



MENU



A dietary technician will be available to help you select your meal choices while respecting your nutritional needs.

Due to unforeseen circumstances, there may be changes in the availability of certain menu items.

Enjoy your meal!

The Food Service and Clinical Nutrition Department are pleased to offer you a variety of foods and balanced meals that contribute to your recovery.

** Available at Royal Victoria Hospital (Glen site) and Montreal General Hospital*

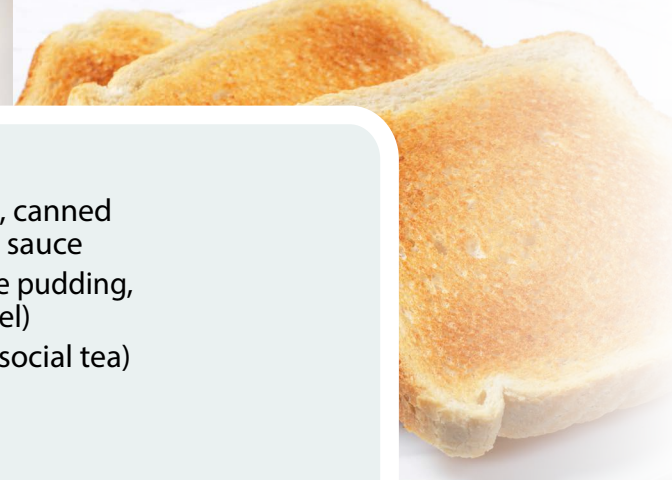
Menu of the day

		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1	Lunch	Cream of potato - Shepherd's pie - OR - Chickpea loaf, fine herbs béchamel sauce	Cream of carrot - Spaghetti with meat sauce - OR - Roast pork, apple sauce	Cream of cauliflower - Vegan chili - OR - Turkey meatloaf, cranberry cream sauce	Three Sisters soup - Meatballs marinara sauce - OR - Salmon square	Cream of tomato - Potato pork pie - OR - Cheese and asparagus frittata	Cream of carrot - Chicken rice - OR - Fish croquettes, fine herbs béchamel sauce	Italian wedding style soup - Chickpea casserole - OR - Beef Swedish meatballs
	Supper	Cream of vegetable - Beef bourguignon - OR - Chickpea loaf, fine herbs béchamel sauce	Chicken noodle soup - Cheese and vegetable frittata - OR - Roast pork, apple sauce	Minestrone soup - Chicken drumsticks, honey garlic sauce - OR - Turkey meatloaf, cranberry cream sauce	Cream of vegetable - Macaroni and cheese - OR - Salmon square	Chicken noodle soup - Veal casserole - OR - Cheese and asparagus frittata	Minestrone soup - Fusilli with meat sauce - OR - Fish croquettes, fine herbs béchamel sauce	Cream of vegetable - Roast turkey, gravy - OR - Beef Swedish meatballs
Week 2	Lunch	Cream of spinach - Veal and lentil shepherd's pie - OR - Fusili primavera	Cream of zucchini - Vegetable pork - OR - Chickpea loaf, fine herbs béchamel sauce	Three Sisters soup - Stroganoff beef - OR - Farfalle with white bean rosé sauce	Cream of squash - Mexican plate - OR - Salmon, dill béchamel sauce	Italian wedding style soup - Lentil spaghetti - OR - Veal and eggplant pie	Beef & barley soup - Roast pork, mustard gravy sauce - OR - Chicken and chickpea rice	Cream of leek - Chicken breast, BBQ sauce - OR - White fish with tomato and oregano
	Supper	Chicken noodle soup - Vegetable and cheese omelette, salsa sauce - OR - Fusili primavera	Minestrone soup - Chicken drumsticks, teriyaki sauce - OR - Chickpea loaf, fine herbs béchamel sauce	Cream of vegetable - Leak and tomato frittata - OR - Farfalle with white bean rosé sauce	Chicken noodle soup - Beef meatballs, peach peach sauce - OR - Salmon, dill béchamel sauce	Minestrone soup - Turkey loaf, creamy cranberry sauce - OR - Veal and eggplant pie	Cream of vegetable - Chili con carne - OR - Chicken and chickpea rice	Chicken noodle soup - Vegetarian lasagna - OR - White fish with tomato and oregano

January 2026							February 2026							March 2026							April 2026							May 2026							June 2026						
D	L	Ma	Me	J	V	S	D	L	Ma	Me	J	V	S	D	L	Ma	Me	J	V	S	D	L	Ma	Me	J	V	S	D	L	Ma	Me	J	V	S							
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July 2026							August 2026							September 2026							October 2026							November 2026							December 2026						
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Find the date and select the meal according to the menu week:

Week 1 or Week 2



Menu à la carte

BREAKFAST

- Oatmeal **or** cold cereal (*Bran Flakes, Corn Flakes, Cheerios, or Rice Krispies*)
- Toast (white, brown, or gluten free), bagel, pancake
- Muffin (blueberry, raisin bran, cranberry orange, or apple oat)
- Egg (scrambled or hard-boiled)
- Cheese (cheddar or cottage)
- Fruit (orange, apple, or banana)

LUNCH & SUPPER

- Spaghetti meat sauce or lentil sauce
- Beef or vegetarian hamburger
- Sandwich (egg, chicken, cheese, or tuna)
- Cold plate (tofu, vegetables, cheese, or chicken)
- Macaroni & cheese
- Vegetarian pizza

DESSERT

- Fruits (orange, apple, or banana), canned fruit (pears or peaches), **or** apple sauce
- Pudding (chocolate or vanilla), rice pudding, **or** Blancmange (vanilla or caramel)
- Cookies (strawberry turnover or social tea)
- Marshmallow square
- Jelly (strawberry or orange)
- Yogurt (vanilla or fruit)

ACCOMPANIMENTS

- Soup (chicken noodle, minestrone, or cream of vegetable)
- Tomato **and/or** cucumber slices
- Cheese (cheddar or cottage)
- Green salad
- Soda crackers
- Bannock bread



BEVERAGES

- Coffee, tea or herbal tea (lemon, mint, or green)
- Juice (orange, apple, cranberry, or prune)
- Vanilla soy beverage
- Milk (0%, 2%, chocolate, or lactose free)

CONDIMENTS

- Jam (strawberry, marmalade, apple, or honey)
- Peanut butter, margarine, or butter
- Ketchup, relish, mustard, or mayonnaise
- Vinaigrette (Cesar, Italian, French, or oil & vinegar)
- Table syrup

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If you are unable to call or if you miss the deadline to place your order, you will receive the daily standard meal.

We thank you for your understanding.