

BREAKFAST

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

HOME MADE PIES

711	Steak Pie with vegetables	\$8.50
871	Turkey Pot Pie with vegetables	\$8.50
713	Beef & Onion Pie with vegetables	\$8.50
714	Chicken Pie with vegetables	\$8.50
890	Apple Caramel Cream Pie	\$6.50
891	Rhubarb Crumble Pie	\$6.50

SNACKS

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

COMPLETE DINNER MENU**3 COURSE DINNER**

Soup, Entrée & Dessert for \$11.00

SOUPS

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

ENTRÉES

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

DESSERTS

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

—FRESH SANDWICHES & WRAPS—

Sandwiches available on white or brown bread

911	Roast Beef with horseradish mayo	\$6.75	753
913	Ham & Cheese with mustard	\$6.75	775
931	Smoked Meat with mustard	\$6.75	749
915	Chicken Salad mayo & celery	\$6.75	745
917	Tuna Salad mayo & green onion	\$6.75	791
919	Egg Salad mayo & green onion	\$6.75	760
923	Turkey Salad Wrap mayo & celery	\$6.75	764
925	Crispy Chicken Wrap Chicken strips, ham & lettuce	\$6.75	751
			790

FRESH ITEMS

901	Chef Salad Egg, ham, cheese & spring mix	\$7.25	733
934	Shrimp Cocktail 6 jumbo prawns with homemade cocktail sauce	\$8.75	759
908	Chicken Caesar Salad Romaine, croutons & parmesan cheese	\$7.25	743
909	Garden Fresh Side Salad	\$4.75	762
921	Old Fashioned Trifle Sweet cake & fruit custard with whipped cream on top	\$7.25	756
905	Potato Salad (275g)	\$5.00	736
907	Coleslaw Salad (275g)	\$5.00	739
910	Jellied Fruit Salad	\$4.75	734
976	Apple Juice (200ml x5 pack)	\$4.75	731

SIDE DISHES

889	High Fibre Fruit Lax (250g) Pureed prunes, dates & raisins	\$6.75	750
703	Vegetable Platter Roasted carrots, cauliflower & broccoli	\$6.50	765
827	Seafood Chowder	\$6.25	828
705	Baked Yam Wedges	\$4.75	802
710	Pita Bread (pack of six)	\$3.75	807
708	Brown Rice Pilaf	\$3.50	

À LA CARTE MENU**INDIVIDUAL DINNERS**

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

*Revised December 1st, 2025. Menu subject to change without notice



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.

TO ORDER CALL: 604-299-1877

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