



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.

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*

Enjoy your meal!

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 drumsticks, teriyaki 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, BBQ sauce OR • Chickpea loaf, fine herbs béchamel sauce	Cream of vegetable • Leek 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

Find the date and select the meal according to the menu week:

Week 1 or **Week 2**

November 2024	December 2024	January 2025	February 2025	March 2025	April 2025
Su M Tu W Th F Sa 1 2	Su M Tu W Th F Sa 1 2 3 4 5 6 7	Su M Tu W Th F Sa 1 2 3 4	Su M Tu W Th F Sa 1	Su M Tu W Th F Sa 1	Su M Tu W Th F Sa 1 2 3 4 5
3 4 5 6 7 8 9	8 9 10 11 12 13 14	5 6 7 8 9 10 11	2 3 4 5 6 7 8	2 3 4 5 6 7 8	6 7 8 9 10 11 12
10 11 12 13 14 15 16	15 16 17 18 19 20 21	12 13 14 15 16 17 18	9 10 11 12 13 14 15	9 10 11 12 13 14 15	13 14 15 16 17 18 19
17 18 19 20 21 22 23	22 23 24 25 26 27 28	19 20 21 22 23 24 25	16 17 18 19 20 21 22	16 17 18 19 20 21 22	20 21 22 23 24 25 26
24 25 26 27 28 29 30	29 30 31	26 27 28 29 30 31	23 24 25 26 27 28	23 24 25 26 27 28 29	27 28 29 30
May 2025	June 2025	July 2025	August 2025	September 2025	October 2025
Su M Tu W Th F Sa 1 2 3	Su M Tu W Th F Sa 1 2 3 4 5 6 7	Su M Tu W Th F Sa 1 2 3 4 5	Su M Tu W Th F Sa 1 2	Su M Tu W Th F Sa 1 2 3 4 5 6	Su M Tu W Th F Sa 1 2 3 4
4 5 6 7 8 9 10	8 9 10 11 12 13 14	6 7 8 9 10 11 12	3 4 5 6 7 8 9	7 8 9 10 11 12 13	5 6 7 8 9 10 11
11 12 13 14 15 16 17	15 16 17 18 19 20 21	13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20	12 13 14 15 16 17 18
18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	17 18 19 20 21 22 23	21 22 23 24 25 26 27	19 20 21 22 23 24 25
25 26 27 28 29 30 31	29 30	27 28 29 30 31	24 25 26 27 28 29 30	28 29 30	26 27 28 29 30 31



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