

Breakfast

Beverages

MILK

Skim [6 g] 2% [6 g] Whole [6 g]
Lactose-Free [5 g] Soy [4 g] Chocolate [21 g]

CRYSTAL LIGHT
Assorted Flavours

Cereals

COLD CEREAL

Bran Flakes [24 g] Corn Flakes [23 g]
Rice Krispies [18 g] Cheerios [13 g]

HOT CEREAL

Oatmeal [18 g] Cream of Wheat [9 g]

PLAIN CONGEE [9 g]

Sides

FRUIT OF THE DAY [15 g]

FRESH FRUIT

Apple [15 g] Orange [10 g]
Banana [20 g] Kiwi [8 g]

YOGURT

Plain [5 g] Assorted [14 g]

CHEESE

Cheddar Marble Gouda Cottage [4 g]

Meat & Eggs

EGG

Hardboiled Scrambled

OMELET

Cheese Western

BREAKFAST SAUSAGES (1 or 2 ea)

CRISPY BACON STRIPS (1 or 2 ea)

Breakfast Specials

HOMESTYLE PANCAKE (1 or 2 ea)
[2 Pancakes - 27 g]

BELGIAN WAFFLE [16 g]

FRESHLY BAKED MUFFIN OF THE DAY [18-27 g]

TOAST

Multigrain [15 g] Whole Wheat [13 g] White [17 g]

ENGLISH MUFFIN [21 g]

WHOLE WHEAT & HONEY BAGEL (Half)
[Per Half - 27 g]

MINI HASH BROWNS (3 ea) [10 g]

PUREED BREAD PUDDING [18 g]

Menu icons

[g] Grams of
Carbohydrate



What did you think of your meal today? [Let us know!](#)



MENU

Freshly prepared meals served to your room within 45 minutes.

Children with Diabetes

Operation hours:

7:00 am – 6:15 pm

Breakfast: 7:45 am – 10:30 am

Lunch: 11:45 am – 3:30 pm

Dinner: 4:45 pm – 6:15 pm

Call to place your order:

**778-372-6893 or
2233 on internal phone**

A food service staff member will consult with you to ensure your selections meet your prescribed diet needs. Meals can be pre-ordered up to 7 days in advance

Please keep this menu for the duration of your stay

Lunch and Dinner

Sandwiches

BREAD

Multigrain [30 g] Whole Wheat [26g] White [34g]

FILLING

Chicken Salad Tuna Salad Egg Salad
Peanut Butter & Jam [13g] Cheese

Burger

Grilled Chicken Breast [26-28g]
Beef [28-29g] Vegetarian [35-37g]

TOPPINGS

Lettuce Tomato Red Onion
Cheddar Cheese Swiss Cheese
Mayonnaise Ketchup [3g] Mustard Relish

Salad bowls

GARDEN SALAD

Romaine Lettuce, Purple Cabbage, Carrots, Tomato
Choice: Italian, Ranch or Thousand Island Dressing

CAESAR SALAD [9g]

Romaine Lettuce, Parmesan Cheese, Croutons,
Creamy Caesar Dressing

SPINACH CRANBERRY SALAD [10g]

Spinach, Dried Cranberries, Mandarin Orange,
Choice: Italian, Ranch or Thousand Island Dressing

Optional: add grilled Chicken Breast, Baked Salmon
Fillet or Chickpeas [12g] to any salad above

Gourmet Wraps

GRILLED CHICKEN CAESAR [47g]

Grilled Seasoned Chicken, Lettuce,
Parmesan Cheese, Creamy Caesar Dressing

QUESADILLA [23g]

Chicken or Cheddar Cheese,
Tomato, Onion, Salsa [1 g]

VEGETARIAN HUMMUS [53g]

Lettuce, Tomato, Hummus

LUNCH AND DINNER ITEMS ARE AVAILABLE AFTER 11:30 AM

Cold Plates

FRUIT PLATE [36 g]

Fresh Fruit, Cottage Cheese, Melba Toast

HUMMUS PLATE [39 g]

Hummus, Vegetable Sticks, Pita Wedges

Hot Plates

SAUTÉED CHICKEN STRIPS

With Teriyaki Sauce [23 g]

CHICKEN PARMESAN ALFREDO [4 g] WITH SPAGHETTI

Chicken Breast, Alfredo Sauce, Parmesan Cheese

BREADED CHICKEN FINGERS (2 ea) [13 g]

BUTTER CHICKEN [6 g] WITH BROWN RICE [19 g]

TURKEY SCHNITZEL [15 g]

WILD PACIFIC SALMON FILLET

With Lemon Wedge or Hollandaise Sauce

BREADED FISH STICKS (4 ea) [16 g]

SPAGHETTI & MEATBALLS [32 g]

With Marinara Sauce & Parmesan Cheese

CHEESE & TOMATO LASAGNA [33 g]

Pasta, Cheese, Tomato Sauce

CLASSIC MACARONI & CHEESE [24 g]

GRILLED CHEESE SANDWICH [26-34 g]

DHAL [22 g]

With Brown Rice [19 G]

SAAG PANEER [6 g]

With Brown Rice [19 g]

Soup of the Day

Ask us for our daily special [7-15 g]

Sides

VEGETABLE STICKS

GARDEN SALAD

CAESAR SALAD [2 g]

STEAMED VEGETABLES OF THE DAY

*When CORN is offered as a choice [15 g]

BROWN RICE [19 g]

SPAGHETTI NOODLES

Choice: with Butter [24 g] or Marinara [27 g]

Optional: add Parmesan Cheese

DINNER ROLL [16 g]

MASHED POTATOES [14 g]

Optional: add Gravy

FRENCH FRIES [20 g]

MINI VEGETABLE SPRING ROLL (2 ea) [10 g]

Fruits & Desserts

FRUIT OF THE DAY [15 g]

FRESH FRUIT

Apple [15 g] Orange [10 g]
Banana [20 g] Kiwi [8 g]

APPLESAUCE [12 g]

YOGURT

Plain [5 g] Assorted [14 g]

ICE CREAM

Vanilla [15 g] Chocolate [16 g]
Ice Cream Sandwich [25 g]

Breakfast

Beverages

MILK
Skim 2% Whole Chocolate
Lactose-Free Soy

JUICE
Apple Orange Cranberry Cocktail

HOT CHOCOLATE

Cereals

COLD CEREAL
Bran Flakes Raisin Bran
Corn Flakes Rice Krispies Cheerios

HOT CEREAL
Oatmeal Cream of Wheat

PLAIN CONGEE

Sides

FRESH FRUIT
Apple Orange Banana Kiwi

YOGURT
Plain Assorted

PARFAIT
French Vanilla Yogurt, Blueberries, Granola

CHEESE
Cheddar Marble Gouda Cottage

Meat & Eggs

EGG
Hardboiled Scrambled

OMELET
Cheese Western

BREAKFAST SAUSAGES (1 or 2 ea)

CRISPY BACON STRIPS (1 or 2 ea)

Breakfast Specials

HOMESTYLE PANCAKE (1 or 2 ea)

FRENCH TOAST

BELGIAN WAFFLE

FRESHLY BAKED MUFFIN OF THE DAY

TOAST
Multigrain Whole Wheat White

ENGLISH MUFFIN

WHOLE WHEAT & HONEY BAGEL

MINI HASH BROWNS (3 ea)

PUREED BREAD PUDDING



MENU

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Children 4 and Over

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What did you think of your meal today? [Let us know!](#)



Lunch and Dinner

Sandwiches

BREAD

Multigrain Whole Wheat White

FILLING

Chicken Salad Tuna Salad Egg Salad
Peanut Butter & Jam Cheese

Burger

Grilled Chicken Breast Beef Vegetarian

TOPPINGS

Lettuce Tomato Red Onion
Cheddar Cheese Swiss Cheese
Mayonnaise Ketchup Mustard Relish

Salad bowls

GARDEN SALAD

Romaine Lettuce, Purple Cabbage, Carrots, Tomato
Choice: Italian, Ranch, Balsamic or
Thousand Island Dressing

CAESAR SALAD

Romaine Lettuce, Parmesan Cheese, Croutons,
Creamy Caesar Dressing

SPINACH CRANBERRY SALAD

Spinach, Dried Cranberries, Mandarin Orange,
Choice: Italian, Ranch, Balsamic or
Thousand Island Dressing

Optional: add grilled Chicken Breast, Baked Salmon
Fillet or Chickpeas to any salad above

Gourmet Wraps

GRILLED CHICKEN CAESAR

Grilled Seasoned Chicken, Lettuce,
Parmesan Cheese, Creamy Caesar Dressing

QUESADILLA

Chicken or Cheese,
Cheddar Cheese, Tomato, Onion, Salsa

VEGETARIAN HUMMUS

Lettuce, Tomato, Hummus

LUNCH AND DINNER ITEMS
ARE AVAILABLE AFTER 11:30 AM

Cold Plates

FRUIT PLATE

Fresh Fruit, Cottage Cheese, Melba Toast

HUMMUS PLATE

Hummus, Vegetable Sticks, Pita Wedges

Hot Plates

SAUTÉED CHICKEN STRIPS

With Teriyaki Sauce

CHICKEN PARMESAN ALFREDO WITH SPAGHETTI

Chicken Breast, Alfredo Sauce, Parmesan Cheese

BREADED CHICKEN FINGERS (2 ea)

BUTTER CHICKEN WITH RICE

TURKEY SCHNITZEL

WILD PACIFIC SALMON FILLET

With Lemon Wedge or Hollandaise Sauce

BREADED FISH STICKS (4 ea)

SPAGHETTI & MEATBALLS

With Marinara Sauce & Parmesan Cheese

CHEESE & TOMATO LASAGNA

Pasta, Cheese, Tomato Sauce

THIN CRUST PIZZA

Cheese or Pepperoni

CLASSIC MACARONI & CHEESE

DHAL WITH RICE

SAAG PANEER WITH RICE

Soup of the Day

ASK US FOR OUR DAILY SPECIAL

Sides

VEGETABLE STICKS GARDEN SALAD

CAESAR SALAD BROWN RICE

DINNER ROLL FRENCH FRIES

STEAMED VEGETABLES OF THE DAY

SPAGHETTI NOODLES WITH
MARINARA SAUCE or BUTTER

Optional: add Parmesan Cheese

MASHED POTATOES

Optional: add Gravy

MINI VEGETABLE SPRING ROLL (2 ea)

Fruits & Desserts

FRUIT OF THE DAY

FRESH FRUIT

Apple Orange Banana Kiwi

APPLESAUCE

YOGURT

Plain Assorted

PUDDING

Vanilla Chocolate Butterscotch

COOKIE

Chocolate Chip Oatmeal Digestive

ICE CREAM

Vanilla Chocolate Ice Cream Sandwich

ORANGE SHERBET

DESSERT OF THE DAY

Breakfast

Beverages

MILK
Skim 2% Whole Chocolate
Lactose-Free Soy

JUICE
Apple Orange Cranberry Cocktail

HOT CHOCOLATE

Cereals

COLD CEREAL
Bran Flakes Rice Krispies
Corn Flakes Cheerios

HOT CEREAL
Oatmeal Cream of Wheat

PLAIN CONGEE

Sides

FRESH FRUIT
Apple Orange Banana Kiwi

YOGURT
Plain Assorted

PARFAIT
French Vanilla Yogurt, Blueberries, Granola

CHEESE
Cheddar Marble Gouda Cottage

Meat & Eggs

EGG
Hardboiled Scrambled

OMELET
Cheese Western

CRISPY BACON STRIPS (1 or 2 ea)

Breakfast Specials

HOMESTYLE PANCAKE (1 or 2 ea)

FRENCH TOAST

BELGIAN WAFFLE

FRESHLY BAKED MUFFIN OF THE DAY

TOAST
Whole Wheat White

ENGLISH MUFFIN

WHOLE WHEAT & HONEY BAGEL

MINI HASH BROWNS (3 ea)

PUREED BREAD PUDDING



MENU

Freshly prepared meals served to your room within 45 minutes.

Children 3 and Under

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Lunch and Dinner

LUNCH AND DINNER ITEMS
ARE AVAILABLE AFTER 11:30 AM

Sandwiches

BREAD
Whole Wheat White

FILLING
Chicken Salad Tuna Salad Egg Salad
Peanut Butter & Jam Cheese

Burger

Grilled Chicken Breast Beef Vegetarian

TOPPINGS
Cheddar Cheese Swiss Cheese Tomato
Mayonnaise Ketchup Mustard Relish

Gourmet Wraps

QUESADILLA
Cheese or Chicken
Cheddar Cheese, Tomato, Onion
Salsa

Soup of the Day

ASK US FOR OUR DAILY SPECIAL

Hot Plates

SAUTÉED CHICKEN STRIPS
With Teriyaki Sauce

CHICKEN PARMESAN ALFREDO WITH SPAGHETTI
Chicken Breast, Alfredo Sauce, Parmesan Cheese

BREADED CHICKEN FINGERS (2 ea)

BUTTER CHICKEN WITH RICE

TURKEY SCHNITZEL

WILD PACIFIC SALMON FILLET
With Lemon Wedge or Hollandaise Sauce

BREADED FISH STICKS (4 ea)

SPAGHETTI & MEATBALLS
With Marinara Sauce & Parmesan Cheese

CHEESE & TOMATO LASAGNA
Pasta, Cheese, Tomato Sauce

THIN CRUST PIZZA
Cheese or Pepperoni

CLASSIC MACARONI & CHEESE

DHAL WITH RICE

SAAG PANEER WITH RICE

Sides

STEAMED VEGETABLES OF THE DAY

BROWN RICE

**SPAGHETTI NOODLES WITH
MARINARA SAUCE or BUTTER**
Optional: add Parmesan Cheese

DINNER ROLL

MASHED POTATOES
Optional: add Gravy

FRENCH FRIES

MINI VEGETABLE SPRING ROLL (2 ea)

HUMMUS

COTTAGE CHEESE

Fruits & Desserts

FRUIT OF THE DAY

FRESH FRUIT
Apple Orange Banana Kiwi

APPLESAUCE

YOGURT
Plain Assorted

PUDDING
Vanilla Chocolate Butterscotch

COOKIE
Chocolate Chip Oatmeal Digestive

ICE CREAM
Vanilla Chocolate Ice Cream Sandwich

ORANGE SHERBET

DESSERT OF THE DAY

Breakfast

Beverages

MILK

Skim 2% Whole Chocolate

JUICE

Apple Orange Cranberry Cocktail

HOT CHOCOLATE

GINGER ALE DIET GINGER ALE

Cereals

COLD CEREAL

Bran Flakes Raisin Bran
Rice Krispies Corn Flakes Cheerios

HOT CEREAL

Oatmeal *Cream of Wheat

PLAIN CONGEE

Sides

FRESH FRUIT

Apple Orange Banana

YOGURT

Plain Assorted

APPLESAUCE FRUIT CUP

CHEESE

Cheddar Marble Gouda

Meat & Eggs

EGG

Hardboiled Scrambled

OMELET

Cheese Western

BREAKFAST SAUSAGES (1 or 2 ea)

CRISPY BACON STRIPS (1 or 2 ea)

Breakfast Specials

HOMESTYLE PANCAKE (1 or 2 ea)

FRENCH TOAST

BELGIAN WAFFLE

FRESHLY BAKED MUFFIN OF THE DAY

TOAST

Multigrain Whole Wheat White

ENGLISH MUFFIN

BAGEL

MINI HASH BROWNS (3 ea)



MENU

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BMT

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What did you think of your meal today? [Let us know!](#)



Lunch and Dinner

Sandwiches & Wraps

PEANUT BUTTER & JAM SANDWICH
Multigrain, Whole Wheat or White Bread

CHEESE SANDWICH
Multigrain, Whole Wheat or White Bread

GRILLED CHEESE SANDWICH
White or Whole Wheat Bread

QUESADILLA
Cheese or Chicken
Cheddar Cheese, Tomato, Onion, Salsa

Burgers

Grilled Chicken Breast Beef Vegetarian

CONDIMENT PACKAGES
Mayonnaise Ketchup Mustard Relish

Vegetarian Hot Plates

THIN CRUST CHEESE PIZZA

SPAGHETTI NOODLES
with Butter or Marinara Sauce

CLASSIC MACARONI & CHEESE

CHEESE & TOMATO LASAGNA
Pasta, Cheese, Tomato Sauce

SAAG PANEER
White or Brown Rice

DHAL
White or Brown Rice

LUNCH AND DINNER ITEMS
ARE AVAILABLE AFTER 11:30 AM

Hot Plates

SAUTÉED CHICKEN STRIPS
With Teriyaki Sauce

**CHICKEN PARMESAN ALFREDO
WITH SPAGHETTI**
Chicken Breast, Alfredo Sauce, Parmesan Cheese

PLAIN CHICKEN BREAST

BUTTER CHICKEN WITH RICE

BREADED CHICKEN FINGERS (2 ea)

TURKEY SCHNITZEL

WILD PACIFIC SALMON FILLET
With packaged Tartar Sauce

BREADED FISH STICKS (4 ea)

BREADED SOLE FILLET

SPAGHETTI & MEATBALLS
With Marinara Sauce

THIN CRUST PEPPERONI PIZZA

Soup of the Day

ASK US FOR OUR DAILY SPECIAL

Sides

STEAMED VEGETABLE OF THE DAY

BROWN OR WHITE RICE

HUMMUS & PITA

DINNER ROLL

MASHED POTATOES

FRENCH FRIES

MINI VEGETABLE SPRING ROLL (2 ea)

Fruits & Desserts

FRESH FRUIT
Apple Orange Banana

APPLESAUCE FRUIT CUP

YOGURT
Plain Assorted

PUDDING
Vanilla Chocolate Butterscotch

COOKIE
Chocolate Chip Oatmeal Digestive

ICE CREAM
Vanilla Chocolate Ice Cream Sandwich

ORANGE SHERBET

JELLO CUP