

# BETTER MEALS

Tel 604-299-1877

Toll free 1-888-838-1888

# GLUTEN FREE LISTS

revised 01/05/26

## 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            | 759                | BBQ Chicken           |
| 211               | Swiss Steak           | 806                | Chicken Coconut Curry |
| 213               | Beef Stew             |                    |                       |
| 215               | Baked Ham             |                    |                       |
| 216               | Roast Pork            |                    |                       |
| 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>     |                       | 905                | Potato Salad          |
| 808               | Chili con Carne       | 907                | Coleslaw Salad        |
| 816               | Dry Pork Ribs         | 910                | Jellied Fruit Salad   |
| 817               | S & P Chicken Wings   | 975                | Low Fat Plain Yogurt  |
| <b>BREAKFASTS</b> |                       | 956                | Hummus                |
| 722               | Bacon and Egg         | 976                | Apple Juice           |
| 725               | Mediterranean Omelet  |                    |                       |

## FINELY MINCED MENU

| SOUPS    |                   | BREAKFASTS  |                      |
|----------|-------------------|-------------|----------------------|
| 482      | Vegetable         | 651         | Ham & Egg            |
| 484      | French Pea        | FRESH ITEMS |                      |
| 486      | Cauliflower       | 956         | Hummus               |
| ENTREES  |                   | 975         | Low Fat Plain Yogurt |
| 581      | Poached Cod Loin  | 976         | Apple Juice          |
| 583      | Grilled Salmon    |             |                      |
| 594      | Bangers & Mash    |             |                      |
| 587      | Roast Beef        |             |                      |
| 589      | Baked Ham         |             |                      |
| 590      | Roast Pork        |             |                      |
| DESSERTS |                   |             |                      |
| 681      | Fruit Cocktail    |             |                      |
| 682      | Apple Sauce       |             |                      |
| 684      | Peach Puree       |             |                      |
| 685      | Pear Puree        |             |                      |
| 689      | Tapioca Pudding   |             |                      |
| 690      | Chocolate Mousse  |             |                      |
| 691      | Strawberry Mousse |             |                      |
| 688      | Rhubarb & Vanilla |             |                      |

### 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.**

**This list is subject to change without notice.**

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## DIABETIC

| SOUPS           |                        | INDIVIDUAL DINNERS |                      |
|-----------------|------------------------|--------------------|----------------------|
| 402             | Vegetable              | 731                | Cabbage Rolls        |
| 404             | French Pea             | 751                | Butter Chicken       |
| 406             | Lentil                 |                    |                      |
| 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>      |                      |
| 503             | Baked Salmon           | 808                | Chili con Carne      |
| 511             | Chicken Stew           | 816                | Dry Pork Ribs        |
| 514             | Chicken Souvlaki       | 817                | S & P Chicken Wings  |
| 507             | Roast Beef             | <b>SIDE DISHES</b> |                      |
| 509             | Beef Vegetable Stew    | 889                | High Fibre Fruit Lax |
| 510             | Roast Pork             | 703                | Vegetable Platter    |
| 512             | Baked Ham              | 705                | Baked Yam Wedges     |
| 515             | Turkey Burger Tarragon | 707                | Baked Potato Wedges  |
|                 |                        | 708                | Brown Rice Pilaf     |
|                 |                        | <b>FRESH ITEMS</b> |                      |
| <b>DESSERTS</b> |                        | 956                | Hummus               |
| 601             | Mandarin Orange Slices | 905                | Potato Salad         |
| 602             | Apple Sauce            | 907                | Coleslaw Salad       |
| 603             | Stewed Rhubarb         | 975                | Low Fat Plain Yogurt |
| 604             | Peach Slices           | 976                | Apple Juice          |
| 605             | Pear Slices            | 318                | Banana               |
| 608             | Rice Pudding           | 319                | Apple                |
| 609             | Tapioca Pudding        | 320                | Orange               |
| 612             | Chocolate Mousse       |                    |                      |
| 613             | Strawberry Mousse      |                    |                      |

## LOW SODIUM

| SOUPS          |                        | INDIVIDUAL DINNERS                                                                                                                                                                                  |                        |
|----------------|------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------|
| 451            | Vegetable              | 731                                                                                                                                                                                                 | Cabbage Rolls          |
| 457            | Cream of Potato        | 751                                                                                                                                                                                                 | Butter Chicken         |
| 458            | Butternut Squash       |                                                                                                                                                                                                     |                        |
| 459            | Turkey Wild Rice       | <b>BREAKFASTS</b>                                                                                                                                                                                   |                        |
| <b>ENTREES</b> |                        | 723                                                                                                                                                                                                 | Turkey Sausage and Egg |
| 551            | Poached Cod Loin       | 724                                                                                                                                                                                                 | Turkey Bacon and Egg   |
| 553            | Grilled Salmon         | 725                                                                                                                                                                                                 | Mediterranean Omelet   |
| 564            | Chicken Souvlaki       | <b>SIDE DISHES</b>                                                                                                                                                                                  |                        |
| 557            | Roast Beef             | 889                                                                                                                                                                                                 | High Fibre Fruit Lax   |
| 559            | Beef Vegetable Stew    | 703                                                                                                                                                                                                 | Vegetable Platter      |
| 560            | Roast Pork             | 704                                                                                                                                                                                                 | Mashed Potatoes        |
| 563            | Turkey Burger Tarragon | 705                                                                                                                                                                                                 | Baked Yam Wedges       |
|                |                        | 707                                                                                                                                                                                                 | Baked Potato Wedges    |
|                |                        | 708                                                                                                                                                                                                 | Brown Rice Pilaf       |
|                |                        | <b>FRESH ITEMS</b>                                                                                                                                                                                  |                        |
| <b>DESSERT</b> |                        | 905                                                                                                                                                                                                 | Potato Salad           |
| 601            | Mandarin Orange Slices | 907                                                                                                                                                                                                 | Coleslaw Salad         |
| 602            | Apple Sauce            | 975                                                                                                                                                                                                 | Low Fat Plain Yogurt   |
| 603            | Stewed Rhubarb         | 956                                                                                                                                                                                                 | Hummus                 |
| 604            | Peach Slices           | 976                                                                                                                                                                                                 | Apple Juice            |
| 605            | Pear Slices            |                                                                                                                                                                                                     |                        |
| 608            | Rice Pudding           | <b>Please note:</b><br><b>We make every effort to avoid cross-contamination.</b><br><b>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                 |                                                                                                                                                                                                     |                        |