

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, diabetic 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 |
| 739 Beef Noodle Casserole glazed carrots | \$6.00 |

SIDE DISHES

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|--|--------|
| 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

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|---|--------|
| 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

| | |
|--|--------|
| 896 Cornish Pasties (box of 2) | \$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 |

LOW SODIUM

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

SOUPS

| | Sodium | Carb. | Protein | Fat |
|--|----------|--------|---------|-------|
| 451 Beef & Barley | 134.3 mg | 11.9 g | 3.6 g | 1.7 g |
| 452 Homemade Vegetable | 118.7 mg | 9.6 g | 2.1 g | 0.2 g |
| 453 Chicken Noodle | 126.0 mg | 15.7 g | 5.7 g | 1.8 g |
| 454 Cream of Mushroom | 132.0 mg | 14.0 g | 6.9 g | 8.4 g |
| 455 Minestrone | 127.0 mg | 9.8 g | 2.1 g | 0.3 g |
| 457 Cream of Potato | 150.5 mg | 14.5 g | 4.0 g | 6.0 g |
| 458 Butternut Squash & Carrot | 80.0 mg | 10.0 g | 1.0 g | 0.5 g |
| 459 Turkey Wild Rice | 110.0 mg | 11.0 g | 5.5 g | 1.6 g |

ENTRÉES

| | Sodium | Carb. | Protein | Fat |
|---|----------|--------|---------|--------|
| 551 Poached Cod Loin parsley potatoes & broccoli | 437.0 mg | 26.0 g | 35.0 g | 6.0 g |
| 552 Cajun Cod brown rice & peas | 370.0 mg | 37.0 g | 38.0 g | 7.5 g |
| 553 Grilled Salmon parsley potatoes & peas | 247.7 mg | 35.2 g | 29.2 g | 6.7 g |
| 554 Chicken à la King brown rice, squash & peas | 273.5 mg | 53.3 g | 20.8 g | 9.4 g |
| 555 Chicken Cacciatore noodles & Italian mix vegetable | 250.0 mg | 36.0 g | 28.0 g | 12.0 g |
| 562 Chicken Supreme noodles & squash | 225.2 mg | 39.1 g | 51.1 g | 17.6 g |
| 564 Chicken Souvlaki brown rice & roasted carrots | 250.0 mg | 52.0 g | 22.0 g | 18.0 g |
| 556 Roast Turkey mashed potatoes & brussel sprouts | 274.0 mg | 32.6 g | 35.9 g | 14.2 g |
| 557 Roast Beef mashed potatoes & peas | 257.5 mg | 34.2 g | 42.1 g | 10.6 g |
| 558 Meat Loaf mashed potatoes & broccoli | 224.6 mg | 29.3 g | 26.4 g | 18.3 g |
| 559 Beef Vegetable Stew carrots & peas | 398.5 mg | 62.7 g | 26.0 g | 12.0 g |
| 560 Roast Pork mashed potatoes & carrots | 243.7 mg | 29.1 g | 37.3 g | 12.5 g |
| 561 Braised Liver mashed potatoes, peas & carrots | 436.6 mg | 31.1 g | 35.0 g | 13.0 g |
| 568 Beef Stroganoff noodles, carrots & peas | 361.8 mg | 57.4 g | 27.4 g | 12.5 g |
| 569 Salisbury Steak mashed potatoes & honey glazed carrots | 460.0 mg | 37.0 g | 32.0 g | 15.0 g |
| 567 Homemade Meatballs Marinara pasta, squash & peas | 414.0 mg | 33.3 g | 28.8 g | 13.5 g |
| 563 Turkey Burger Tarragon roasted red potatoes & broccoli | 246.6 mg | 29.3 g | 32.3 g | 12.8 g |

DESSERTS

| | Sodium | Carb. | Protein | Fat |
|-------------------------------------|---------|--------|---------|-------|
| 601 Mandarin Oranges | 15.0 mg | 14.0 g | 1.0 g | 0 g |
| 602 Apple Sauce | 11.0 mg | 16.5 g | 0 g | 0 g |
| 603 Stewed Rhubarb | 11.7 mg | 4.2 g | 1.2 g | 0.2 g |
| 604 Peach Slices | 5.7 mg | 13.7 g | 0 g | 0 g |
| 605 Pear Slices | 5.7 mg | 16.0 g | 0 g | 0 g |
| 608 Rice Pudding | 65.0 mg | 17.0 g | 6.0 g | 0.2 g |
| 609 Tapioca Pudding | 75.0 mg | 17.0 g | 5.0 g | 0.1 g |
| 612 Chocolate Mousse | 20.0 mg | 8.0 g | 1.0 g | 6.0 g |
| 613 Strawberry Mousse | 20.0 mg | 9.0 g | 1.0 g | 6.0 g |
| 614 Blueberry Coffee Cake | 38.5 mg | 28.5 g | 7.5 g | 1.8 g |
| 615 Chocolate Mousse Brownie | 40.0 mg | 30.0 g | 8.0 g | 3.5 g |
| 318 Fresh Banana | 1.5 mg | 35.0 g | 1.5 g | 0.5 g |
| 319 Fresh Apple | 2.0 mg | 28.0 g | 0.5 g | 0.4 g |
| 320 Fresh Orange | 0.0 mg | 35.0 g | 2.7 g | 0.3 g |

*Menu subject to change without notice.



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Revised 08/01/2018