

# Home Delivered Meals



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](http://www.bettermeals.com)

In operation 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.**

## —BREAKFAST—

|                                       |        |
|---------------------------------------|--------|
| 723 <b>Sausage &amp; Egg White</b>    | \$8.00 |
| 724 <b>Bacon &amp; Egg White</b>      | \$8.00 |
| 725 <b>Mediterranean Omelette</b>     | \$7.50 |
| 809 <b>Breakfast Sandwich</b>         | \$6.50 |
| 893 <b>Bran Muffins</b> (box of 4)    | \$4.50 |
| 895 <b>Cheese Biscuits</b> (box of 3) | \$4.50 |
| 894 <b>Raisin Scones</b> (box of 3)   | \$4.50 |

## —INDIVIDUAL DINNERS—

|   |         |
|---|---------|
| 753 <b>Steak &amp; Prawns</b> rice & asparagus    | \$11.00 |
| 775 <b>Chicken Neptune</b> shrimps & scallops     | \$10.50 |
| 749 <b>Breaded Cod</b> scalloped potatoes & peas  | \$10.50 |
| 745 <b>Salmon Teriyaki</b> brown rice & peas      | \$9.75  |
| 731 <b>Cabbage Rolls</b> Ukrainian style potatoes | \$9.50  |
| 751 <b>Butter Chicken</b> brown rice & broccoli   | \$9.50  |
| 736 <b>Swedish Meatballs</b> noodles & veggies    | \$9.00  |
| 739 <b>Beef Noodle Casserole</b> glazed carrots   | \$9.00  |
| 759 <b>BBQ Chicken</b> brown rice & carrots       | \$8.75  |
| 805 <b>Chickpea Curry</b> coconut rice            | \$8.75  |

## —SIDE DISHES—

|  |        |
|--|--------|
| 889 <b>High Fibre Fruit Lax</b> (250g)<br>Pureed prunes, dates & raisins | \$6.25 |
| 703 <b>Vegetable Platter</b><br>Roasted carrots, cauliflower & broccoli  | \$6.00 |
| 705 <b>Baked Yam Wedges</b>  | \$4.25 |
| 814 <b>Roast Potato Nuggets</b>  | \$4.25 |
| 710 <b>Pita Bread</b> (pack of 6)  | \$3.75 |
| 704 <b>Homemade Mashed Potatoes</b>                                      | \$3.50 |
| 708 <b>Brown Rice Pilaf</b>  | \$3.50 |

## —FRESH SANDWICHES & WRAPS—

Sandwiches available on white or brown bread

|   |        |
|---|--------|
| 911 <b>Roast Beef</b> with horseradish mayo   | \$6.25 |
| 913 <b>Ham &amp; Cheese</b> with mustard  | \$6.25 |
| 915 <b>Chicken Salad</b> mayo & celery  | \$6.25 |
| 917 <b>Tuna Salad</b> mayo & green onion  | \$6.25 |
| 919 <b>Egg Salad</b> mayo & green onion   | \$6.25 |
| 923 <b>Turkey Salad Wrap</b> mayo & celery  | \$6.25 |
| 933 <b>Veggie Wrap</b><br>Fresh seasonal vegetables with hummus on a sundried tomato wrap | \$6.25 |

## —FRESH ITEMS—

|   |        |
|---|--------|
| 901 <b>Chef salad</b><br>Egg, ham, cheese & spring mix      | \$6.50 |
| 928 <b>Waldorf Salad</b><br>Apples, celery, walnuts & pasta | \$6.25 |
| 956 <b>Hummus</b> ( 250g )<br>Mashed chickpeas & herbs      | \$5.75 |
| 902 <b>Fresh Fruit Salad</b> ( 275g )                       | \$6.25 |
| 905 <b>Potato Salad</b> ( 275g )                            | \$5.00 |
| 907 <b>Coleslaw Salad</b> ( 275g )                          | \$5.00 |
| 929 <b>Cream Cheese Bagel</b>                               | \$4.00 |
| 975 <b>Low Fat Yogurt</b> ( 275g )                          | \$3.75 |
| 976 <b>Apple Juice</b> (200ml x5 pack)                      | \$4.75 |

## —SNACKS—

|  |        |
|--|--------|
| 896 <b>Chili con Carne</b>                   | \$7.00 |
| 897 <b>Quiche Lorraine</b>                   | \$7.50 |
| 811 <b>Honey Garlic Wings</b>                | \$6.50 |
| 816 <b>Baby Dry Pork Ribs</b>                | \$6.50 |
| 812 <b>Vegetable Spring Rolls</b>            | \$5.75 |
| 886 <b>Oatmeal Raisin Cookies</b> (box of 6) | \$4.50 |

# DIABETIC & WEIGHT CONTROL

COMPLETE DINNER MENU (soup, entrée & dessert) for \$12.00

## SOUPS

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

## ENTRÉES

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

## DESSERTS

|                                     | Carb.  | Protein | Fat   | Calories |
|-------------------------------------|--------|---------|-------|----------|
| 602 <b>Apple Sauce</b>              | 16.5 g | 0 g     | 0 g   | 66.0     |
| 603 <b>Stewed Rhubarb</b>           | 4.2 g  | 1.2 g   | 0.2 g | 21.1     |
| 604 <b>Peach Slices</b>             | 13.7 g | 0 g     | 0 g   | 57.1     |
| 605 <b>Pear Slices</b>              | 16.0 g | 0 g     | 0 g   | 68.6     |
| 606 <b>Banana Bread</b>             | 20.6 g | 3.7 g   | 1.1 g | 108.8    |
| 607 <b>Carrot Cake</b>              | 25.0 g | 5.0 g   | 0.4 g | 120.0    |
| 608 <b>Rice Pudding</b>             | 17.0 g | 6.0 g   | 0.2 g | 90.0     |
| 609 <b>Tapioca Pudding</b>          | 17.0 g | 5.0 g   | 0.1 g | 90.0     |
| 611 <b>Peach Cobbler</b>            | 25.0 g | 3.5 g   | 3.0 g | 146.5    |
| 614 <b>Blueberry Coffee Cake</b>    | 28.5 g | 7.5 g   | 1.8 g | 130.0    |
| 615 <b>Chocolate Mousse Brownie</b> | 30.0 g | 8.0 g   | 3.5 g | 180.0    |
| 613 <b>Strawberry Mousse</b>        | 9.0 g  | 1.0 g   | 6.0 g | 90.0     |
| 318 <b>Fresh Banana</b>             | 35.0 g | 1.5 g   | 0.5 g | 135.0    |
| 319 <b>Fresh Apple</b>              | 28.0 g | 0.5 g   | 0.4 g | 104.0    |
| 320 <b>Fresh Orange</b>             | 35.0 g | 2.7 g   | 0.3 g | 140.0    |

\*Menu subject to change without notice



**BETTER MEALS** Tel: 604-299-1877  
5742 Beresford Street, Burnaby BC V5J 1J1

Toll-Free 1-888-838-1888  
Revised 09/01/2023