

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

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

—INDIVIDUAL DINNERS—

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

—SIDE DISHES—

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

—FRESH SANDWICHES & WRAPS—

Sandwiches available on white or brown bread

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

—FRESH ITEMS—

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

—SNACKS—

| | |
|---|--------|
| 896 Cornish Pasties (box of 2) | \$7.50 |
| 887 Macaroni & Cheese Supreme | \$7.50 |
| 811 Honey Garlic Wings | \$6.50 |
| 812 Vegetable Spring Rolls | \$5.75 |
| 803 Perogies topped with bacon and onion | \$5.75 |
| 886 Oatmeal Raisin Cookies (box of 6) | \$4.50 |

LOW SODIUM

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

SOUPS

| | Sodium | Carb. | Protein | Fats |
|--|----------|--------|---------|-------|
| 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 | Fats |
|---|----------|--------|---------|--------|
| 551 Poached Cod Loins parsley potatoes & mixed vegetables | 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, carrots & broccoli | 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 & Brussels 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 & mixed vegetables | 224.6 mg | 29.3 g | 26.4 g | 18.3 g |
| 559 Beef Vegetable Stew parsley potatoes | 398.5 mg | 62.7 g | 26.0 g | 12.0 g |
| 560 Roast Pork mashed potatoes & peas | 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, carrots & broccoli | 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 | Fats |
|-------------------------------------|---------|--------|---------|-------|
| 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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