



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.ca**

Established since 1993, *Better Meals* offers a wide selection of affordable, nutritious and fully cooked meals. 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 am to 3:00 pm**

**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. Special dietary menus are also available. Ask about our Diabetic & Weight Control, Low Sodium and Finely Minced menus as well as seasonal specials.

**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.
- ✓ 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 \$7.50 for a full course dinner including soup, entrée & dessert.
- ✓ Minimum order is \$30 per delivery.
- ✓ Delivery is free.

**BREAKFAST**

721 Sausage & Egg	\$5.50
722 Bacon & Egg	\$5.50
727 Pancakes & Sausage	\$5.50
726 French Toast & Bacon	\$5.50
893 Bran Muffins (box of 4)	\$3.00
899 Blueberry Muffins (box of 4)	\$3.00
895 Cheese Biscuits (box of 3)	\$2.50
894 Raisin Scones (box of 3)	\$2.50

**HOMEMADE PIES**

711 Steak Pie with vegetables	\$6.00
712 Steak & Kidney Pie with vegetables	\$6.00
713 Beef & Onion Pie with vegetables	\$6.00
714 Chicken Pie with vegetables	\$6.00
715 Shepherd's Pie with vegetables	\$6.00
890 Apple Crumble Pie	\$4.00
891 Rhubarb Crumble Pie	\$4.00
892 Peach Pie	\$4.00

**SNACKS**

896 Cornish Pasties (box of 2)	\$5.25
808 Chili Con Carne	\$5.25
701 Chicken Fingers (plum sauce)	\$5.25
897 Quiche Lorraine (ham)	\$5.25
887 Macaroni & Cheese Supreme	\$5.25
811 Chicken Wings (honey garlic)	\$4.25
813 Perogies (top with bacon & onion)	\$3.50
812 Vegetable Spring Rolls	\$3.50
810 Vegetable Samosas (2 per order)	\$3.00
886 Oatmeal Raisin Cookies (low cal)	\$2.75

**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 Crispy Chicken Wrap Chicken strips, ham & lettuce	\$4.25

**FRESH ITEMS**

901 Chef Salad Egg, ham, cheese & spring mix	\$5.00
922 Thai Chicken Salad Noodles, marinated chicken & homemade Thai sauce	\$5.00
908 Chicken Caesar Salad Romaine, croutons & parmesan cheese	\$5.00
902 Fresh Fruit Salad (275g)	\$4.75
921 Old Fashioned Trifle Sweet cake & fruit custard with whipped cream on top	\$4.25
905 Potato Salad (275g)	\$4.00
907 Coleslaw Salad (275g)	\$4.00
910 Jellied Fruit Salad	\$3.25
976 Apple Juice (200ml x5 pack)	\$4.00
977 Orange Juice (200ml x5 pack)	\$4.00

**SIDE DISHES**

889 High Fibre Fruit Lax (250g) Pureed prunes, dates & raisins	\$4.25
703 Vegetable Platter Roasted carrots, cauliflower & broccoli	\$4.25
705 Baked Yam Wedges	\$3.00
814 Roasted Red Potato Nuggets	\$3.00
708 Brown Rice Pilaf	\$2.25

## COMPLETE DINNER MENU

### 3 COURSE DINNER

Soup, Entrée & Dessert for \$7.50

#### SOUPS.....

101	<b>Beef and Barley</b>	105	<b>Minestrone</b>	108	<b>Cream of Cauliflower</b>
102	<b>Homemade Vegetable</b>	106	<b>Lentil Soup</b>	109	<b>Chicken Noodle</b>
104	<b>French Pea</b>	107	<b>Cream of Mushroom</b>	110	<b>Cream of Tomato</b>

#### ENTRÉES.....

201	<b>Poach Cod Loin</b>	Filet of ocean cod in dill sauce, served with parsley potatoes & broccoli
202	<b>Tuna Casserole</b>	Creamy tuna & noodles with cheddar crumble topping, served with peas & carrots
203	<b>Grilled Salmon</b>	Filet of wild salmon in parsley sauce, served with scalloped potatoes & peas
204	<b>Chicken à la King</b>	Diced chicken in cream sauce with brown rice, served with squash & peas
205	<b>Chicken Supreme</b>	Chicken thighs in a mushroom sauce, served with noodles, glazed carrots & broccoli
206	<b>Chicken Cacciatore</b>	Chicken thighs in tomato sauce with fusilli noodles and Italian mixed vegetables
207	<b>Roast Turkey</b>	Breast of turkey, stuffing, cranberry, gravy, mashed potatoes & Brussel sprouts
209	<b>Roast Beef</b>	Slow roasted AAA inside round, beef gravy, mashed potatoes & peas
211	<b>Swiss Steak</b>	Homemade beef patty in tomato sauce, mashed potatoes & broccoli
212	<b>Bangers and Mash</b>	Tender sausages in gravy, mashed potatoes & carrot-turnip whip
213	<b>Beef Stew</b>	Slow cooked with hearty vegetables, served with baked yams & Brussel sprouts
214	<b>Veal Cutlet</b>	Breaded cutlet in mushroom & onion sauce, mashed potatoes & mixed vegetables
215	<b>Baked Ham</b>	Country ham in pineapple sauce, scalloped potatoes & Brussel sprouts
216	<b>Roast Pork</b>	Slow roasted leg of pork, pork gravy, applesauce, mashed potatoes & peas
217	<b>Salisbury Steak</b>	Homemade beef patty in mushroom sauce, mashed potatoes, carrots & broccoli
218	<b>Pasta Bolognese</b>	Spaghetti and meat sauce with parmesan cheese topping, squash & peas
210	<b>Meat Loaf</b>	Home-style meat loaf, beef gravy, mashed potatoes & mixed vegetables

#### DESSERTS.....

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

## À LA CARTE MENU

### INDIVIDUAL DINNERS

749	<b>Breaded Cod.....</b>	Potato encrusted, served with scalloped potatoes and peas	\$7.75
753	<b>Teriyaki Steak &amp; Prawns...</b>	Sirloin tips in teriyaki sauce with buttered prawns, oriental vegetables	\$7.50
756	<b>Beef Stroganoff.....</b>	Beef simmered in sour cream sauce, served with noodles & vegetables	\$7.25
764	<b>Chicken Cordon Bleu.....</b>	Chicken stuffed with ham & Swiss cheese, served with noodles & vegetable	\$7.25
745	<b>Salmon Teriyaki.....</b>	Salmon fillet in teriyaki sauce, served with brown rice and peas	\$7.25
758	<b>Coquille St. Jacques.....</b>	Seafood stew, topped with piped potato & served with broccoli	\$7.00
791	<b>Fish &amp; Chips.....</b>	Beer-battered cod with potato wedges & cream peas	\$7.00
775	<b>Chicken Neptune.....</b>	Tender chicken topped with shrimps & scallops, brown rice & long beans	\$7.00
731	<b>Cabbage Rolls.....</b>	Slow cooked in tomato sauce and served with Ukrainian-style potatoes	\$7.00
734	<b>Baked Lasagna.....</b>	Homemade. Layered with ground beef, mozzarella & cottage cheese	\$7.00
751	<b>Butter Chicken.....</b>	Boneless chicken with butter tomato sauce, brown rice and broccoli	\$7.00
760	<b>Chicken Souvlaki.....</b>	Skewers of boneless chicken on rice, served with roasted vegetables	\$7.00
790	<b>Chicken Parmigiana.....</b>	Boneless chicken with tomato sauce, cheese, pasta & vegetables	\$7.00
774	<b>Chicken Stir-fry.....</b>	Moist chicken & vegetables in teriyaki sauce on rice, and spring roll	\$6.75
733	<b>Chicken Stew.....</b>	Chunks of chicken and hearty vegetables, served with green beans	\$6.75
747	<b>Ginger Beef.....</b>	Tender beef tossed in ginger sauce, served with brown rice & vegetables	\$6.50
807	<b>Combination Plate.....</b>	Ginger beef, sweet & sour chicken balls and vegetable fried rice	\$6.50
750	<b>Sweet &amp; Sour Meat Balls...</b>	Tasty meat balls in sweet & sour sauce, brown rice & oriental vegetables	\$6.50
736	<b>Swedish Meat Balls.....</b>	Tasty meat balls in creamy mushroom sauce, noodles & mixed vegetables	\$6.50
739	<b>Beef Noodle Casserole.....</b>	Ground beef, macaroni noodles, melted cheddar topping & glazed carrots	\$6.50
763	<b>Pulled Pork.....</b>	Slow roasted, shredded, served on brown rice with mixed vegetables	\$6.50
765	<b>Ginger Pork.....</b>	Tender pork tossed with mandarin oranges & green onion on brown rice	\$6.50
766	<b>BBQ Ribette.....</b>	Boneless pork in BBQ sauce, served with brown rice and green beans	\$6.50
802	<b>Octoberfest Platter.....</b>	Slow roasted Bavarian sausage on sauerkraut, served with perogies	\$6.50
759	<b>BBQ Chicken.....</b>	Chicken thighs in tangy BBQ sauce, served with brown rice & carrots	\$6.50
770	<b>Chicken Teriyaki.....</b>	Boneless chicken in teriyaki sauce on brown rice with oriental vegetables	\$6.50
743	<b>Chicken Chow Mein.....</b>	Tender chicken and chow mein noodles with oriental mixed vegetables	\$6.50
742	<b>Chicken Fettuccine.....</b>	Tender chicken & noodles tossed in Alfredo sauce, served with vegetables	\$6.50
762	<b>Turkey Cutlet.....</b>	Topped with homemade honey mustard, served with scalloped potatoes	\$6.50