



*Although every effort has been made to avoid cross contamination, please note that Better Meals is not a gluten-free facility and we do not guarantee the absence of such in absolute terms.

SOUPS

REGULAR

- 102 **Homemade Vegetable**
- 104 **French Pea**
- 106 **Lentil**
- 108 **Cream of Cauliflower**
- 110 **Cream of Tomato**

LOW SODIUM

- 452 **Homemade Vegetable**
- 457 **Cream of Potato**
- 458 **Butternut Squash & Carrot**
- 459 **Turkey Wild Rice**

DIABETIC

- 402 **Homemade Vegetable**
- 404 **French Pea**
- 406 **Lentil**
- 407 **Turkey Wild Rice**
- 408 **Butternut Squash & Carrot**

FINELY MINCED

- 482 **Homemade Vegetable**
- 484 **French Pea**
- 486 **Cream of Cauliflower**
- 488 **Cream of Tomato**

ENTREES

REGULAR

- 201 **Poached Cod Loin**
- 203 **Grilled Salmon**
- 209 **Roast Beef**
- 211 **Swiss Steak**
- 213 **Beef Stew**
- 215 **Baked Ham**
- 216 **Roast Pork**
- 217 **Salisbury Steak**

DIABETIC

- 501 **Poached Cod Loin**
- 502 **Cajun Cod**
- 503 **Grilled Salmon**
- 511 **Chicken Stew**
- 514 **Chicken Souvlaki**
- 507 **Roast Beef**
- 509 **Beef Vegetable Stew**
- 510 **Roast Pork**
- 512 **Baked Ham**
- 513 **Braised Liver**
- 505 **Turkey Burger Tarragon**

LOW SODIUM

- 551 Poached Cod Loin
- 552 Cajun Cod
- 553 Grilled Salmon
- 564 Chicken Souvlaki
- 556 Roast Turkey
- 557 Roast Beef
- 559 Beef Vegetable Stew
- 560 Roast Pork
- 561 Braised Liver
- 563 Turkey Burger Tarragon

FINELY MINCED

- 581 Poached Cod Loin
- 583 Grilled Salmon
- 594 Bangers and Mash
- 587 Roast Beef
- 589 Pineapple Ham
- 590 Roast Pork

DESSERTS

REGULAR

- 301 Rice Pudding
- 306 Strawberry Mousse
- 310 Tapioca Pudding
- 316 Peach & Pear Halves
- 318 Fresh Banana
- 319 Fresh Apple
- 320 Fresh Orange

LOW SODIUM

- 601 Mandarin Oranges
- 602 Apple Sauce
- 603 Stewed Rhubarb
- 604 Peach Slices
- 605 Pear Slices
- 608 Rice Pudding
- 609 Tapioca Pudding
- 612 Chocolate Mousse
- 613 Strawberry Mousse
- 614 Blueberry Coffee Cake
- 615 Chocolate Mousse Brownie

DIABETIC

- 602 Apple Sauce
- 603 Stewed Rhubarb
- 604 Peach Slices
- 605 Pear Slices
- 608 Rice Pudding
- 609 Tapioca Pudding
- 613 Strawberry Mousse

FINELY MINCED

- 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

INDIVIDUAL DINNERS

REGULAR

- 745 **Salmon Teriyaki**
- 758 **Coquille St. Jacques**
- 731 **Cabbage Rolls**
- 751 **Butter Chicken**
- 760 **Chicken Souvlaki**
- 774 **Chicken Stir-fry**
- 733 **Chicken Stew**
- 763 **Pulled Pork**
- 766 **BBQ Ribette**
- 802 **Octoberfest Platter**
- 759 **BBQ Chicken**

LOW SODIUM

- 773 **Cedar Plank Salmon**
- 731 **Cabbage Rolls**
- 771 **Turkey Loaf**

DIABETIC

- 773 **Cedar Plank Salmon**
- 731 **Cabbage Rolls**
- 751 **Butter Chicken**
- 771 **Turkey Loaf**

FINELY MINCED

- 674 **Butter Chicken**

BREAKFAST

REGULAR

- 722 **Bacon & Egg**
- 724 **Turkey Bacon & Egg**

LOW SODIUM

- 724 **Turkey Bacon & Egg**

DIABETIC

FINELY MINCED

- 651 **Ham & Egg**

SNACKS

REGULAR

- 808 **Chili Con Carne**
- 816 **Baby Button Dry Ribs**
- 817 **Chicken Wings (Salt & Pepper)**

LOW SODIUM

DIABETIC

- 811 **Chicken Wings (Salt & Pepper)**

FINELY MINCED

SIDE DISHES

REGULAR

- 889 High Fibre Fruit Lax
- 703 Vegetable Platter
- 704 Homemade Mashed Potatoes
- 705 Baked Yam Wedges
- 707 Baked Potato Wedges
- 708 Brown Rice Pilaf

LOW SODIUM

- 889 High Fibre Fruit Lax
- 703 Vegetable Platter
- 704 Homemade Mashed Potatoes
- 705 Baked Yam Wedges
- 707 Baked Potato Wedges
- 708 Brown Rice Pilaf

DIABETIC

- 889 High Fibre Fruit Lax
- 703 Vegetable Platter
- 705 Baked Yam Wedges
- 707 Baked Potato Wedges
- 708 Brown Rice Pilaf

FINELY MINCED

FRESH ITEMS

REGULAR

- 901 Chef Salad
- 902 Fresh Fruit Salad
- 905 Potato Salad
- 907 Coleslaw Salad
- 910 Jellied Fruit Salad
- 975 Low Fat Yogurt
- 955 Tzatziki
- 956 Hummus
- 976 Apple Juice
- 977 Orange Juice

LOW SODIUM

- 955 Tzatziki
- 956 Hummus
- 902 Fresh Fruit Salad
- 905 Potato Salad
- 907 Coleslaw Salad
- 975 Low Fat Yogurt
- 976 Apple Juice
- 977 Orange Juice

DIABETIC

- 955 Tzatziki
- 956 Hummus
- 902 Fresh Fruit Salad
- 905 Potato Salad
- 907 Coleslaw Salad
- 975 Low Fat Yogurt
- 976 Apple Juice
- 977 Orange Juice

FINELY MINCED

- 956 Hummus
- 955 Tzatziki
- 975 Low Fat Yogurt
- 976 Apple Juice
- 977 Orange Juice

