler	308 Apple Crumble	318 Fresh Banana
304 Chocolate Cake	309 Banana Cake	319 Fresh Apple
305 Carrot Cake	310 Tapioca Pudding	320 Fresh Orange

(menu subject to change without notice)