

# 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)

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 diabetic & weigh control 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 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 \$12.00 for a full course dinner including soup, entrée & dessert.
- ✓ Minimum order is \$30 per delivery.
- ✓ **Delivery is free.**

## —BREAKFAST—

651 <b>Ham &amp; Egg</b>	\$8.00
Hash browns & brown beans	
653 <b>Sausage &amp; Pancakes</b>	\$8.00

## —FRESH ITEMS—

956 <b>Hummus</b>	\$5.75
Pureed chickpeas and herbs	
949 <b>Old Fashioned Trifle</b>	\$6.75
Sweet cake & fruit custard with whipped cream	
976 <b>Apple Juice</b> (200ml x5 pack)	\$4.75
975 <b>Low Fat Yogurt</b> (275g)	\$3.75
889 <b>High Fibre Fruit Lax</b>	\$6.25
Pureed prunes, dates & raisins	

## **FINELY MINCED**

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

### **SOUPS.....**

481	<b>Beef and Barley</b>	484	<b>French Pea</b>	486	<b>Cream of Cauliflower</b>
482	<b>Homemade Vegetable</b>	485	<b>Cream of Mushroom</b>	488	<b>Cream of Tomato</b>

### **ENTRÉES.....**

581	<b>Poach Cod Loin</b>	Filet of ocean cod in dill sauce, served with parsley potatoes, broccoli & carrots
583	<b>Grilled Salmon</b>	Filet of wild salmon in parsley sauce, served with scalloped potatoes & peas
591	<b>Chicken Supreme</b>	Chicken thighs in a mushroom sauce, served with whipped potatoes & carrots
585	<b>Chicken Cacciatore</b>	Chicken thighs in tomato sauce with whipped potatoes & squash
586	<b>Roast Turkey</b>	Breast of turkey, served with scalloped potatoes & squash
587	<b>Roast Beef</b>	Slow roasted AAA inside round, homemade gravy, whipped potatoes & peas
594	<b>Bangers and Mash</b>	Tender sausages in gravy, whipped turnips & carrots
589	<b>Baked Ham</b>	Country ham in pineapple sauce, whipped potatoes & squash
592	<b>Meat Loaf</b>	Home-style meat loaf, served with whipped potatoes & broccoli

### **DESSERTS.....**

681	<b>Fruit Cocktail</b>	685	<b>Pear Puree</b>	689	<b>Tapioca Pudding</b>
682	<b>Apple Sauce</b>	686	<b>Banana Cream Pie</b>	690	<b>Chocolate Mousse</b>
684	<b>Peach Puree</b>	688	<b>Rhubarb and Vanilla</b>	691	<b>Strawberry Mousse</b>

\*Menu subject to change without notice



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