

# 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

Optional: served with 1x milk

Bran Flakes

Raisin Bran

Cheerios

Rice Krispies

Corn Flakes

### Hot Cereal

Oatmeal

Cream of Wheat

Congee

## Meat and Eggs

Pick up to 2 items

Sausages

Bacon

Hard-boiled Egg

Scrambled Egg

Cheese Omelet

Western Omelet

## Breakfast Specials

Pick up to 2 items

Homestyle Pancakes

French Toast

Belgian Waffle

Freshly Baked Muffin

English Muffin

Multigrain Bagel

Mini Hash Browns

Toast

## Breakfast Sides

Pick up to 2 items

Seasonal Fruit

Cheese Portion

Blueberry Granola Yogurt Parfait

Fruit Yogurt



# 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!



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 Cheese Sandwich

Grilled Chicken Caesar Wrap

Quesadilla

[Cheese | Chicken]

### Burger

Grilled Chicken | Beef

Black Bean 

Lettuce | Tomato

Red Onion | Cheddar Cheese

## Salad Bowls

Caesar Salad

Garden Salad  

### Optional

Chicken Breast | Baked Salmon

Chickpeas

## Cold Plates

Fruit Plate

Hummus Plate

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

## Hot Plates

Teriyaki Chicken Strips

Breaded Chicken Fingers

Chicken Parmesan Alfredo

Butter Chicken 

Turkey Schnitzel

Maple Salmon 

Breaded Fish Sticks

Spaghetti with Veggie Meatballs

Thin Crust Pizza [= 2 entrées]

[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

### Dressing

Italian | Ranch | Thousand Island | Caesar

## Sides

Pick up to 2 items

Soup of the Day

Steamed Vegetables of the Day

Vegetable Sticks

Garden Salad

Caesar Salad

Dinner Roll

French Fries

Brown Rice

Mashed Potatoes

Mini Vegetable Spring Rolls

Spaghetti Noodles

[Butter | Marinara]

## Fruits and Desserts

Pick up to 2 items

Dessert of the Day

Seasonal Fruit

Fruit Yogurt

Assorted Pudding

Assorted Cookie

Ice Cream

Vegan Entrée 

Gluten-free Entrée 

Indigenous Recipe 