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.

**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)

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

**Accompaniment**
- Soup (chicken noodle, minestrone, cream of vegetable)
- Green salad
- Tomato and/or Cucumber slices
- Cheese (cheddar, cottage)
- Soda crackers
- Bannock
<table>
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<tr>
<th>Week 1</th>
<th>Lunch</th>
<th>Supper</th>
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| **Sunday** | Cream of potato  
Shepherd’s pie  
OR  
Chickpea loaf,  
fine herbs Béchamel sauce | Cream of vegetables  
Beef bourguignon  
OR  
Chickpea loaf,  
fine herbs Béchamel sauce |
| **Monday** | Cream of carrots  
Spaghetti with  
meat sauce  
OR  
Roast pork,  
apple sauce | Chicken noodle soup  
Cheese and vegetable  
frittata  
OR  
Chickpea loaf,  
fine herbs Béchamel sauce |
| **Tuesday** | Cream of cauliflower  
Vegan chili  
OR  
Turkey meatloaf,  
cranberry cream sauce | Minestrone soup  
Chicken drumsticks,  
honey garlic sauce  
OR  
Turkey meatloaf,  
cranberry cream sauce |
| **Wednesday** | Three Sisters soup  
Meatballs,  
marinara sauce  
OR  
Salmon square | Cream of vegetables  
Veal caserole  
OR  
Cheese and asparagus  
frittata |
| **Thursday** | Cream of tomato  
Potato pie  
OR  
Cheese and  
asparagus frittata | Minestrone soup  
Fusilli with meat sauce  
OR  
Fish croquettes,  
fine herbs Béchamel sauce |
| **Friday** | Cream of carrot  
Chicken rice  
OR  
Fish croquettes,  
fine herbs Béchamel sauce | Cream of vegetables  
Roast turkey,  
gravy |
| **Saturday** | Italian wedding style  
soup  
Chickpea casserole  
OR  
Beef Swedish meatballs | Cream of vegetables  
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<th>Week 2</th>
<th>Lunch</th>
<th>Supper</th>
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| **Sunday** | Beef & barley soup  
Veal and lentil  
Shepherd’s pie  
OR  
Fusilli primavera | Chicken noodle soup  
Vegetable and cheese  
omelette, salsa sauce  
OR  
Fusilli primavera |
| **Monday** | Cream of zucchini  
Vegetable pork  
OR  
Chickpea loaf,  
fine herbs Béchamel sauce | Minestrone soup  
Chicken drumsticks,  
BBQ sauce  
OR  
Chickpea loaf,  
fine herbs Béchamel sauce |
| **Tuesday** | Cream of spinach  
Stroganoff beef  
OR  
Farfalle with white  
bean rose sauce | Cream of vegetable  
Leak and tomato  
frittata  
OR  
Farfalle with white  
bean rose sauce |
| **Wednesday** | Cream of squash  
Mexican plate  
OR  
Salmon, dill Béchamel  
sauce | Chicken noodle soup  
Beef meatballs,  
peach sauce  
OR  
Salmon, dill Béchamel  
sauce |
| **Thursday** | Italian wedding style  
soup  
Lentil spaghetti  
OR  
Veal and eggplant pie | Minestrone soup  
Turkey loaf,  
creamy cranberry  
sauce  
OR  
Veal and eggplant pie |
| **Friday** | Cream of vegetable  
Chili con carne  
OR  
Chicken and chickpea  
rice | Chicken noodle soup  
Vegetarian Lasagna  
OR  
White fish with  
tomatoes and pesto |
| **Saturday** | Cream of leek  
Chicken drumsticks,  
teriyaiki sauce  
OR  
White fish with  
tomatoes and pesto | Chicken noodle soup  
 |

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