



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.com

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.

Member of the Better Business Bureau

**Veterans Independence Program
Registered Service Provider**

Office and Commissary address
3930 Kitchener St., Burnaby, BC V5C 3M2
Fax no. (604) 291-0822

Better Meals office hours are between
8:30 am & 5:00 pm, Monday to Friday.

Order desk hours: 8:30 am to 4:00 pm

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.
- ✓ No MSG or preservatives are added.
- ✓ 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. No mess or fuss.
- ✓ 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 and are biodegradable.

AFFORDABLE

- ✓ Cost for a full course dinner including soup, entrée and dessert is only \$6.00.
- ✓ À la carte items are reasonably priced.
- ✓ **Delivery is free.**
- ✓ Minimum order per delivery is \$25.00.

SPECIAL NEEDS

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

DELIVERY

- ✓ Scheduled weekly delivery right to your door.
- ✓ Meals can also be picked up with advance notice 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.
- ✓ VAC health identification card accepted.
- ✓ Alternate method of payment by special arrangement.

TO ORDER

Call 604-299-1877 or 1-888-838-1888 toll free.

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BREAKFAST

721 Sausage & Egg with Hashbrowns	\$3.50
722 Bacon & Egg with Hashbrowns	\$3.50
723 Oatmeal Raisin Cereal	\$2.00
724 Bran Muffins (box of 4)	\$2.25
728 Raisin Scones (box of 3)	\$2.25
729 Cheese Biscuits (box of 3)	\$2.25

FRESH SALADS & SANDWICHES

(Sandwiches are available on white or brown bread)

901 Chef Salad	\$3.50
902 Fresh Fruit Salad (275 g)	\$3.50
903 Bean Salad (275 g)	\$3.25
904 Carrot and Raisin Salad (275 g)	\$3.25
905 Potato Salad (275 g)	\$3.25
906 Macaroni Salad (275 g)	\$3.25
907 Coleslaw Salad (275 g)	\$3.25
909 Jellied Vegetable Salad	\$2.50
910 Jellied Fruit Salad	\$2.50
911 Roast Beef Sandwich	\$3.75
913 Ham and Cheese Sandwich	\$3.75
915 Chicken Salad Sandwich	\$3.75
917 Tuna Salad Sandwich	\$3.75
919 Egg Salad Sandwich	\$3.75

HOMEMADE PIES

711 Steak Pie served with vegetables	\$4.50
712 Steak & Kidney Pie with vegetables	\$4.50
713 Beef & Onion Pie with vegetables	\$4.25
714 Chicken Pie with vegetables	\$4.25
715 Shepherd's Pie	\$4.25
716 Apple Crumble Pie	\$2.75
717 Rhubarb Crumble Pie	\$2.75
719 Peach Pie	\$2.75

COMPLETE DINNER MENU**3 COURSE DINNER (soup, entrée & dessert) for \$6.00****SOUPS**

101	Beef and Barley	106	Minestrone	109	Cream of Tomato
102	Homemade Vegetable	107	Cream of Mushroom	110	Lentil Soup
104	French Pea	108	Chicken Noodle	111	Cream of Potato

ENTREES

201	Poached Fish	Filet of hake in dill sauce with parsley potatoes and mixed vegetables
202	Fish Creole	Filet of hake in Creole style tomato sauce, served with brown rice and green beans
203	Grilled Salmon	Filet of salmon in parsley sauce, served with scalloped potatoes and peas
204	Chicken a la King	Diced chicken in cream sauce with brown rice, squash, and green beans
205	Chicken Supreme	Chicken thighs in a mushroom sauce served with noodles & broccoli
206	Chicken Cacciatore	Chicken thighs in tomato sauce with fusilli noodles & Italian mix vegetables
207	Roast Turkey	Breast of turkey, stuffing, cranberry, gravy, mashed potatoes and carrots
209	Roast Beef	Slow roasted AAA inside round, beef gravy, mashed potatoes and peas
210	Meat Loaf	Home style meat loaf, beef gravy, mashed potatoes and parsnips
211	Swiss Steak	Charbroiled beef patty in tomato sauce, mashed potatoes and green beans
212	Bangers and Mash	Tender sausages in gravy, mashed potatoes, mashed carrot and turnip
213	Braised Liver	Tender beef liver, onions, beef gravy, mashed potatoes, peas and carrots
214	Veal Cutlet	Breaded cutlet in mushroom & onion sauce, mashed potatoes, & vegetables
215	Baked Ham	Country Ham in pineapple sauce, scalloped potatoes, mixed beans & carrots
216	Roast Pork	Slow roasted leg of pork, pork gravy, mashed potatoes and peas
217	Salisbury Steak	Charbroiled beef patty, mushroom & onion sauce, mashed potatoes, peas & carrots
218	Beef Stroganoff	Beef slices in sour cream sauce, noodles, parsnips & mixed vegetables

DESSERTS

301	Rice Pudding	308	Apple Crumble	316	Peach & Pear Halves
302	Lemon Cake	309	Banana Cake	317	Bread Pudding
304	Chocolate Cake	310	Tapioca Pudding	318	Fresh Banana
305	Carrot Cake	313	Rhubarb & Vanilla	319	Fresh Apple
307	Butter Tart	315	Apple Sponge Cake	320	Fresh Orange

**À LA CARTE MENU
INDIVIDUAL DINNERS AND SNACKS**

767	Salmon Teriyaki	Salmon strips in teriyaki sauce, served with brown rice and peas	\$5.75
764	Chicken Cordon Bleu	The classic with noodles and mixed vegetables	\$5.25
778	Hungarian Goulash	Tender beef cubes in paprika sauce, served with egg noodles	\$5.00
732	Beef Stew	Hearty stew in a rich gravy with vegetables and dumplings	\$5.00
733	Chicken Stew	Diced chicken in a creamy sauce with vegetables and dumplings	\$5.00
734	Baked Lasagna	Homemade with ground beef, mozzarella and cottage cheeses	\$5.00
755	Vegetable Lasagna	Vegetable medley with spinach, mozzarella and cottage cheeses	\$5.00
759	BBQ Chicken	Chicken thighs in tangy BBQ sauce, served with rice & carrots	\$4.75
789	Chicken Teriyaki	Boneless chicken in teriyaki sauce, served with rice & vegetables	\$4.75
735	Spaghetti with Meat Sauce	Another classic topped with parmesan cheese	\$4.50
736	Swedish Meat Balls	Tasty meat balls in a mushroom cream sauce with noodles	\$4.50
776	BBQ Ribette	Boneless pork roasted in BBQ sauce, rice and green beans	\$4.50
750	Sweet & Sour Meat Balls	Tasty meat balls in sweet and sour sauce with brown rice	\$4.50
738	Chili Con Carne	Ground beef and kidney beans in a mild sauce and served on rice	\$4.25
739	Beef Noodle Casserole	Ground beef with macaroni noodles and melted cheddar	\$4.25
740	Chicken Noodle Casserole	Diced chicken in a cream sauce with spaghetti noodles	\$4.25
743	Chicken Chow Mein	Diced chicken and chow mein noodles with oriental seasonings	\$4.25
754	Chicken Chop Suey	Chicken stir fried with Chinese vegetables and served on rice	\$4.25
737	Chicken Fingers	Breaded chicken strips with plum sauce - the perfect snack	\$4.25
744	Cornish Pasties	Ground beef and vegetables baked in a pastry shell (2 per order)	\$4.00
745	Quiche Lorraine	Egg, diced ham, mushrooms and cheese baked in a 5" pie shell	\$4.00
762	Quiche Florentine	Egg, spinach, and cheese baked in a 5" pie shell	\$4.00
746	Wieners & Beans	Bite sized wieners and baked beans in tomato sauce	\$3.75
748	Macaroni & Cheese	Macaroni noodles in a creamy cheddar cheese sauce	\$3.00

SIDE DISHES

725	Fruit Lax	High fibre spread of pureed prunes, dates, & raisins (250g)	\$3.50
790	Steamed Vegetable Platter	Broccoli, cauliflower and carrots, topped with cheese sauce	\$3.00
791	Homemade Mashed Potatoes	Two generous servings of creamy potatoes	\$2.00
801	Beef Gravy	For all you gravy lovers (6oz)	\$1.00