

Home Delivered Meals

**BETTER MEALS**

Facilitator of Independent Living

To Inquire or to Order Call:

(604) 299-1877Outside 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 finely minced 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 mess or 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

723	Turkey Sausage & Egg	\$6.50
724	Turkey Bacon & Egg	\$6.50
893	Bran Muffins (box of 4)	\$3.00
709	Oatmeal Raisin Cereal	\$2.75
895	Cheese Biscuits (box of 3)	\$2.50
726	Cinnamon Brioche	\$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	\$7.00
731	Cabbage Rolls Ukrainian style potatoes	\$7.00
775	Chicken Neptune shrimps & scallops	\$7.00
751	Butter Chicken brown rice & broccoli	\$7.00
761	Coq au Vin mushroom, bacon & wine	\$7.00
769	Pork Satay noodles & oriental vegetable	\$6.75
771	Turkey Loaf roasted potatoes & carrots	\$6.50
763	Pulled Pork brown rice & vegetables	\$6.50

SIDE DISHES

889	High Fibre Fruit Lax (250g) Pureed prunes, dates & raisins	\$4.25
703	Vegetable Platter Roasted carrots, cauliflower & broccoli	\$4.25
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

Sandwiches available on white or brown bread

911	Roast Beef with horseradish mayo	\$4.25
913	Ham & Cheese with mustard	\$4.25
915	Chicken Salad mayo & celery	\$4.25
917	Tuna Salad mayo & green onion	\$4.25
919	Egg Salad mayo & green onion	\$4.25
923	Turkey Salad Wrap mayo & celery	\$4.25
925	Veggie Wrap Fresh seasonal vegetables with hummus on a sundried tomato wrap	\$4.75

FRESH ITEMS

928	Waldorf Salad Apple, grapes, celery, walnuts & pasta	\$4.75
955	Tzatziki (250g) Cucumber, yogurt & herbs	\$3.75
956	Hummus (250g) Mashed chickpeas & herbs	\$3.75
902	Fresh Fruit Salad (275g)	\$4.25
905	Potato Salad (275g)	\$4.00
907	Coleslaw Salad (275g)	\$4.00
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

738	Chili Con Carne	\$5.25
811	Chicken Wings (honey garlic)	\$4.00
812	Vegetable Spring Rolls	\$3.50
810	Vegetable Samosas (2 per order)	\$3.00
886	Oatmeal Raisin Cookies (box of 6)	\$2.25

DIABETIC & WEIGHT CONTROL

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

SOUPS

	Carb.	Protein	Fat	Calories
401 Beef & Barley	13.6 g	4.1 g	2.0 g	86.9
402 Homemade Vegetable	9.6 g	2.1 g	0.2 g	59.5
403 Chicken Noodle	11.6 g	4.2 g	1.3 g	75.5
404 French Pea	17.2 g	8.0 g	1.2 g	109.4
405 Minestrone	9.8 g	2.1 g	0.3 g	33.0
406 Lentil	19.8 g	7.7 g	0.4 g	110.0
407 Turkey Wild Rice	11.0 g	5.5 g	1.6 g	85.0
408 Butternut Squash & Carrot	10.0 g	1.0 g	0.5 g	70.0

ENTRÉES

	Carb.	Protein	Fat	Calories
501 Poached Cod Loin parsley potatoes & broccoli	26.0 g	35.0 g	1.0 g	260.0
502 Cajun Cod brown rice & peas	37.0 g	38.0 g	2.5 g	330.0
503 Grilled Salmon parsley potatoes & peas	35.2 g	29.2 g	1.7 g	269.2
504 Chicken Cacciatore noodles & Italian mix vegetable	36.0 g	28.0 g	7.0 g	330.0
511 Chicken Stew broccoli & squash	46.6 g	46.5 g	6.4 g	432.6
514 Chicken Souvlaki brown rice & roasted carrots	52.0 g	22.0 g	16.2 g	414.0
506 Roast Turkey mashed potatoes & brussels sprouts	29.1 g	33.7 g	14.2 g	382.3
507 Roast Beef mashed potatoes & peas	34.2 g	42.1 g	10.6 g	405.9
508 Meat Loaf mashed potatoes & broccoli	41.5 g	27.3 g	18.5 g	440.6
509 Beef Vegetable Stew carrots and turnip	29.5 g	32.8 g	7.6 g	319.8
510 Roast Pork mashed potatoes & peas	34.4 g	40.9 g	7.4 g	372.8
512 Baked Ham parsley potatoes & brussels sprouts	34.0 g	27.0 g	3.0 g	260.0
513 Braised Liver mashed potatoes, peas & carrots	31.1 g	35.0 g	7.9 g	332.0
516 Swiss Steak mashed potatoes & broccoli	44.0 g	23.0 g	10.0 g	340.0
517 Salisbury Steak mashed potatoes & honey glazed carrots	42.0 g	21.0 g	10.0 g	330.0
515 Homemade Meatballs Marinara pasta, squash & peas	33.3 g	28.8 g	13.5 g	354.5
505 Turkey Burger Tarragon roasted red potatoes & broccoli	29.0 g	30.3 g	12.2 g	344.0

DESSERTS

	Carb.	Protein	Fat	Calories
602 Apple Sauce	16.5 g	0 g	0 g	66.0
603 Stewed Rhubarb	4.2 g	1.2 g	0.2 g	21.1
604 Peach Slices	13.7 g	0 g	0 g	57.1
605 Pear Slices	16.0 g	0 g	0 g	68.6
606 Banana Bread	20.6 g	3.7 g	1.1 g	108.8
607 Carrot Cake	25.0 g	5.0 g	0.4 g	120.0
608 Rice Pudding	17.0 g	6.0 g	0.2 g	90.0
609 Tapioca Pudding	17.0 g	5.0 g	0.1 g	90.0
611 Peach Cobbler	25.0 g	3.5 g	3.0 g	146.5
614 Blueberry Coffee Cake	28.5 g	7.5 g	1.8 g	130.0
615 Chocolate Mousse Brownie	30.0 g	8.0 g	3.5 g	180.0
613 Strawberry Mousse	2.0 g	9.0 g	1.2 g	20.0
318 Fresh Banana	35.0 g	1.5 g	0.5 g	135.0
319 Fresh Apple	28.0 g	0.5 g	0.4 g	104.0
320 Fresh Orange	35.0 g	2.7 g	0.3 g	140.0

*Menu subject to change without notice.



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