

# BREAKFAST

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

## Beverages

Pick up to 2 beverages at breakfast, lunch and dinner

### Milk

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

Lactose-Free [6g] | Chocolate [23g]

### Other

Crystal Light

## Cereals

Pick up to 1 item

### Cold Cereal

Bran Flakes [24g] | Corn Flakes [23g]

Rice Krispies [18g] | Cheerios [13g]

### Hot Cereal

Oatmeal [19g] | Plain Congee [12g]

Cream of Wheat [16g]

## 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] Pureed

Bread Pudding [18g]

### Toast

Multigrain [15 g] | 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.

## Children 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.

Menu icons:  
[g] = grams of  
carbohydrate

What did you think of  
your  
meal?  
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 & 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 [31g]  
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]

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

## Hot Plates

Sautéed Teriyaki Chicken Strips [23g]  
Breaded Chicken Fingers (2 ea) [13g]  
Butter Chicken [6g]  
Turkey Schnitzel [15g]  
Baked Salmon Fillet  
Breaded Fish Sticks (4 ea) [16g]  
Spaghetti and Meatballs [39g]  
Vegetable Lasagna [33g]  
Macaroni and Cheese [25g]  
Chicken Parmesan Alfredo [6g]  
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  
Salad Dressing  
Italian | Ranch | Thousand Island

## Sides

Pick up to 2 items

Soup of the Day [9 -15g]  
Steamed Vegetables of the Day  
Vegetable Sticks  
Garden Salad | Caesar Salad [2 g]  
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 [4 g] | Assorted [13g]

#### Ice Cream

Vanilla [15g] | Chocolate [16g]  
Orange Sherbet [18g]

# BREAKFAST

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

## Beverages

Pick up to 2 beverages at breakfast, lunch and dinner

### Milk

Skim | 2% | Whole | Soy

Lactose-Free | Chocolate

### Juice

Apple | Orange | Cranberry Cocktail

### Other

Hot Chocolate

## Cereals

Pick up to 1 item

### Cold Cereal

Bran Flakes | Raisin Bran | Cheerios

Corn Flakes | Rice Krispies

### 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

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## Children 4 and Over

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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 | 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

Baked Salmon Fillet

Breaded Fish Sticks (4 ea)

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

Steamed Vegetables of the Day

Vegetable Sticks

Garden Salad | Caesar Salad

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

Fruit Fruits

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

### Milk

Skim | 2% | Whole | Soy

Lactose-Free | Chocolate

### Juice

Apple | Orange | Cranberry Cocktail

### Other

Hot Chocolate

## Cereals

Pick up to 1 item

### Cold Cereal

Bran Flakes | Cheerios

Corn Flakes | Rice Krispies

### Hot Cereal

Oatmeal | Cream of Wheat | Congee

## Meat and Eggs

Pick up to 2 items

Hard-boiled Egg | Scrambled Egg

Cheese Omelet | Western Omelet

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)

Pureed Bread Pudding

### 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.

## Children 3 and Under

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What did you think of your meal? Scan the code and let us know!



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# 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

White | Whole Wheat

## Hot Grill

Grilled Cheese Sandwich

Quesadilla

[Cheese | Chicken]

### Burger

Grilled Chicken | Beef | Vegetarian

Tomato | Cheddar Cheese

## Condiments

Salt | Pepper | Margarine | Whipped Butter

Jam | Syrup | Peanut Butter | Cream Cheese

Mayonnaise | Ketchup | Mustard | Relish

### Sauce

Plum | Salsa | Soy | Gravy

Tartar | Hollandaise

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

## Hot Plates

Sautéed Teriyaki Chicken Strips

Chicken Parmesan Alfredo

Breaded Chicken Fingers (2 ea)

Butter Chicken

Turkey Schnitzel

Baked Salmon Fillet

Breaded Fish Sticks (4 ea)

Spaghetti and Meatballs

Thin Crust Pizza

[Pepperoni | Cheese]

Vegetable Lasagna

Macaroni and Cheese

Dhal

Saag Paneer

## Sides

Pick up to 2 items

Soup of the Day

Steamed Vegetables of the Day

Dinner Roll

French Fries

Brown Rice

Mashed Potatoes

Mini Vegetable Spring Roll (2 ea)

Hummus

Cottage Cheese

Spaghetti Noodles

[ Butter | Marinara ]

## Fruits and Desserts

Pick up to 2 items

Assorted Yogurt

Dessert of the Day

Seasonal Fruit

### 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

### Milk

Skim | 2% | Whole | Chocolate

### Juice

Apple | Orange | Cranberry Cocktail

### Other

Hot Chocolate

Ginger Ale

## Cereals

Pick up to 1 item

### Cold Cereal

Bran Flakes | Raisin Bran | Cheerios

Corn Flakes | Rice Krispies

### Hot Cereal

Oatmeal | Cream of Wheat

## 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

Applesauce

Assorted Yogurt

### Fresh Fruit

Apple | Orange | Banana

### Cheese

Cheddar | Marble | Gouda | Cottage



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## BMT

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# LUNCH AND DINNER

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

## Sandwiches

### Filling

Cheese | Peanut Butter & Jam

### Bread

Multigrain | White | Whole Wheat

## Hot Grill

Grilled Cheese Sandwich

Quesadilla

[Cheese | Chicken]

### Burger

Grilled Chicken | Beef | Vegetarian

## Condiments

Salt | Pepper

Margarine | Whipped Butter

Jam | Syrup

Peanut Butter | Cream Cheese

Crackers | Mayonnaise | Ketchup

Mustard | Relish

### Sauce

Plum | Salsa | Soy

Gravy | Tartar | Hollandaise

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

## Hot Plates

Sautéed Teriyaki Chicken Strips

Chicken Parmesan Alfredo

Plain Chicken Breast

Breaded Chicken Fingers (2 ea)

Butter Chicken

Turkey Schnitzel

Baked Salmon Fillet

Breaded Fish Sticks (4 ea)

Spaghetti and Meatballs

Thin Crust Pizza

[Pepperoni | Cheese]

Vegetable Lasagna

Macaroni and Cheese

Dhal

Saag Paneer

## Sides

Pick up to 2 items

Soup of the Day

Steamed Vegetables of the Day

Hummus

Pita

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

Assorted Yogurt

Jello Cup

Strawberry | Orange

Fresh Fruit

Apple | Orange | Banana

Pudding

Chocolate | Vanilla | Butterscotch

Cookie

Chocolate Chip | Oatmeal Raisin | Digestive

Ice Cream

Vanilla | Chocolate

Orange Sherbet