

BREAKFAST

Beverages

Coffee

Regular | Decaf

Tea

Black | Decaf | Green | Peppermint

Milk

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

Juice

Apple | Orange | Cranberry Cocktail

Cereals

Cold Cereal

Bran Flakes | Raisin Bran | Cheerios

Rice Krispies | Corn Flakes

Hot Cereal

Oatmeal | Cream of Wheat | Congee

Sides

Fresh Fruit

Apple | Orange | Kiwi | Banana

Yogurt

Plain | Assorted | Blueberry Parfait

Cheese

Cheddar | Marble | Gouda | Cottage

Meat and Eggs

Egg

Hardboiled | Scrambled

Cheese Omelet | Western Omelet

Meat

Sausages | Bacon

Breakfast Specials

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



MENU

Freshly prepared meals served to your room within 45 minutes.

Women's Health

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:

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

Sandwiches

Filling

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

Bread

Multigrain | White | Whole Wheat

Hot Grill

Grilled Cheese Sandwich

Burger

Grilled Chicken Breast | Beef | Vegetarian

Lettuce | Tomato
Red Onion | Cheddar Cheese

Gourmet Wraps

Grilled Chicken Caesar

Quesadilla

[Cheese | Chicken]

Salad Bowls

Garden Salad | Caesar Salad

Dressing

Italian | Ranch | Thousand Island

Optional

Grilled Chicken Breast | Baked Salmon Fillet
Chickpeas

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

Soup of the Day

Ask us for our daily special

Cold Plates

Fruit Plate

Hummus Plate

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

Sides

Hummus | 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]

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

Fruits and Desserts

Dessert of the Day

Fruit of the Day

Fresh Fruit

Apple | Orange | Banana | Kiwi

Yogurt

Plain | Assorted

Pudding

Chocolate | Vanilla | Butterscotch

Cookie

Chocolate Chip | Oatmeal Raisin | Digestive

Ice Cream

Vanilla | Chocolate

Ice Cream Sandwich | Orange Sherbet

BREAKFAST

Beverages

Coffee

Regular | Decaf

Tea

Black | Decaf | Green | Peppermint

Milk

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

Lactose-free [4g]

Crystal Light

Cereals

Cold Cereal

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

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

Hot Cereal

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

Congee [12g]

Sides

Fresh Fruit

Apple [21g] | Orange [15g]

Kiwi [8g] | Banana [25g]

Yogurt

Plain [4g] | Assorted [13g]

Cheese

Cheddar | Marble | Gouda | Cottage [5g]

Meat and eggs

Egg

Hardboiled | Scrambled

Cheese Omelet | Western Omelet

Meat

Sausages | Bacon

Breakfast Specials

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]



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Women with Diabetes

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

Provincial Health Services Authority



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LUNCH AND DINNER

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]

Burger

Grilled Chicken Breast [29g]

Beef [29g] | Vegetarian [49g]

Lettuce | Tomato

Red Onion | Cheddar Cheese

Gourmet Wraps

Grilled Chicken Caesar [44g]

Quesadilla [23g]

[Cheese | Chicken]

Vegetarian Hummus [51g]

Salad Bowls

Garden Salad

Dressing

Italian | Ranch | Thousand Island

Caesar Salad [9g]

Optional

Chicken Breast | Baked Salmon

Chickpeas [9g]

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

Soup of the Day

Ask us for our daily special [9 - 15g]

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]

Sides

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]

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

Fruit and Dessert

Fruit of the Day

Fresh Fruit

Apple [21g] | Orange [15g]

Banana [25g] | Kiwi [8g]

Yogurt

Plain [4g] | Assorted [13g]

Ice Cream

Vanilla [15g] | Chocolate [16g]

Ice Cream Sandwich [25g]

Orange Sherbet [18g]