

# BREAKFAST

Breakfast items are available before 10:30 a.m.

## Beverages

Pick up to 2 beverages at breakfast, lunch and dinner

### Coffee

Regular | Decaf

### Tea

Black | Decaf Black | Green | Peppermint

### Milk

Skim | 2% | Whole | Lactose-free | Soy

### Juice

Apple | Orange | Cranberry Cocktail

## Cereals

Pick up to 1 item

### Cold Cereal

Bran Flakes | Raisin Bran | Cheerios

Rice Krispies | Corn Flakes

### Hot Cereal

Oatmeal | Cream of Wheat | Congee

## Meat and Eggs

Pick up to 2 items

Hard-boiled Egg | Scrambled Egg

Cheese Omelet | Western Omelet

Sausages | Bacon

## Breakfast Specials

Pick up to 2 items

Homestyle Pancakes (2 ea)

French Toast

Belgian Waffle

Freshly Baked Muffin

English Muffin

Multigrain Bagel

Mini Hash Browns (3 ea)

### Toast

Multigrain | White | Whole Wheat

## Breakfast Sides

Pick up to 2 items

Assorted Yogurt

Blueberry Granola Yogurt Parfait

### Fresh Fruit

Apple | Orange | Banana

### Cheese

Cheddar | Marble | Gouda | Cottage



# MENU

Freshly prepared meals served to your room within 45 minutes.

## Women's Health

Room Service meals are served from 8:30 a.m. to 6:45 p.m. daily.

There are short pauses in service from 10:30 a.m. to 11:30 a.m. and from 3:30 p.m. to 4:30 p.m.

The last call is at 6:15 p.m.

**Call to place your order:**

**604-875-2233 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? Scan the code and let us know!



**W**  
**BC WOMEN'S  
HOSPITAL+**  
**HEALTH CENTRE**

Provincial Health Services Authority



Please keep this menu for the duration of your stay.

# LUNCH AND DINNER

Lunch and dinner items are available after 11:30 a.m.

## Sandwiches

### Filling

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

### Bread

Multigrain | White | Whole Wheat

## Hot Grill

Grilled Chicken Caesar Wrap

### Quesadilla

[Cheese | Chicken]

Grilled Cheese Sandwich

### Burger

Grilled Chicken | Beef | Vegetarian

Lettuce | Tomato

Red Onion | Cheddar Cheese

## Salad Bowls

Caesar Salad

Garden Salad

### Optional

Grilled Chicken Breast | Baked Salmon Fillet

Chickpeas

## Cold Plates

Fruit Plate

Hummus Plate

Pick up to 2 items from entrees [sandwiches, hot grill, salad bowl, cold plates and hot plates]

## Hot Plates

Sautéed Teriyaki Chicken Strips

Chicken Parmesan Alfredo

Breaded Chicken Fingers (2 ea)

Butter Chicken

Turkey Schnitzel

Wild Pacific Salmon Fillet

Spaghetti and Meatballs

Thin Crust Pizza

[Pepperoni | Cheese]

Vegetable Lasagna

Macaroni and Cheese

Dhal

Saag Paneer

## Condiments

Salt | Pepper | Margarine | Whipped Butter

Jam | Syrup | Peanut Butter | Cream Cheese

Lemon Wedge | Crackers | Mayonnaise

Ketchup | Mustard | Relish

### Sauce

Plum | Salsa | Soy | Gravy | Tartar | Hollandaise

### Dressing

Italian | Ranch | Thousand Island

## Sides

Pick up to 2 items

Soup of the Day

Vegetable Sticks

Garden Salad | Caesar Salad

Steamed Vegetables of the Day

Dinner Roll

French Fries

Brown Rice

Mashed Potatoes

Mini Vegetable Spring Roll (2 ea)

Spaghetti Noodles

[Butter | Marinara]

## Fruits and Desserts

Pick up to 2 items

Dessert of the Day

Seasonal Fruit

Assorted Yogurt

### Fresh Fruit

Apple | Orange | Banana

### Pudding

Chocolate | Vanilla | Butterscotch

### Cookie

Chocolate Chip | Oatmeal Raisin | Digestive

### Ice Cream

Vanilla | Chocolate

Orange Sherbet

# BREAKFAST

Breakfast items are available before 10:30 a.m.

## Beverages

Pick up to 2 beverages at breakfast, lunch and dinner

### Coffee

Regular | Decaf

### Tea

Black | Decaf Black | Green | Peppermint

### Milk

Skim/2%/Whole [6g] | Soy [3g]

Lactose-free [6g]

### Other

Crystal Light

## Cereals

Pick up to 1 item

### Cold Cereal

Bran Flakes [24g] | Cheerios [13g]

Rice Krispies [18g] | Corn Flakes [23g]

### Hot Cereal

Oatmeal [19 g] | Cream of Wheat [16g]

Congee [12g]

## Meat and Eggs

Pick up to 2 items

Hard-boiled Egg | Scrambled Egg

Cheese Omelet | Western Omelet

Sausages | Bacon

## Breakfast Specials

Pick up to 2 items

Homestyle Pancakes (2 ea) [27g]

Belgian Waffle [22g]

Freshly Baked Muffin [18- 26g]

English Muffin [23g]

Multigrain Bagel (Half) [22g]

Mini Hash Browns (3 ea) [10g]

### Toast

Multigrain [15g] | White [14g]

Whole Wheat [15g]

## Breakfast Sides

Pick up to 2 items

### Fresh Fruit

Apple [21g] | Orange [15g] | Banana [25g]

### Yogurt

Plain [4g] | Assorted [13g]

### Cheese

Cheddar | Marble | Gouda | Cottage [5g]



# MENU

Freshly prepared meals served to your room within 45 minutes.

## Women with Diabetes

Room Service meals are served from 8:30 a.m. to 6:45 p.m. daily.

There are short pauses in service from 10:30 a.m. to 11:30 a.m. and from 3:30 p.m. to 4:30 p.m.

The last call is at 6:15 p.m.

## Call to place your order:

604-875-2233 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? Scan the code and let us know!



**W**  
**BC WOMEN'S  
HOSPITAL+**  
**HEALTH CENTRE**

Provincial Health Services Authority



Please keep this menu for the duration of your stay.

# LUNCH AND DINNER

Lunch and dinner items are available after 11:30 a.m.

Pick up to 2 items from entrees [sandwiches, hot grill, salad bowl, cold plates and hot plates]

## Sandwiches

### Filling

Chicken Salad | Tuna Salad

Egg Salad | Cheese

Peanut Butter & Diet Jam [3g]

### Bread

Multigrain [30g] | White [28g]

Whole Wheat [30g]

## Hot Grill

Grilled Cheese Sandwich [28 - 30g]

Grilled Chicken Caesar Wrap [44g]

Quesadilla [23g]

[Cheese | Chicken]

### Burger

Grilled Chicken [29g]

Beef [29g] | Vegetarian [49g]

Lettuce | Tomato

Red Onion | Cheddar Cheese

## Salad Bowls

Caesar Salad [9g]

Garden Salad

### Optional

Chicken Breast | Baked Salmon

Chickpeas [9g]

## Cold Plates

Fruit Plate [39g]

Hummus Plate [41g]

## Hot Plates

Sautéed Teriyaki Chicken Strips [23g]

Chicken Parmesan Alfredo [6g]

Breaded Chicken Fingers (2 ea) [13g]

Butter Chicken [6g]

Turkey Schnitzel [15g]

Baked Salmon Fillet

Spaghetti and Meatballs [39g]

Vegetable Lasagna [33g]

Macaroni and Cheese [25g]

Dhal [15g]

Saag Paneer [6g]

## Condiments

Salt | Pepper | Margarine | Whipped Butter

Diet Jam [3g] | Diet Syrup [2g]

Peanut Butter | Cream Cheese

Lemon Wedge | Crackers [5g] | Mayonnaise

Ketchup [3g] | Mustard | Relish

### Sauce

Plum | Salsa | Soy | Gravy | Tartar | Hollandaise

### Dressing

Italian | Ranch | Thousand Island

## Sides

Pick up to 2 items

Soup of the Day [9-15g]

Vegetable Sticks

Garden Salad | Caesar Salad [2g]

Steamed Vegetables of the Day

Dinner Roll [27g]

French Fries [20g]

Brown Rice [19g]

Mashed Potatoes [15g]

Mini Vegetable Spring Roll (2 ea) [10g]

Spaghetti Noodles

[ Butter [30g] | Marinara [34g] ]

## Fruits and Desserts

Pick up to 2 items

### Seasonal Fruit

#### Fresh Fruit

Apple [21g] | Orange [15g]

Banana [25g]

#### Yogurt

Plain [4g] | Assorted [13g]

#### Ice Cream

Vanilla [15g] | Chocolate [16g]

Orange Sherbet [18g]