

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]



MENU

Freshly prepared meals served to your room within 45 minutes.

WOMEN WITH DIABETES

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

Please keep this menu for the duration of your stay

menu icons

[g] Grams of Carbohydrate



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

BC WOMEN'S HOSPITAL+ HEALTH CENTRE





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

Lunch and Dinner

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]

LUNCH AND DINNER ITEMS ARE
AVAILABLE AFTER 11:30 AM

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]

