Add a touch of:

Breakfast Served all day

Custom Smoothies

Served until 10:45 am

Our smoothies are prepared with a gelatin-free yogurt base and milk.

Add one (1) fruit of your choice:

SIL Banana

Blueberries

Raspberries

SII Mango

Brown sugar Syrup (0)

Bread (Toasted or untoasted)

Brown or white bread ☆◎

Plain English muffin 🕸

Plain bagel ☆◎

Fresh Fruit Craving a

Banana 🕁 Cantaloupe ☆ Seasonal fruit ☆ Watermelon ☆ Honeydew ☆

snack?

item with a

Canned Fruit

Orange ☆

Apple ☆

■ Peaches (chunks or puree) ☆ SL Pears (chunks or puree)☆

SL Organic apple puree ☆ 🍥 Margine Apple and blueberry puree ☆ ()

Margine Apple and strawberry puree ☆ (○)

SI Apple and peach puree ☆ ⊚ Tropical fruit salad ☆

Cold Cereal

Multi-grain Cheerios ☆ Chex ☆ Corn Flakes ☆ **G** Mini-Wheats ☆ Raisin Bran☆

Rice Krispies ☆ All-Bran ☆ (15 mL)

Hot Cereal

ST Cream of wheat Oatmeal Served until 10:45 am

Choose any

Toasted bread not available as a snack

Grilled cheese sandwich

Brown or white bread

Muffins

Banana, blueberry or carrot 🕸

Pancakes [©]. homemade waffles or French toast

Choose one (1) fruit garnish:

Banana, blueberries, raspberries or mango

Gelatin-free Yogurt

Strawberry ☆⊚ SI Plain 0%☆⊚

SII Peach ☆ ◎ SL Vanilla☆ (©

Nanö Yogurt

SIE Banana (0)

Strawberry 💿 Raspberry (*)

Eggs

Scrambled or hard-boiled

Omelettes

Plain or cheese

Ham

Cheese

Sliced cheese, light ☆ Swiss 💿



Condiments

Butter ☆ 🗇 Margarine & Strawberry jam 💿 Raspberry jam Blueberry & strawberry jam Peach & maple syrup jam Apple jelly☆

Grape jelly Light cream cheese SL Syrup

Creamy Wow Butter ☆

Creamy Wow Butter: peanut butter's little brother... without the peanuts or the nuts

Only one entrée selection per meal from the following menu sections: Meas Starting at 10:45 am sandwiches, custom pizzas, not crepate pasta bar, stir-fries or cold platters sandwiches, custom pizzas, hot classics,

Beverages Available all day

Cold Beverages

LSL Orange juice ☆ LSL Apple juice &

Grape juice ☆ Prune juice ☆ Cranberry Cocktail &

SL Skim milk☆◎

™ Milk, 2% or 3.25% ☆ **©** SL Chocolate milk, 1%☆◎ Lactose-free milk ☆ ②

SL Vanilla soy beverage ☆◎

Hot Beverages

LIST Coffee

L SL Tea

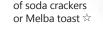
LSL Herbal tea 💿 LIST Hot water

Soup

Minestrone

Chicken noodle LSL Chicken broth LSL Vegetable broth Vegetable juice ☆

Add a package of soda crackers or Melba toast 🕸



Also try the Table d'hôte soup annonced when you order!

Sandwiches

Choice of Bread (1)

Whole-wheat tortilla Ancient grain baquette 💿 Brown bread White bread (Plain salad roll (2)

Choice of Toppings (3)

Lettuce Tomato White cheddar Sliced cheese, light Swiss

Choice of Protein (1)

Egg salad Ham salad Chicken salad

Chicken Ham[®] Tuna

Choice of condiment (1 ou 2): Margarine, butter \heartsuit , mayonnaise, mustard



Make your

own custom

sandwich!

Dip it!

Add a serving of raw vegetables and a dressing of your choice!

Raw Vegetables

Broccoli/cauliflower ☆ Carrots & Celery ☆ Cucumber 🖈 Garden salad Tomato slices

Dressings

Caesar ☆ Light Italian ☆ House ☆ Thousand Islands ☆ Ranch &

Create your own pizza in 3 easy steps!

Custom Pizzas

All our pizzas can be served with or without cheese!

Choice of bread (1)

White pizza dough Whole wheat pita

Choice of protein (1)

Ham 💿 Chicken Tuna Tofu 🛇

Choice of Toppings (2)

Pineapple Mushrooms Green pepper Tomato



Classics

Burritos

Hamburgers

Beef, chicken or vegetarian

Meat Patties Beef or chicken

Vegetarian patty

Multi-grain fish fillet

Hake fillet Salmon loin

Ham

Shepherd's pie Beef or vegetarian

Roasted turkey Grilled chicken breast

Omelette, with or without cheese

Add your choice of sides

Spicy mango chutney Ketchup Mayonnaise Mustard Relish Parmesan (15mL) Lemon wedge Homemade salsa Beef gravy (Chicken gravy (9) Sova sauce Tartar sauce

Condiments

Table d'hôte menu

You will be given the details when you order

Hot Vegetables

Broccoli 🛇 Carrots (9) Cauliflower 🗇 Yellow beans 💿

Sunrise Blend mixed vegetables

Boiled potato White rice

Mashed potatoes (Whole-wheat rotini White spaghetti

White macaroni (6)

Hot Starch Sides

White shell (

Also try the when available

Create your own

pasta plate!

Choice of Pasta (1)

White shell (White macaroni 🛇 Whole-wheat rotini



Choice of Sauce (1)

Meat Alfredo Lentil White spaghetti 💿 Marinara Rosé



Add a protein: Chicken

Tofu 💿



Create your

own stir fry is 4 easy steps!

Lasagna

Meat Tomato

Stir-fries

Choose a healthy stir-fry

Choice of Starch (1)

White shell White macaroni White rice Whole-wheat rotini White spaghetti (

Choice of Protein (1)

Chicken Tofu 💿

Choice of Sauce

Soya

Choice of Vegetables (1)

Sunrise Blend mixed vegetables House blend

Cold Platters

A touch of freshness

Cheese (1)

White cheddar 🛇 Sliced cheese, light Shredded mozzarella 💿 Swiss 💿

Fruit(1)

Pineapple Cantaloupe Mango Watermelon Honeydew

Raw Vegetables(2)

Broccoli/cauliflower Carrots Celery Cucumber Garden salad Tomato slices

Dressings(2)

Caesar Light Italian House Thousand Islands Ranch

Protein(1)

Hummus Ham 🔘 Egg (9) Chicken Chicken salad Ham salad Egg salad Tuna Tofu 💿

Crackers (1)

Sesame sticks Soda crackers Melba toast (2)



Personalize your cold platter!

Adapted Textures (pureed or chopped)

Infant cereal

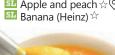
Oats Mixed Rice

Fruit Purees

SI Peach☆ **S** Pear☆

SIL Organic apple ☆ ◎ Maria Apple and blueberry ☆◎ Apple and strawberry & 💮

Mapple and peach ☆ 🏵



Homemade Vegetable Purees

Carrot Squash 🗑 Yellow bean 🗇 Sweet potato Green pea ()

Homemade **Meat Purees**

Lamb Beef 📀 Chickpea Chicken (Salmon

Homemade Chopped Vegetables

Broccoli Carrot Yellow bean

Homemade **Chopped Meat**

Lamb Beef 📀 Pork 💿 Chicken 🛇

Gravy

Beef 💿 Chicken (9)

Choose any item with

Sweet Treats!

Fresh Fruit

Banana 🕸 Cantaloupe ☆ Seasonal fruit \$\price \tau\$ Watermelon ☆ Honeydew ☆ Orange 🕸 Apple ☆ ⊚

Canned Fruit

II Peaches (chunks or puree) ☆ SIL Pears (chunks or puree) ☆ SII Organic apple puree ☆ ◎ Magnetic Apple and blueberry puree ☆◎ SII Apple and strawberry puree ☆ (๑)

■ Apple and peach puree ☆

Tropical fruit salad ☆

Organic Dried Fruit

Organic dried wild blueberries & (a) Organic dried cranberries ☆ ②

Fruit-Flavoured Desserts

GLSI Strawberry jello ☆ GLSL Orange jello



Pudding

SL Chocolate 🕸 ST. Vanilla 🕸 Rice ☆ ②

Gelatin-free Yogurt

Strawberry ☆ ♥
Strawberry ☆ ♥
Plain 0% ☆ ♥ SL Peach ☆◎
SL Vanilla ☆◎

Nanö Yogurt

SI Banana ☆ 🌣 SL Strawberry ☆⊚ sss Raspberry ☆ ⊚

Cookies

Tea biscuits (2) Oatmeal (2) Crispy blueberry cookie (2)

Pastries

Chocolate and banana brownies ☆ G Rice Krispies squares ☆ Molasses cookie ☆ Chocolate cake ☆ White cake with vanilla icing ☆ Muffins: banana, blueberry or carrot ☆

Frozen Treats (max. 1)

Maple ice milk (9) Vanilla ice milk (LSL Orange popsicle Raspberry sorbet Frozen yogurt (

Craving a snack?

a star

To order:

All patients can order up to 3 meals per day. Meals are served within 60 minutes.

1. Choose your menu items.

2. Call 4747.

Parents and guardians can also order meals for their children by calling the hospital from an outside line: 514-345-4747

Menu

REGULAR

6:30 am to 7 pm

Call me!

.. And don't

forget to

snack!

order vour

Please have this information ready: Last name, first name and room number.

Please note

The menu can change without notice.

The meat served is not halal.

Not all menu items are available to all patients due to food allergies, gluten intolerance or age group. In such cases, substitutes can be offered.

Organic and local foods have been on the menu since 2018 thanks to a project conducted in collaboration with Équiterre. For more details, visit equiterre.org/chusaintejustine.

Ask about it!







