

Breakfast

beverages

COFFEE

regular decaf

TEA

black decaf black green peppermint

MILK

skim 2% whole lactose-free soy

JUICE

apple orange cranberry cocktail

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 (HALF)

MINI HASH BROWNS (3 EA)



MENU

Freshly prepared meals served to your room within 45 minutes.

WOMEN'S HEALTH

operation hours:

7:00am – 6:15pm

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



What did you think of your meal today? **Let us know!**



Please keep this menu for the duration of your stay

Lunch and Dinner

LUNCH AND DINNER ITEMS ARE
AVAILABLE AFTER 11:30 AM

sandwich

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 mayonnaise ketchup
mustard relish cheddar cheese swiss cheese

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

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

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 BROWN RICE

TURKEY SCHNITZEL

WILD PACIFIC SALMON FILLET

with lemon wedge or hollandaise sauce

BREADED SOLE FILLET

SPAGHETTI & MEATBALLS

with marinara sauce & parmesan cheese

CHEESE & TOMATO LASAGNA

pasta, cheese, tomato sauce

THIN CRUST PIZZA

cheese or pepperoni

CLASSIC MACARONI & CHEESE

GRILLED CHEESE SANDWICH

DHAL WITH BROWN RICE

SAAG PANEER WITH BROWN RICE

soup of the day

ASK US FOR OUR DAILY SPECIAL

sides

VEGETABLE STICKS GARDEN SALAD

CAESAR SALAD BROWN RICE

STEAMED VEGETABLES OF THE DAY

SPAGHETTI NOODLES WITH MARINARA SAUCE
OR BUTTER

optional: add parmesan cheese

MASHED POTATOES

optional: add gravy

FRENCH FRIES DINNER ROLL

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

COFFEE

regular decaf

TEA

black decaf black green peppermint

MILK

skim [6 g] 2% [6 g] whole [6 g]
lactose-free [5 g] soy [4 g]

CRYSTAL LIGHT

assorted flavors

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]



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menu icons

[g] Grams of Carbohydrate



What did you think of your meal today? Let us know!



Lunch and Dinner

LUNCH AND DINNER ITEMS ARE
AVAILABLE AFTER 11:30 AM

sandwich

BREAD

multigrain [30 g] whole wheat [26 g] white [33 g]

FILLING

chicken salad tuna salad egg salad
peanut butter & jam [13 g] cheese

burger

grilled chicken breast [26-28 g] beef [28-29 g]
vegetarian [35-37 g]

TOPPINGS

lettuce tomato red onion cheddar cheese
swiss cheese mayonnaise ketchup [3 g]
mustard relish

gourmet wraps

GRILLED CHICKEN CAESAR [47 G]

grilled seasoned chicken, lettuce, parmesan cheese,
creamy caesar dressing

QUESADILLA [23 G]

chicken or cheese
salsa [1 g] cheddar cheese, tomato, onion

VEGETARIAN HUMMUS [53 G]

lettuce, tomato, hummus

salad bowls

GARDEN SALAD

romaine lettuce, purple cabbage, carrots, tomato
choice: italian, ranch, balsamic or thousand island
dressing

CAESAR SALAD [9 G]

romaine lettuce, parmesan cheese, croutons, creamy
caesar dressing

SPINACH CRANBERRY SALAD [10 G]

spinach, dried cranberries, mandarin orange,
choice: italian, ranch, balsamic or thousand island
dressing

optional: add grilled chicken breast, baked salmon fillet
or chickpeas [12 g] to any salad above

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 NOODLES [27 G]

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 SOLE FILLET [21 G]

with lemon wedge

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] BROWN RICE [19 G]

STEAMED VEGETABLES OF THE DAY

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

SPAGHETTI NOODLES WITH MARINARA SAUCE OR BUTTER [27 G]

optional: add parmesan cheese

MASHED POTATOES [14 G]

optional: add gravy

MINI VEGETABLE SPRING ROLL (2 EA) [10 G]

FRENCH FRIES [20 G] DINNER ROLL [16 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]