



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 regular, low sodium and texture modified 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 \$12.75 for a full course dinner including soup, entrée & dessert.
- ✓ Minimum order is \$30 per delivery.
- ✓ **Delivery is free.**

FRESH SANDWICHES & WRAPS

Sandwiches available on white or brown bread

911	Roast Beef with horseradish mayo	\$6.75
913	Ham & Cheese with mustard	\$6.75
931	Smoked Meat with mustard	\$6.75
915	Chicken Salad mayo & celery	\$6.75
917	Tuna Salad mayo & green onion	\$6.75
919	Egg Salad mayo & green onion	\$6.75
923	Turkey Salad Wrap mayo & celery	\$6.75
925	Crispy Chicken Wrap Chicken strips, ham & lettuce	\$6.75

FRESH ITEMS

901	Chef Salad Egg, ham, cheese & spring mix	\$7.25
934	Shrimp Cocktail 6 jumbo prawns with homemade cocktail .sauce	\$8.75
908	Chicken Caesar Salad Romaine, croutons & parmesan cheese	\$7.25
902	Fresh Fruit Salad (275g)	\$6.75
921	Old Fashioned Trifle Sweet cake & fruit custard with whipped .cream on top	\$7.25
905	Potato Salad (275g)	\$5.00
907	Coleslaw Salad (275g)	\$5.00
975	Low Fat Yogurt	\$4.75
976	Apple Juice (200ml x5 pack)	\$4.75

BREAKFAST

889	High Fibre Fruit Lax (250g) Pureed prunes, dates & raisins	\$6.75
723	Turkey Sausage & Egg White Potatoes & beans	\$8.00
724	Turkey Bacon & Egg White ditto	\$8.00
894	Raisin Scones (box of 3)	\$4.50

(menu subject to change without notice)

DIABETIC & WEIGHT CONTROL

COMPLETE DINNER MENU (soup, entrée &dessert) for \$12.75

SOUPS

401	Beef & Barley	13.6 g	4.1 g	2.0 g	86.9
402	Homemade Vegetable	10.4 g	3.8 g	1.1 g	69.0
403	Chicken Noodle	11.6 g	4.2 g	1.3 g	75.5
404	French Pea	17.2 g	8.0 g	1.2 g	109.4
405	Minestrone	9.5 g	2.2 g	0.3 g	47.0
406	Lentil	19.8 g	7.7 g	0.4 g	110.0
407	Turkey Wild Rice	11.0 g	5.5 g	1.6 g	85.0
408	Butternut Squash & Carrot	10.0 g	1.0 g	0.5 g	70.0

ENTREES

501	Poached Cod Loin	parsley potatoes & mixed vegetables	26.0 g	35.0 g	1.0 g	260.0
503	Grilled Salmon	parsley potatoes & peas	35.2 g	29.2 g	1.7 g	269.2
504	Chicken Cacciatore	noodles & Italian mix vegetables	35.2 g	29.2 g	1.7 g	269.2
511	Chicken Stew	green beans	46.6 g	46.5 g	6.4 g	432.6
514	Chicken Souvlaki	brown rice & roasted carrots	52.0 g	22.0 g	16.2 g	414.0
506	Roast Turkey	mashed potatoes & Brussels sprouts	29.1g	33.7 g	14.2 g	382.3
507	Roast Beef	mashed potatoes & peas	34.2 g	42.1 g	10.6 g	405.9
508	Meat Loaf	mashed potatoes & mixed vegetables	41.5 g	27.3 g	18.5 g	440.6
509	Beef Vegetable Stew	Brussels sprouts	29.5 g	32.8 g	7.6 g	319.8
510	Roast Pork	mashed potatoes & peas	34.4 g	40.9 g	7.4 g	372.8
512	Baked Ham	parsley potatoes & Brussels sprouts	34.0 g	27.0 g	3.0 g	260.0
516	Swiss Steak	mashed potatoes, broccoli & corn	44.0 g	23.0 g	10.0 g	340.0
517	Salisbury Steak	mashed potatoes & mixed vegetables	42.0 g	21.0 g	10.0 g	330.0
515	Meatballs Marinara	pasta, squash & peas	33.3 g	28.8 g	13.5 g	354.5
505	Turkey Burger Tarragon	roasted potatoes & broccoli	29.0 g	30.3 g	12.2 g	344.0

DESSERTS

602	Apple Sauce	16.5 g	0 g	0 g	66.0
603	Stewed Rhubarb	4.2 g	1.2 g	0.2 g	21.1
604	Peach Slices	13.7 g	0 g	0 g	57.1
605	Pear Slices	16.0 g	0 g	0 g	68.6
606	Banana Bread	20.6 g	3.7 g	1.1 g	108.8
607	Carrot Cake	23.9 g	3.9 g	0.5 g	111.5
608	Rice Pudding	22.3 g	5.5 g	0.4 g	114.6
615	Chocolate Mousse Brownie	30.0 g	8.0 g	3.5 g	180.0
611	Peach Cobbler	25.0 g	3.5 g	3.0 g	146.5
614	Blueberry Coffee Cake	28.5 g	7.5 g	1.8 g	130.0
613	Strawberry Mousse	9.0 g	1.0 g	6.0 g	90.0

