

À la carte menu

Breakfast

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

Lunch & supper

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

Dessert

- Fruits (orange, apple, banana) **or** Canned fruit (pears, peaches) **or** Apple sauce
- Cookies (Oat, Social Tea)
- Marshmallow square
- Pudding (chocolate, vanilla) **or** Blancmange (vanilla, caramel) **or** Rice pudding
- Jelly (strawberry, orange)
- Yogurt (vanilla, fruit)

Condiments

- Jam (strawberry, marmalade, apple, honey)
- Table syrup
- Peanut butter, Margarine **or** Butter
- Ketchup, Relish, Mustard, Mayonnaise
- Vinaigrette (Cesar, Italian, French, Oil & vinegar)

Accompagnement

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

Beverages

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

Please note

The Food Service and Clinical Nutrition Department are pleased to offer you an à-la-carte menu service.

To order your meal, dial 46368 on your room telephone. A dietary technician will be available to help you select your meal choices while respecting your nutritional needs. If you are unable to call or if you miss the deadline to place your order, you will receive the daily standard meal.

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

Our priority is to offer you a variety of foods and balanced meals that contribute to your recovery.



Centre universitaire
de santé McGill



McGill University
Health Centre



CALL 4-MENU (46368)

514-934-1934 Ext. : 46368

Available at Royal Victoria Hospital &
Montreal General Hospital

CALL HOURS (Open 9 AM to 6:30 PM)

Breakfast : Day before by 6:30 PM

Lunch : Before 10:30 AM

Supper: Before 3:30 PM

Enjoy your meal!

		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 & 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 Fusilli 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 Fusilli primavera	Minestrone soup Chicken drumsticks, BBQ 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

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

Week 1

Week 2

SEPTEMBER 2023						
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MARCH 2024						
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OCTOBER 2023						
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APRIL 2024						
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NOVEMBER 2023						
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MAY 2024						
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DECEMBER 2023						
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JUNE 2024						
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JANUARY 2024						
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JULY 2024						
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FEBRUARY 2024						
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AUGUST 2024						
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