



## 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](http://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 diabetic & weight control 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 ITEMS

|     |                             |  |        |
|-----|-----------------------------|--|--------|
| 956 | <b>Hummus</b>               | Pureed chickpeas & herbs                             | \$5.75 |
| 949 | <b>Old Fashioned Trifle</b> | Sweet cake & fruit custard with whipped cream on top | \$7.25 |
| 975 | <b>Low Fat Yogurt</b>       |  | \$4.75 |
| 976 | <b>Apple Juice</b>          | (200ml x5 pack)                                      | \$4.75 |

### BREAKFAST

|     |                               |  |        |
|-----|-------------------------------|--|--------|
| 889 | <b>High Fibre Fruit Lax</b>   | (250g)<br>Pureed prunes, dates & raisins | \$6.75 |
| 651 | <b>Ham &amp; Egg</b>          | Potatoes & brown beans                   | \$8.00 |
| 653 | <b>Sausage &amp; Pancakes</b> | Strawberry compote & whipped butter      | \$8.00 |

(menu subject to change without notice)

# FINELY MINCED

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

## SOUPS

|                          | Carb.  | Protein | Fat   |
|--------------------------|--------|---------|-------|
| 481 Beef & Barley        | 13.6 g | 4.1 g   | 3.0 g |
| 482 Homemade Vegetable   | 9.6 g  | 2.1 g   | 1.1 g |
| 484 French Pea           | 17.2 g | 8.0 g   | 2.8 g |
| 485 Cream of Mushroom    | 14.0 g | 6.9 g   | 8.4 g |
| 486 Cream of Cauliflower | 13.0 g | 5.5 g   | 6.6 g |
| 488 Cream of Tomato      | 12.0 g | 5.0 g   | 5.5 g |

## ENTREES

|  | Carb.  | Protein | Fat    |
|--|--------|---------|--------|
| 581 Poached Cod Loin parsley potatoes & mixed vegetables | 26.0 g | 35.0 g  | 6.0 g  |
| 583 Grilled Salmon scalloped potatoes & peas             | 35.2 g | 29.2 g  | 6.7 g  |
| 585 Chicken Cacciatore whipped potatoes & squash         | 36.0 g | 28.0 g  | 12.0 g |
| 591 Chicken Supreme whipped potatoes & carrots           | 39.1 g | 51.1 g  | 17.6 g |
| 586 Roast Turkey scalloped potatoes & squash             | 29.1 g | 33.7 g  | 14.2 g |
| 587 Roast Beef whipped potatoes & peas                   | 34.2 g | 42.1 g  | 10.6 g |
| 592 Meat Loaf whipped potatoes & broccoli                | 41.5 g | 27.3 g  | 18.5 g |
| 560 Roast Pork whipped potatoes & carrots                | 34.4 g | 40.9 g  | 12.5 g |
| 594 Bangers and Mash whipped turnips & carrots           | 33.3 g | 28.8 g  | 13.5 g |
| 589 Baked Ham whipped potatoes & squash                  | 29.3 g | 32.3 g  | 12.8 g |

## DESSERTS

|                       | Carb.  | Protein | Fat   |
|-----------------------|--------|---------|-------|
| 681 Fruit Cocktail    | 14.0 g | 0 g     | 0 g   |
| 682 Apple Sauce       | 16.5 g | 0 g     | 0 g   |
| 688 Rhubarb & Vanilla | 11.2 g | 2.2 g   | 0.4 g |
| 684 Peach Puree       | 13.7 g | 0 g     | 0 g   |
| 685 Pear Puree        | 16.0 g | 0 g     | 0 g   |
| 689 Tapioca Pudding   | 17.0 g | 5.0 g   | 0.5 g |
| 690 Chocolate Mousse  | 8.0 g  | 1.0 g   | 6.0 g |
| 691 Strawberry Mousse | 9.0 g  | 1.0 g   | 6.0 g |
| 686 Banana Cream Pie  | 10.0 g | 8.0 g   | 5.5 g |



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