

## **BREAKFAST**

721	<b>Sausage &amp; Egg</b>	\$8.00
722	<b>Bacon &amp; Egg</b>	\$8.00
727	<b>Pancakes &amp; Sausage</b>	\$8.00
726	<b>French Toast &amp; Bacon</b>	\$8.00
823	<b>Eggs Benedict</b> with hash browns	\$8.00
809	<b>Breakfast Sandwich</b>	\$7.00
884	<b>Cinnamon Brioche</b>	\$4.50
893	<b>Bran Muffins</b> (box of 4)	\$4.50
899	<b>Blueberry Muffins</b> (box of 4)	\$4.50
895	<b>Cheese Biscuits</b> (box of 3)	\$4.50
894	<b>Raisin Scones</b> (box of 3)	\$4.50

## **HOMEMADE PIES**

711	<b>Steak Pie</b> with vegetables	\$8.50
712	<b>Steak &amp; Kidney Pie</b> with vegetables	\$8.50
713	<b>Beef &amp; Onion Pie</b> with vegetables	\$8.50
714	<b>Chicken Pie</b> with vegetables	\$8.50
890	<b>Apple Caramel Cream Pie</b>	\$6.50
891	<b>Rhubarb Crumble Pie</b>	\$6.50

## **SNACKS**

738	<b>Chili Con Carne</b>	\$7.50
887	<b>Macaroni &amp; Cheese Supreme</b>	\$7.50
896	<b>Cornish Pasties</b> (box of 2)	\$7.50
897	<b>Quiche Lorraine</b> (ham)	\$8.50
817	<b>Salt &amp; Pepper Wings</b>	\$7.00
811	<b>Honey Garlic Wings</b>	\$7.00
816	<b>Baby Dry Pork Ribs</b>	\$7.00
813	<b>Perogies</b> (topped with bacon & onion)	\$6.00
812	<b>Vegetable Spring Rolls</b>	\$6.00
886	<b>Oatmeal Raisin Cookie</b> (low calorie)	\$4.50

## **COMPLETE DINNER MENU**

### **3 COURSE DINNER**

Soup, Entrée & Dessert for \$11.00

### **SOUPS**

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

### **ENTRÉES**

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

### **DESSERTS**

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

## —FRESH SANDWICHES & WRAPS—

Sandwiches available on white or brown bread

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

## —FRESH ITEMS—

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

## —SIDE DISHES—

889	<b>High Fibre Fruit Lax</b> (250g) Pureed prunes, dates & raisins	\$6.75
703	<b>Vegetable Platter</b> Roasted carrots, cauliflower & broccoli	\$6.50
827	<b>Seafood Chowder</b>	\$6.25
705	<b>Baked Yam Wedges</b>	\$4.75
710	<b>Pita Bread</b> (pack of six)	\$3.75
708	<b>Brown Rice Pilaf</b>	\$3.50

## À LA CARTE MENU

### —INDIVIDUAL DINNERS—

753	<b>Teriyaki Steak and Prawns</b>	Sirloin tips tossed in teriyaki sauce with buttered prawns & asparagus	\$12.00
775	<b>Chicken Neptune</b> . . . . .	Chicken breast with shrimps & scallops, brown rice & mixed vegetables	\$12.00
749	<b>Breaded Cod</b> . . . . .	Potato encrusted, served with scalloped potatoes and peas	\$12.00
745	<b>Salmon Teriyaki</b> . . . . .	Salmon fillet in teriyaki sauce, served with brown rice and peas	\$10.50
791	<b>Fish &amp; Chips</b> . . . . .	Beer-battered cod with potato wedges & cream peas	\$10.25
760	<b>Chicken Souvlaki</b> . . . . .	Skewers of chicken on rice, served with roasted potatoes & carrots	\$11.00
764	<b>Chicken Cordon Bleu</b> . . . . .	Chicken topped with ham & mozzarella, served with noodles & vegetables	\$10.75
751	<b>Butter Chicken</b> . . . . .	Chicken breast in butter tomato sauce, served with rice, broccoli and corn	\$10.50
790	<b>Chicken Parmigiana</b> . . . . .	Boneless chicken with tomato sauce, cheese, pasta & Italian mixed veg	\$10.25
774	<b>Chicken Stir-fry</b> . . . . .	Tender chicken & vegetables in teriyaki sauce on rice, and spring roll	\$10.00
733	<b>Chicken Stew</b> . . . . .	Tender chicken and hearty vegetables, served with green beans	\$10.00
759	<b>BBQ Chicken</b> . . . . .	Chicken breast in tangy BBQ sauce, served with brown rice & carrots	\$10.00
770	<b>Chicken Teriyaki</b> . . . . .	Chicken in teriyaki sauce, served with brown rice & oriental vegetables	\$10.00
743	<b>Chicken Chow Mein</b> . . . . .	Tender chicken and chow mein noodles with oriental mixed vegetables	\$9.50
742	<b>Chicken Fettuccine</b> . . . . .	Chicken & noodles tossed in Alfredo sauce, served with Italian mixed veg	\$9.50
762	<b>Turkey Cutlet</b> . . . . .	Topped with onion, bacon & Swiss cheese, served with mashed potatoes	\$9.75
756	<b>Beef Stroganoff</b> . . . . .	Beef simmered in sour cream sauce, served with noodles, peas & carrots	\$10.75
747	<b>Ginger Beef</b> . . . . .	Tender beef tossed in ginger sauce, served with brown rice & Oriental veg	\$10.00
736	<b>Swedish Meat Balls</b> . . . . .	Tasty meat balls in creamy mushroom sauce, noodles & mixed vegetables	\$9.75
739	<b>Beef Noodle Casserole</b> . . . . .	Ground beef, macaroni noodles, melted cheddar topping & glazed carrots	\$9.75
734	<b>Baked Lasagna</b> . . . . .	Homemade, layered with ground beef, mozzarella & bechamel cheese	\$10.50
731	<b>Cabbage Rolls</b> . . . . .	Slow cooked in tomato sauce and served with Ukrainian-style potatoes	\$10.00
766	<b>BBQ Ribette</b> . . . . .	Boneless pork in BBQ sauce, served with brown rice and long beans	\$9.75
715	<b>Shepherd's Pie</b> . . . . .	The classic served with mixed vegetables	\$9.50
750	<b>Sweet &amp; Sour Meat Balls</b>	Tasty meat balls in sweet & sour sauce, brown rice & oriental vegetables	\$9.75
765	<b>Ginger Pork</b> . . . . .	Tender pork tossed with mandarin oranges & green onion on brown rice	\$10.00
763	<b>Pulled Pork</b> . . . . .	Slow roasted, shredded, served on brown rice with mixed vegetables	\$9.75
828	<b>Lamb Burger</b>	In-house ground lamb served with lemon herb potatoes & mixed veg	\$13.00
802	<b>Octoberfest Platter</b> . . . . .	Slow roasted Bavarian sausage & sauerkraut, served with perogies	\$9.75
807	<b>Combination Plate</b> . . . . .	Ginger beef, sweet & sour chicken balls, spring roll and fried rice	\$10.00

*\*Revised May 1<sup>st</sup>, 2025. Menu subject to change without notice*

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, as well as our seasonal specials.

### **NUTRITIONAL**

- ✓ All meals are prepared fresh with quality ingredients.
- ✓ Wherever possible, natural spices are used to reduce or replace sodium.
- ✓ Full course meals and à la carte items 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.
- ✓ 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 for a full course dinner including soup, entrée and dessert is only \$11.00.
- ✓ À la carte items are also reasonably priced.
- ✓ **Delivery is free.**
- ✓ Minimum order per delivery is \$30.00.

### **SPECIAL NEEDS**

Ask about our regular, diabetic/weight control and low sodium diet menus.

### **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.

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