

# 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)

## Accompaniment

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

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

 Week 1  
 Week 2

SEPTEMBER 2023						
S	M	T	W	T	F	S
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17	18	19	20	21	22	23
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OCTOBER 2023						
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NOVEMBER 2023						
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DECEMBER 2023						
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JANUARY 2024						
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FEBRUARY 2024						
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MARCH 2024						
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APRIL 2024						
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MAY 2024						
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JUNE 2024						
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JULY 2024						
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AUGUST 2024						
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