

# BETTER MEALS

Tel 604-299-1877

Toll free 1-888-838-1888

# GLUTEN FREE LISTS

revised 04/01/24

## REGULAR MENU

SOUPS		INDIVIDUAL DINNERS	
102	Vegetable	745	Salmon Teriyaki
104	French Pea	731	Cabbage Rolls
106	Lentil	751	Butter Chicken
108	Cauliflower	760	Chicken Souvlaki
110	Tomato	774	Chicken Stirfry
<b>ENTREES</b>		733	Chicken Stew
201	Poached Cod Loin	763	Pulled Pork
206	Chicken Cacciatore	766	BBQ Pork Ribette
209	Roast Beef	802	Octoberfest Platter
211	Swiss Steak	759	BBQ Chicken
213	Beef Stew	804	Cod & Shrimp Curry
215	Baked Ham	805	Chickpea Curry
216	Roast Pork	806	Chicken Coconut Curry
217	Salisbury Steak	<b>SIDE DISHES</b>	
<b>DESSERT</b>		889	High Fibre Fruit Lax
301	Rice Pudding	703	Vegetable Platter
306	Strawberry Mousse	704	Mashed Potatoes
310	Tapioca Pudding	705	Baked Yam Wedges
316	Peach and Pear Halves	707	Baked Potato Wedges
318	Banana	708	Brown Rice Pilaf
319	Apple	<b>FRESH ITEMS</b>	
320	Orange	901	Chef Salad
<b>SNACKS</b>		902	Fresh Fruit Salad
808	Chili con Carne	905	Potato Salad
816	Dry Pork Ribs	907	Coleslaw Salad
817	S & P Chicken Wings	910	Jellied Fruit Salad
<b>BREAKFASTS</b>		975	Low Fat Plain Yogurt
722	956	956	Hummus
725	Mediterranean Omelet	976	Apple Juice

## FINELY MINCED MENU

SOUPS		BREAKFASTS	
482	Vegetable	651	Ham & Egg
484	French Pea	<b>FRESH ITEMS</b>	
486	Cauliflower	956	Hummus
<b>ENTREES</b>		975	Low Fat Plain Yogurt
581	Poached Cod Loin	976	Apple Juice
583	Grilled Salmon	<p><b>Please note:</b></p> <p><b>We make every effort to avoid cross-contamination. However, we are not a gluten-free facility. We cannot guarantee the absence of gluten in absolute terms.</b></p>	
594	Bangers & Mash		
587	Roast Beef		
589	Baked Ham		
590	Roast Pork		
<b>DESSERTS</b>			
681	Fruit Cocktail		
682	Apple Sauce		
684	Peach Puree		
685	Pear Puree		
689	Tapioca Pudding		
690	Chocolate Mousse		
691	Strawberry Mousse		
688	Rhubarb & Vanilla		

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## DIABETIC

SOUPS		INDIVIDUAL DINNERS	
402	Vegetable	731	Cabbage Rolls
404	French Pea	751	Butter Chicken
406	Lentil	805	Chickpea Curry
407	Turkey Wild Rice	<b>BREAKFASTS</b>	
408	Butternut Squash	722	Bacon & Egg
<b>ENTREES</b>		725	Mediterranean Omelet
501	Poached Cod Loin	<b>SNACKS</b>	
502	Cajun Cod	808	Chili con Carne
503	Baked Salmon	816	Dry Pork Ribs
511	Chicken Stew	817	S & P Chicken Wings
514	Chicken Souvlaki	<b>SIDE DISHES</b>	
507	Roast Beef	889	High Fibre Fruit Lax
509	Beef Vegetable Stew	703	Vegetable Platter
510	Roast Pork	705	Baked Yam Wedges
512	Baked Ham	707	Baked Potato Wedges
513	Braised Liver	708	Brown Rice Pilaf
515	Turkey Burger Tarragon	<b>FRESH ITEMS</b>	
<b>DESSERTS</b>		956	Hummus
601	Mandarin Orange Slices	902	Fresh Fruit Salad
602	Apple Sauce	905	Potato Salad
603	Stewed Rhubarb	907	Coleslaw Salad
604	Peach Slices	975	Low Fat Plain Yogurt
605	Pear Slices	976	Apple Juice
608	Rice Pudding	318	Banana
609	Tapioca Pudding	319	Apple
612	Chocolate Mousse	320	Orange
613	Strawberry Mousse		

## LOW SODIUM

SOUPS		INDIVIDUAL DINNERS	
451	Vegetable	731	Cabbage Rolls
457	Cream of Potato	751	Butter Chicken
458	Butternut Squash	805	Chickpea Curry
459	Turkey Wild Rice	<b>BREAKFASTS</b>	
<b>ENTREES</b>		723	Turkey Sausage and Egg
551	Poached Cod Loin	724	Turkey Bacon and Egg
552	Cajun Cod	725	Mediterranean Omelet
553	Grilled Salmon	<b>SIDE DISHES</b>	
564	Chicken Souvlaki	889	High Fibre Fruit Lax
556	Roast Turkey	703	Vegetable Platter
557	Roast Beef	704	Mashed Potatoes
559	Beef Vegetable Stew	705	Baked Yam Wedges
560	Roast Port	707	Baked Potato Wedges
561	Braised Liver	708	Brown Rice Pilaf
563	Turkey Burger Tarragon	<b>FRESH ITEMS</b>	
<b>DESSERT</b>		902	Fresh Fruit Salad
601	Mandarin Orange Slices	905	Potato Salad
602	Apple Sauce	907	Coleslaw Salad
603	Stewed Rhubarb	975	Low Fat Plain Yogurt
604	Peach Slices	956	Hummus
605	Pear Slices	976	Apple Juice
608	Rice Pudding	<b>Please note: We make every effort to avoid cross-contamination. However, we are not a gluten-free facility. We cannot guarantee the absence of gluten in absolute terms.</b>	
609	Tapioca Pudding		
612	Chocolate Mousse		
613	Strawberry Mousse		
318	Banana		
319	Apple		
320	Orange		