



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, texture modified and diabetic & weigh 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 SANDWICHES & WRAPS

Sandwiches available on white or brown bread

911	Roast Beef with horseradish mayo	\$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
933	Veggie Wrap hummus & seasonal veg	\$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
910	Jellied Fruit Salad	\$4.75
976	Apple Juice (200ml x5 pack)	\$4.75

BREAKFAST

889	High Fibre Fruit Lax (250g) Pureed prunes, dates & raisins	\$6.75
725	Mediterranean Omelette	\$8.00
884	Cinnamon Brioche	\$4.50
893	Bran Muffins (box of 4)	\$4.50
894	Raisin Scones (box of 3)	\$4.50

(menu subject to change without notice)

LOW SODIUM

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

SOUPS

451	Beef & Barley	11.9 g	3.6 g	1.7 g	134.3 mg
452	Homemade Vegetable	9.6 g	2.1 g	1.1 g	118.7 mg
453	Chicken Noodle	15.7 g	5.7 g	1.8 g	126.0 mg
454	Cream of Mushroom	14.0 g	6.9 g	8.4 g	132.0 mg
455	Minestrone	9.8 g	2.1 g	0.3 g	127.0 mg
457	Cream of Potato	14.5 g	4.0 g	6.0 g	150.5 mg
459	Turkey Wild Rice	11.0 g	5.5 g	1.6 g	110.0 mg
458	Butternut Squash & Carrot	10.0 g	1.0 g	0.5 g	80.0 mg

ENTREES

551	Poached Cod Loin	parsley potatoes & mixed vegetables	26.0 g	35.0 g	6.0 g	437.0 mg
553	Grilled Salmon	parsley potatoes & peas	35.2 g	29.2 g	6.7 g	247.7 mg
554	Chicken a la King	brown rice, squash & peas	53.3 g	20.8 g	9.4 g	273.5 mg
555	Chicken Cacciatore	noodles & Italian mix vegetables	36.0 g	28.0 g	12.0 g	250.0 mg
562	Chicken Supreme	noodles, asparagus & long beans	39.1 g	51.1 g	17.6 g	225.2 mg
564	Chicken Souvlaki	brown rice & roasted carrots	52.0 g	22.0 g	16.2 g	250.0 mg
556	Roast Turkey	mashed potatoes & Brussels sprouts	29.1 g	33.7 g	14.2 g	274.0 mg
557	Roast Beef	mashed potatoes & peas	34.2 g	42.1 g	10.6 g	257.5 mg
558	Meat Loaf	mashed potatoes & mixed vegetables	41.5 g	27.3 g	18.5 g	224.6 mg
559	Beef Vegetable Stew	Brussels sprouts	29.5 g	32.8 g	12.0 g	398.5 mg
560	Roast Pork	mashed potatoes & peas	34.4 g	40.9 g	12.5 g	243.7 mg
568	Beef Stroganoff	noodles, peas & carrots	57.4 g	27.4 g	12.5 g	361.8 mg
569	Salisbury Steak	mashed potatoes & mixed vegetables	37.0 g	32.0 g	15.0 g	460.0 mg
567	Meatballs Marinara	pasta, squash & peas	33.3 g	28.8 g	13.5 g	414.0 mg
563	Turkey Burger	Tarragon roasted potatoes & broccoli	29.3 g	32.3 g	12.8 g	246.6 mg

DESSERTS

601	Mandarin Oranges	14.0 g	0 g	0 g	15.0 mg
602	Apple Sauce	16.5 g	0 g	0 g	11.0 mg
603	Stewed Rhubarb	4.2 g	1.2 g	0.2 g	11.7 mg
604	Peach Slices	13.7 g	0 g	0 g	5.7 mg
605	Pear Slices	16.0 g	0 g	0 g	5.7 mg
608	Rice Pudding	17.0 g	6.0 g	0.2 g	65.0 mg
609	Tapioca Pudding	17.0 g	5.0 g	0.1 g	75.0 mg
612	Chocolate Mousse	8.0 g	1.0 g	6.0 g	20.0 mg
613	Strawberry Mousse	9.0 g	1.0 g	6.0 g	20.0 mg
614	Blueberry Coffee Cake	28.5 g	7.5 g	1.8 g	38.5 mg
615	Chocolate Mousse Brownie	30.0 g	8.0 g	3.5 g	40.0 mg

