

BREAKFAST

Beverages

Milk

Skim/2%/Whole [6g] | Soy [3g]
Lactose-Free [4g] | Chocolate [23g]

Crystal Light

Cereals

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

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]

Pureed Bread Pudding [18g]

Toast

Multigrain [15 g] | White [14g]

Whole Wheat [15g]

Breakfast Sides

Fresh Fruit

Apple [21g] | Orange [15g]

Kiwi [8g] | 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

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.

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

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 [31g] | Vegetarian [49g]

Lettuce | Tomato

Red Onion | Cheddar Cheese

Gourmet Wraps

Grilled Chicken Caesar [44g]

Quesadilla [23g]

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]

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]

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

Fruits and Desserts

Fruit of the Day

Fresh Fruit

Apple [21g] | Orange [15g]

Kiwi [8g] | Banana [25g]

Yogurt

Plain [4g] | Assorted [13g]

Ice Cream

Vanilla [15g] | Chocolate [16g]

Ice Cream Sandwich [25g]

Orange Sherbet [18g]

BREAKFAST

Beverages

Milk

Skim | 2% | Whole | Soy

Lactose-Free | Chocolate

Juice

Apple | Orange | Cranberry Cocktail

Hot Chocolate

Cereals

Cold Cereal

Bran Flakes | Raisin Bran | Cheerios

Corn Flakes | Rice Krispies

Hot Cereal

Oatmeal | Cream of Wheat | Congee

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)

Pureed Bread Pudding

Toast

Multigrain | White | Whole Wheat

Breakfast Sides

Fresh Fruit

Apple | Orange | Kiwi | Banana

Yogurt

Plain | Assorted | Blueberry Parfait

Cheese

Cheddar | Marble | Gouda

Cottage



MENU

Freshly prepared meals served to your room within 45 minutes.

Children 4 and Over

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

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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

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]

Vegetarian Hummus

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

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

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

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

Milk

Skim | 2% | Whole | Soy

Lactose-Free | Chocolate

Juice

Apple | Orange | Cranberry Cocktail

Hot Chocolate

Cereals

Cold Cereal

Bran Flakes | Cheerios

Corn Flakes | Rice Krispies

Hot Cereal

Oatmeal | Cream of Wheat | Congee

Meat and Eggs

Egg

Hardboiled | Scrambled

Cheese Omelet | Western Omelet

Meat

Bacon

Breakfast Specials

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

Fresh Fruit

Apple | Orange | Kiwi | Banana

Yogurt

Plain | Assorted | Blueberry Parfait

Cheese

Cheddar | Marble | Gouda

Cottage



MENU

Freshly prepared meals served to your room within 45 minutes.

Children 3 and Under

Operation hours:

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LUNCH AND DINNER

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 Breast | Beef | Vegetarian

Tomato | Cheddar Cheese

Sides

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

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

Soup of the Day

Ask us for our daily special

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

Mayonnaise | Ketchup | Mustard | Relish

Sauce

Plum | Salsa | Soy | Gravy

Tartar | Hollandaise

Fruits and Desserts

Dessert 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

Milk

Skim | 2% | Whole | Chocolate

Juice

Apple | Orange | Cranberry Cocktail

Hot Chocolate

Ginger Ale

Regular | Diet

Cereals

Cold Cereal

Bran Flakes | Raisin Bran | Cheerios

Corn Flakes | Rice Krispies

Hot Cereal

Oatmeal | Cream of Wheat

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

Breakfast Sides

Fresh Fruit

Apple | Orange | Banana

Applesauce

Yogurt

Plain | Assorted |

Cheese

Cheddar | Marble | Gouda

Cottage



MENU

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BMT

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LUNCH AND DINNER

Sandwiches

Filling

Cheese | Peanut Butter & Jam

Bread

Multigrain | White | Whole Wheat

Hot Grill

Grilled Cheese Sandwich

Quesadilla

[Cheese | Chicken]

Burger

Grilled Chicken Breast | Beef | Vegetarian

Sides

Hummus | Pita

Steamed Vegetables of the Day

Dinner Roll | French Fries

Brown Rice | Mashed Potatoes

Mini Vegetable Spring Roll (2 ea)

Spaghetti Noodles

[Butter | Marinara]

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

Soup of the Day

Ask us for our daily special

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

Condiments

Salt | Pepper

Margarine | Whipped Butter

Jam | Syrup

Peanut Butter | Cream Cheese

Crackers | Mayonnaise | Ketchup

Mustard | Relish

Sauce

Plum | Salsa | Soy

Gravy | Tartar | Hollandaise

Fruits and Desserts

Dessert of the Day

Jello Cup

Fresh Fruit

Apple | Orange | Banana

Yogurt

Plain | Assorted

Pudding

Chocolate | Vanilla | Butterscotch

Cookie

Chocolate Chip | Oatmeal Raisin | Digestive

Ice Cream

Vanilla | Chocolate

Ice Cream Sandwich | Orange Sherbet