

LIQUID DIETS

CLEAR LIQUID MENU

Juice

Apple (1)

Broths

Chicken or Beef or Vegetable

Gelatin

Assorted Flavors: Regular (1) | Sugar-Free

Hot Beverages

Coffee | Decaffeinated Coffee
Tea | Decaffeinated Tea

Cold Beverages

Unsweetened Iced Tea | Sierra Mist (1.5)
Ginger Ale (1.5) | Diet Ginger Ale
Crystal Light™ Lemonade | Lemonade (2)

Frozen Treats

Italian Water Ice (2): Orange | Lemon
Sugar Free Lemon Ice (1)
Popsicles: Orange (3)
Sugar-Free Popsicles: Grape (1)

FULL LIQUID MENU

Juices

Apple (1) | Cranberry (1)
Grape (1) | Orange (1)
Prune (1.5) | Low Sodium V8 (0.5)

Cereals

Grits (1.5) | Cream of Wheat (2)
Cream of Rice (2)

Broths

Chicken or Beef or Vegetable

Soup

Tomato (0.5) | Cream of Chicken (1)

Desserts

Pudding:

Vanilla | Chocolate
Regular (1) | Sugar-Free

Ice Cream:

Regular (2): Vanilla | Chocolate | Strawberry
Sugar-Free (1.5): Vanilla | Chocolate

Italian Water Ice (2)

Assorted Popsicles (2) | Sherbet (2)

Gelatin:

Assorted Flavors: Regular (1) | Sugar-Free

Hot Beverages

Coffee | Decaffeinated Coffee
Tea | Decaffeinated Tea

Hot Chocolate (1)

No Sugar Added Hot Chocolate (0.5)

Cold Beverages

Unsweetened Iced Tea (Regular or Decaf)
Crystal Light™ Lemonade | Lemonade (2)
Ginger Ale (1.5) | Diet Ginger Ale
Pepsi (2) | Diet Pepsi | Sierra Mist (1.5)

LUNCH CHEF SPECIALS

Sunday

Bistro Roasted Turkey with Mashed Potatoes (1)
Carrots (0.5), Fresh Dinner Roll (1),
and Fresh Fruit Cup (1)

Monday

Penne Pasta with Meat Sauce (2)
served with Broccoli (0.5) a Dinner Roll (1),
and Peaches (1)

Tuesday

Beef Stroganoff served over Egg Noodles (2)
a Side of Carrots (0.5), and a Sugar Cookie (1)

Wednesday

Hamburger with Bun (1.5)
Side Salad with Ranch Dressing,
Tomato Soup (0.5), Baked French Fries (1.5)
and Pears (1)

Thursday

Chicken Alfredo Penne Pasta (2)
served with Broccoli (0.5) and Fresh Fruit Cup (1)

Friday

Grilled Boneless Chicken Breast
served with Mac and Cheese (1.5), Fresh Green
Beans and Chocolate Chip Cookie (1)

Saturday

**Turkey Burger with Lettuce, Tomato,
Onion on Wheat Bun (2)**
with Chicken Noodle Soup (0.5),
Side Salad with Italian Dressing
and Angel Food Cake (2)

DINNER CHEF SPECIALS

Sunday

Beef Stroganoff served with Egg Noodles (2), Fresh Green Beans and Chocolate Pudding (1)

Monday

Asian Chicken Stir Fry (1)
served over Rice (1) and Fresh Orange (1)

Tuesday

Homemade Meatloaf served with Gravy (1)
(made with Beef & Turkey)
served with Mashed Potatoes (1), Zucchini (0.5)
and Vanilla Pudding (1)

Wednesday

Chicken Caesar Salad
served with Caesar Dressing (1), a Dinner Roll (1)
and Chocolate Chip Cookies (1)

Thursday

Bistro Roasted Turkey with Mashed Sweet Potatoes (1)
served with Fresh Green Beans
and Angel Food Cake (2)

Friday

Seared Tilapia
served with Broccoli (0.5), Brown Rice (1.5),
and Oatmeal Cookies (1)

Saturday

Chicken Parmesan (1)
served with Spaghetti (2), Fresh Green Beans
and Sugar Cookies (1)

GLUTEN FREE MENU

BREAKFAST

Gluten Free Bagels
Gluten Free Blueberry Muffin
BYO Omelet | Scrambled Eggs
Gluten Free Toast
Gluten Free Breakfast Sandwich
(Gluten free bread or roll)
Sausage Link (Turkey or Pork) or Patty
Turkey or Pork Bacon
Assorted Fruit | Assorted Yogurt
Cream of Rice | Grits

ENTRÉES

Grilled Salmon w/Lemon Dill Sauce
Seared Tilapia
Bistro Roasted Turkey with Herb Gravy
Grilled Chicken Breast
Gluten Free Pasta
Sauce: Alfredo, Marinara, Meat Sauce
Gluten Free Pizza

BUILD YOUR OWN GRILL

Turkey Burger | Hamburger
Chicken Sandwich

BUILD YOUR OWN DELI

Egg Salad | Tuna Salad | Chicken Salad
Grilled Cheese | Turkey | BLT
Peanut Butter and Jelly

HOT SIDES

Mashed Potatoes
Mashed Sweet Potatoes | Baked Potato
Brown Rice | White Rice
Baked French Fries
Broccoli | Corn | Fresh Green Beans
Zucchini | Carrots

SOUPS

Vegetable
Broth: Vegetable
Chicken | Beef

SALADS

Fresh Fruit Plate
BYO Salad
Assorted Salad Dressings

DESSERTS

Gluten Free Chocolate Chip Cookie
Ice Cream: Vanilla | Chocolate | Strawberry
Assorted Water Ice
Assorted Popsicles
Assorted Gelatin

* Please see regular menu for carbohydrate exchanges.

PLANT BASED MENU

BREAKFAST

Oatmeal | Cream of Wheat
Cream of Rice | Grits
Breakfast Potatoes

ENTRÉES

Vegetarian Stir Fry
Fresh Hummus & Vegetable Wrap
Vegetarian Chili
Vegetable Pizza
Pasta Primavera
Chipotle Black Bean Burger
BYO Vegetarian Salad

HOT SIDES

Mashed Potatoes
Mashed Sweet Potatoes
Baked Potato
Brown Rice | White Rice
Baked French Fries
Broccoli | Corn
Tater Tots
Fresh Green Beans
Zucchini | Carrots

SALADS

Fresh Fruit Plate
BYO Salad
Hummus, Pita and Cucumbers
Carrot and Celery Sticks
Assorted Salad Dressings

SOUP

Vegetable Broth
Vegetable Soup
Tomato Soup

FRUIT

Soft Fruit:

Peaches | Pears | Applesauce | Pineapple

Fresh Fruit:

Banana | Apple | Orange | Fresh Fruit Cup

SMOOTHIE

Strawberry Banana Smoothie

* Please see regular menu for carbohydrate exchanges.

ROOM SERVICE

BELIEVE IN
THE POWER OF
food

 Virtua Health

TO PLACE YOUR ORDER:

PLEASE CALL

43663

(from room)

To place order using cell phone,
please dial 604-914-6000

Please give patient name and room #

FULL SERVICE MENU SERVED

7:00AM - 7:00PM

LATE FARE MENU SERVED

7:00PM - 10:00PM

A Nutrition Operator will guide you through the ordering process. Our skilled Chefs will prepare your meal using the freshest ingredients tailored to your prescribed diet. Your freshly prepared meal will be served within 45 minutes.

BREAKFAST ENTRÉES

We proudly serve free range eggs

(also available Egg Whites and Low-Cholesterol)

- Scrambled Eggs
- Scrambled Egg Whites
- Hard Boiled Egg | Fried Egg
- French Toast (2)
- Buttermilk Pancakes (2)
- Seasonal Pancakes (2)

Build Your Omelet

- Tomatoes | Onions
- Green Peppers | Mushrooms
- Cheese | Bacon | Sausage

Breakfast Sandwich

*served on your choice of bread (1.5-3.5) egg, cheese, and choice of breakfast meat

SIDES

- Turkey Sausage | Turkey Bacon
- Pork Sausage | Pork Bacon
- Breakfast Potatoes (1.5)

CEREALS

Hot: Oatmeal (1.5) | Cream of Rice (2) | Cream of Wheat (2) | Grits (1.5)

Cold: Rice Krispies (1) | Raisin Bran (2) | Corn Flakes (1) | Special K (1) | Cheerios (1)

Toppings: Brown Sugar (1) | Raisins (1) | Granola (1)

BAKERY

- English Muffin (1.5):** White
- Muffin:** Blueberry (2) | Banana (2) | Seasonal (2)
- Bagel (3.5):** Plain | Cinnamon Raisin

YOGURT

- Vanilla (2) | Strawberry (2)
- Peach (2) | Plain (1)
- Light:** Vanilla (1) | Strawberry (1) | Peach (1)

FRUIT

- SOFT FRUITS (1)**
Peaches | Pears | Applesauce | Pineapple
- FRESH FRUITS**
Banana (1.5) | Apple (1) | Orange (1)
- Fresh Fruit Cup (1)

CHEF SELECTIONS

- Grilled Salmon with Lemon Dill Sauce
- Seared Tilapia (1)
- Bistro Roasted Turkey with Herb Gravy (1)
- Beef Stroganoff (1)
- Chicken Parmesan (1)
- Grilled Boneless Chicken Breast
- Homemade Meatloaf served with gravy (1) (made with Beef & Turkey)
- Asian Stir Fry: Vegetable (1) | Chicken (1) | Tofu (1)
- Baked Chicken Tenders (1)

HOT SIDES

- Mashed Potatoes (1) | Baked Potato (2)
- Brown Rice (1.5) | White Rice (1.5)
- Mashed Sweet Potatoes (1)
- Baked French Fries (1.5) | Tater Tots (1.5)
- Broccoli (0.5) | Fresh Green Beans
- Corn (1) | Zucchini (0.5) | Egg Noodles (1.5)
- Carrots (0.5) | Mac & Cheese (1.5)

SALADS

ENTRÉE SALADS

- Caesar Salad:** Chicken (1) or Salmon (1)
- Chef Salad (0.5)**
ham, turkey, egg, cheese, tomato, olives

Fresh Fruit Plate (2)

with choice of cottage cheese (2), yogurt (3) or cheese cubes (2)

Build Your Own Salad

- Romaine or Spinach | Tomatoes | Egg
- Cucumbers | Ham | Turkey | Bacon
- Olives | Carrots | Croutons
- Cheddar Cheese | Parmesan Cheese
- Swiss Cheese

COLD SIDES & SALADS

- Garden Green Salad | Caesar Salad (0.5)
- Carrot & Celery Sticks (1)
- Hummus, Pita & Cucumbers (2)

- Italian | Ranch | French (1)
- Oil and Vinegar | Balsamic Vinaigrette
- Caesar | Honey Mustard

Fat-Free: French | Ranch (1)

Italian | Raspberry Vinaigrette (1)

SOUPS

- Vegetarian Chili (0.5) | Vegetable (0.5)
- Tomato (0.5) | Chicken Noodle (0.5)
- Broccoli Cheddar (1)
- Broths:** Chicken or Beef or Vegetable

GOURMET GRILL

*Served on your choice of bread

- Classic Grilled Cheese (2)
- Grilled Boneless Chicken Breast (2)
- Hamburger | Cheeseburger (2)
- Turkey Burger (2)
- Philly Cheesesteak (4)
- Chicken Cheesesteak (4)
- Build Your Own Quesadilla (3)**
Chicken | Cheese | Onions
- Peppers | Pico de Gallo

BUILD YOUR OWN SANDWICH

Protein: Tuna Salad | Chicken Salad | Egg Salad | Turkey | Peanut Butter & Jelly (2.5)

Cheese: American | Provolone | Swiss | Cheddar | Pepper Jack

Toppings: Lettuce | Red Onion | Tomato | Bacon | Pickles

Bread (1): White | Wheat | Rye | Multi-grain (2) | Kaiser (2) | Pita Bread (2) | Regular or Wheat Wrap (3)

SPECIALTY DELI

Fresh Hummus & Vegetable Wrap (3)
classic hummus and mixed vegetables

- Chicken Caesar Wrap (3)
- Traditional Club Sandwich (2)

BUILD YOUR OWN PIZZA

Cheese | Pepperoni | Mushrooms | Olives | Sausage | Bacon | Onions | Peppers

CREATE YOUR OWN PASTA

- Pasta:** Spaghetti (2) | Penne (2)
- Egg Noodles (1.5) | Whole Wheat Pasta (2)
- Sauce:** Alfredo | Chicken Alfredo | Italian Meat Sauce | Marinara | Primavera
- Dinner Roll (1)

CONDIMENTS

- Please order your condiments, they are not automatically sent
- Butter | Margarine | Syrup (0.5)
- Parmesan Cheese | Jelly (0.5) | Honey (0.5)
- Sugar-free Syrup | Sugar-free Jelly
- Peanut Butter
- Cream Cheese | Light Cream Cheese
- BBQ Sauce | Ketchup | Mustard
- Mayo | Light Mayo
- Herb Seasoning | Sugar (0.5)
- Sugar Substitute | Salt | Pepper | Lemon Juice
- Non-Dairy Creamer | Half/Half

DESSERTS

- Chocolate Layer Cake (3)
- New York Cheesecake (2)
- Lemon Meringue Pie (3.5)
- Angel Food Cake (2)
- Cookies**
Oatmeal Raisin (1.5) | Sugar (1.5)
- Chocolate Chip (1.5)
- Sugar-Free Chocolate Chip (1)
- Oreos (2) | Lorna Doone (1.5) | Fig Newtons (3)

PUDDING

Vanilla | Chocolate | Rice
Regular (1) | Sugar-Free

ICE CREAM

Regular (2): Vanilla | Chocolate | Strawberry
Sugar-Free (1.5): Vanilla | Chocolate

GELATIN

Assorted Flavors: Regular (1) | Sugar-Free

FROZEN TREATS

Water Ice (2): Orange | Lemon | Raspberry
Sugar-Free Lemon Ice (1)

Assorted Popsicles: Regular (2) | Sugar-Free (1)

SOFT FRUITS (1)

Peaches | Pears | Applesauce | Pineapple

FRESH FRUITS

Banana (1.5) | Apple (1) | Orange (1)

SMOOTHIE

Strawberry Banana Smoothie (3)

BEVERAGES

Coffee:

Regular | Decaf

Hot Tea:

Regular | Decaf
Hot Chocolate (1)
No Sugar Added Hot Chocolate (0.5)

Juice:

Apple (1) | Cranberry (1) | Diet Cranberry
Grape (1) | Orange (1) | Prune (1.5) | V8 (0.5)
Low Sodium V8 (0.5)

Milk:

Whole (1) | Skim (1) | 2% (1) | Soy (0.5)
Lactaid (1) | Almond | Chocolate (2)

Cold Drinks

Unsweetened Iced Tea (Regular or Decaf)
Pepsi (2) | Diet Pepsi
Crystal Light™ Lemonade | Lemonade (2)
Ginger Ale (1.5) | Diet Ginger Ale
Sierra Mist (1.5)

LATE FARE MENU

Served 7PM - 10PM

ASSORTED CEREALS

Rice Krispies (1) | Raisin Bran (2)
Corn Flakes (1) | Special K (1) | Cheerios (1)

YOGURTS

Vanilla (2) | Strawberry (2)
Peach (2) | Plain (1)

Light: Vanilla (1) | Strawberry (1) | Peach (1)

FRUITS

Banana (1.5) | Apple (1) | Pineapple (1)
Fresh Fruit Cup (1) | Pears (1)
Peaches (1) | Applesauce (1)

GOURMET GRILL

Chicken Fingers (1)
Baked French Fries (1.5)
Additional items available from Gourmet Grill Section

BUILD YOUR OWN SANDWICH

Select from BYO Sandwich Section

SPECIALTY DELI

Select from Specialty Deli Section

BUILD YOUR OWN PIZZA

Select from BYO Pizza Section

DESSERTS

Select from Desserts Section

BEVERAGES

Select from Beverages Section

SALADS

Select from Salads Section
NOTE: Caesar & Chef Salad are not available

SOUPS

Select from Soups Section
NOTE: Vegetarian Chili & Vegetable Soup are not available

**Numbers in parenthesis () are the servings of carbohydrates.
15 grams = 1 serving of carbohydrate

Some items listed on the menu may not be appropriate for your diet. Your nutrition operator will help to assist you when selecting your meals.