

BREAKFAST

721 Sausage & Egg	\$7.50
722 Bacon & Egg	\$7.50
727 Pancakes & Sausage	\$7.50
726 French Toast & Bacon	\$7.50
823 Eggs Benedict with hash browns	\$7.50
809 Breakfast Sandwich	\$6.50
884 Cinnamon Brioche	\$4.50
893 Bran Muffins (box of 4)	\$4.50
899 Blueberry Muffins (box of 4)	\$4.50
895 Cheese Biscuits (box of 3)	\$4.50
894 Raisin Scones (box of 3)	\$4.50

HOMEMADE PIES

711 Steak Pie with vegetables	\$8.00
712 Steak & Kidney Pie with vegetables	\$8.00
713 Beef & Onion Pie with vegetables	\$8.00
714 Chicken Pie with vegetables	\$8.00
890 Apple Caramel Cream Pie	\$6.50
891 Rhubarb Crumble Pie	\$6.50

SNACKS

738 Chili Con Carne	\$7.50
887 Macaroni & Cheese Supreme	\$7.50
896 Cornish Pasties (box of 2)	\$7.50
897 Quiche Lorraine (ham)	\$7.50
817 Salt & Pepper Wings	\$6.50
811 Honey Garlic Wings	\$6.50
816 Baby Dry Pork Ribs	\$6.50
813 Perogies (topped with bacon & onion)	\$5.75
812 Vegetable Spring Rolls	\$5.75
886 Oatmeal Raisin Cookie (low calorie)	\$4.50

COMPLETE DINNER MENU

3 COURSE DINNER

Soup, Entrée & Dessert for \$9.75

SOUPS

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

ENTRÉES

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

DESSERTS

301 Rice Pudding	307 Butter Tart	317 Bread Pudding
302 Lemon Cake	308 Apple Crumble	318 Fresh Banana
303 Peach Cobbler	309 Banana Cake	319 Fresh Apple
304 Chocolate Cake	310 Tapioca Pudding	320 Fresh Orange
305 Carrot Cake	314 Banana Cream Square	
306 Strawberry Mousse	316 Peach & Pear Halves	

—**FRESH SANDWICHES & WRAPS**—

Sandwiches available on white or brown bread

911	Roast Beef with horseradish mayo	\$6.25
913	Ham & Cheese with mustard	\$6.25
931	Smoked Meat 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
925	Crispy Chicken Wrap Chicken strips, ham & lettuce	\$6.25

—**FRESH ITEMS**—

901	Chef Salad Egg, ham, cheese & spring mix	\$6.50
922	Thai Chicken Salad Noodles, marinated chicken & homemade Thai sauce	\$6.50
908	Chicken Caesar Salad Romaine, croutons & parmesan cheese	\$6.50
902	Fresh Fruit Salad (275g)	\$6.25
921	Old Fashioned Trifle Sweet cake & fruit custard with whipped cream on top	\$6.75
905	Potato Salad (275g)	\$5.00
907	Coleslaw Salad (275g)	\$5.00
910	Jellied Fruit Salad	\$4.75
976	Apple Juice (200ml x5 pack)	\$4.75

—**SIDE DISHES**—

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	Roasted Red Potato Nuggets	\$4.25
710	Pita Bread (pack of 6)	\$3.75
708	Brown Rice Pilaf	\$3.50

À LA CARTE MENU

—**INDIVIDUAL DINNERS**—

753	Teriyaki Steak and Prawns	Sirloin tips tossed in teriyaki sauce with buttered prawns and asparagus	\$11.00
775	Chicken Neptune	Tender chicken with shrimps & scallops, brown rice & long beans	\$10.50
749	Breaded Cod	Potato encrusted, served with scalloped potatoes and peas	\$10.50
760	Chicken Souvlaki	Skewers of chicken on rice, with roasted potatoes & carrots	\$10.00
756	Beef Stroganoff	Beef simmered in sour cream sauce, served with noodles & vegetables	\$9.75
764	Chicken Cordon Bleu	Chicken stuffed with ham & mozzarella, served with noodles & vegetables	\$9.75
745	Salmon Teriyaki	Salmon fillet in teriyaki sauce, served with brown rice and peas	\$9.75
791	Fish & Chips	Beer-battered cod with potato wedges & cream peas	\$9.50
731	Cabbage Rolls	Slow cooked in tomato sauce and served with Ukrainian-style potatoes	\$9.50
734	Baked Lasagna	Homemade, layered with ground beef, mozzarella & bechamel cheese sauce	\$9.50
751	Butter Chicken	Boneless chicken in butter tomato sauce, served with rice, broccoli and corn	\$9.50
790	Chicken Parmigiana	Boneless chicken with tomato sauce, cheese, pasta & vegetables	\$9.25
774	Chicken Stir-fry	Tender chicken & vegetables in teriyaki sauce on rice, and spring roll	\$9.00
733	Chicken Stew	Tender chicken and hearty vegetables, served with green beans	\$9.00
747	Ginger Beef	Tender beef tossed in ginger sauce, served with brown rice & vegetables	\$9.00
807	Combination Plate	Ginger beef, sweet & sour chicken balls, spring roll and fried rice	\$9.00
750	Sweet & Sour Meat Balls	Tasty meat balls in sweet & sour sauce, brown rice & oriental vegetables	\$9.00
736	Swedish Meat Balls	Tasty meat balls in creamy mushroom sauce, noodles & mixed vegetables	\$9.00
739	Beef Noodle Casserole	Ground beef, macaroni noodles, melted cheddar topping & glazed carrots	\$9.00
763	Pulled Pork	Slow roasted, shredded, served on brown rice with mixed vegetables	\$9.00
765	Ginger Pork	Tender pork tossed with mandarin oranges & green onion on brown rice	\$9.00
766	BBQ Ribette	Boneless pork in BBQ sauce, served with brown rice and green beans	\$8.75
802	Octoberfest Platter	Slow roasted Bavarian sausage & sauerkraut, served with perogies	\$8.75
759	BBQ Chicken	Chicken thighs in tangy BBQ sauce, served with brown rice & carrots	\$8.75
770	Chicken Teriyaki	Chicken in teriyaki sauce, served with brown rice and oriental vegetables	\$8.75
743	Chicken Chow Mein	Tender chicken and chow mein noodles with oriental mixed vegetables	\$8.75
742	Chicken Fettuccine	Chicken & noodles tossed in Alfredo sauce, served with vegetables	\$8.75
762	Turkey Cutlet	Topped with onion, bacon & swiss cheese, served with mashed potatoes	\$8.75
715	Shepherd's Pie	The classic served with mixed vegetables	\$8.75

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.ca**

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 Diabetic & Weight Control, Low Sodium 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

- ✓ Delivered weekly to your door.
- ✓ Orders may be placed weekly, or at intervals that are convenient to you.
- ✓ Easy to store.
- ✓ Minimizes the need to grocery shop, cook and wash dishes. No mess or fuss.
- ✓ Specially packaged for both microwave and conventional oven re-heating.
- ✓ Easy to re-heat:

Freezer to table approx. cooking time:

Microwave – 5 minutes

Oven – 30 minutes

- ✓ Reduces leftovers and food wastage.
- ✓ Meal containers are easy to dispose of.

AFFORDABLE

- ✓ Cost is only \$9.75 for a full course dinner including soup, entrée and dessert.
- ✓ Minimum order per is \$30 per delivery.
- ✓ **Delivery is free.**

DELIVERY

- ✓ Scheduled weekly delivery right to your door.
- ✓ Meals can also be picked up during office hours at the **Better Meals** commissary in Burnaby.

STORAGE

- ✓ Upon delivery of meals, immediately place all frozen items in your freezer compartment.
- ✓ Do not thaw and refreeze.

PAYMENT

- ✓ Cash upon delivery, or call in advance with credit card information.
- ✓ Alternate method of payment by special arrangement.

TO ORDER CALL: 604-299-1877

Outside Greater Vancouver call toll free:
1-888-838-1888

You may also order online at:
www.bettermeals.com