

Welcome to Windsor Regional Hospital, where we offer a Room Service Style Menu intended to help to make your stay feel more like home.

You can order any of your meals, any time between 8:00a.m. and 6:00p.m., 7 days-a-week. Just dial the extension, 4-FOOD (43663) on your room phone and place your order. Your order will then be verified for diet compliance and prepared according to your specifications. Delivery times will be predetermined by the unit you are on. (Please ask the call centre staff for delivery times when you place your order.)

#### Things to Remember when Placing an Order:

- Some tests may prohibit you from eating. Please discuss your options with your nurse if you will be going for a test.
- Any food allergies should be discussed with the dietary assistant before placing an order.
- If you have diabetes, the grams of carbohydrates are listed beside each menu option to help you order.
- Following your meal, please do not leave your tray on the floor. A food service representative will be glad to collect your tray, or if you wish, you can place it in one of our hallway tray carts. Thank you for your cooperation.
- Kosher, Halal, Vegan and gluten-free meals are available upon request.

Guest Tray meal vouchers for families of patients are available to purchase in the following locations:

#### OUELLETTE CAMPUS

Goyeau lobby Kiosk featuring  
Tim Horton's Products,  
Cashiers Office and Ouellette Gift Shop

#### MET CAMPUS

Tim Hortons Kiosk,  
MET Cashier office  
and MET Gift Shop

When all of the locations are closed, Guest Tray vouchers can be purchased (cash only) by calling the Food Service Supervisor at 519-995-0125 (MET Campus) or 519-995-1014 (Ouellette Campus) between the hours of 5:30a.m. and 8:30p.m.

Guest Trays are \$8.00 (taxes included) and include one entrée, one beverage and three sides (potato, vegetable, soup or dessert). Once you have purchased a voucher, trays can be ordered from 8:00a.m. to 6:00p.m. by dialing 4-FOOD (43663) within the hospital or 519-254-5577, (say 4FOOD) when outside the hospital. For more information, call Food & Nutrition at 519-254-5577 Ext.52031.

## SPECIAL SITUATIONS

### CLEAR FLUIDS



#### BEVERAGES

- Orange Juice (15 g)
- Apple Juice (15 g)
- Cranberry Cocktail (15 g)
- Coffee or Tea (0 g)

#### FINISHING TOUCHES

- Jell-O® (Reg. or Diet) (0-20 g)
- Popsicles (Assorted Flavours) (10 g)

#### SOUPS

- Choose from strained broth soups available in all flavours on the main menu

### FULL FLUIDS



Includes all clear fluid items plus the following:

#### BEVERAGES & SOUPS

- Choose from all beverages on the menu
- Choose from strained soups available in all flavours on the main menu

#### HOT CEREAL

- Oatmeal (15 g)
- Cream of Wheat (15 g)

#### OTHER TASTY CHOICES

- Pudding (22-24 g)
- Ice Cream (Vanilla, Strawberry, Chocolate) (10 g)

### MINCED CHOICES



#### ENTRÉES

- Beef (0 g), Chicken (0 g), Baked Fish (0 g), Ham (0 g), Pork (0g)
- Macaroni & Cheese (27 g)

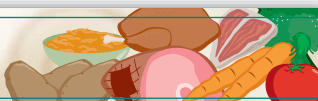
#### VEGETABLES & POTATOES

- Broccoli (0 g), Carrots (0 g), Squash (0 g), Mashed Potatoes (15 g), Mixed Vegetables (0 g)

#### DESSERTS

- Choose from any of our Puréed Desserts below or other choices on the main menu

### PURÉED CHOICES



#### ENTRÉES

- Roast Turkey with Butternut Squash and Savoury Potatoes (23 g)
- Honey Mustard Ham with Yellow Beans and Herbed Potatoes (23 g)
- Lemon Chicken with Carrots and Herbed Potatoes (21 g)
- Macaroni & Cheese with Herbed Tomatoes (32 g)
- Puréed Fish Newburg with Squash and Potatoes (23 g)
- Chicken with Herbed Tomato and Pasta (29 g)

- Roast Beef with Carrots, Turnips and Potatoes (23 g)
- Puréed Bean Medley with Rice and Vegetables (36g)

#### PURÉED DESSERTS

- Ice Cream (10 g)
- Pudding (22-30 g)
- Fruit Sauces (15 g)

Please review our main menu for other choices that may be appropriate for minced and puréed diets.



## room service menu



# DIAL 4FOOD (43663)

Dial extension 4-FOOD (43663) on your room phone and our qualified staff members will take your orders.



PLEASE SCAN AND TAKE THE TIME TO FILL OUT OUR SURVEY

Judy Matton  
Registered Nurse

Place your orders between the hours of 8:00 a.m. to 6:00 p.m., 7 days-a-week. (Please place orders 2 hours before the meal) There are specific delivery times for each unit. Please ask your nurse or the operator when you place your order.

If you are placing an order from outside of the hospital, please call 519-254-5577 Ext. 43663

YOUR SATISFACTION IS VERY IMPORTANT TO US. PLEASE CALL OUR GUEST SERVICES SUPERVISOR AT 519-995-0125 AT MET CAMPUS OR 519-995-1014 AT OUELLETTE CAMPUS WITH ANY COMMENTS OR CONCERNS.

## BREAKFAST



**A HOT BREAKFAST HAS BEEN PRESELECTED FOR YOU.**

**IF YOU WOULD LIKE TO KNOW WHAT IS FOR BREAKFAST, PLEASE ASK THE CALL CENTRE OPERATOR WHEN PLACING YOUR OTHER ORDERS.**



## CONDIMENTS

Salt, pepper, Mrs. Dash®, margarine, butter, Miracle Whip, mustard, relish, ketchup, Milkette, creamer, Equal®, sugar, brown sugar, peanut butter, strawberry jam, orange marmalade, diet strawberry jam, grape jelly, vinegar, soya sauce, tartar sauce, plum sauce, sweet & sour sauce, honey

## BEVERAGES



### MILK/ALTERNATIVES

- 125 ml Homo Milk (6 g)
- 125 ml 2% Milk (6 g)
- 125 ml 1% Milk (6 g)
- ~~250 ml~~ 250 ml Chocolate Milk (25 g)
- 125 ml Lactaid®
- ~~Soy Milk (4 g)~~ 200 ml Vanilla Soy Milk (4 g)
- 250 ml Almond Milk (7g)

### JUICES

- Orange Juice (15 g)
- Apple Juice (15 g)
- Cranberry Cocktail (15 g)
- Prune Juice (20 g)
- V8 Juice (5 g)
- Grape Juice (18 g)

### HOT DRINKS

- Coffee (Reg. or Decaf) (0 g)
- Tea (Orange Pekoe) (0 g)
- Hot Water (0 g)
- Herbal Tea (0 g)
- Green Tea (0 g)

## SOUPS & SALADS



### SOUPS

- Cream of Tomato (10 g)
- Chicken Noodle (10 g)
- Feature of the Day (10 g)

### SALADS

- Garden Salad (0 g)
- Caesar Salad (0 g)
- Greek Salad (0 g)

- Crackers\* (4 g) (\*available with Soups & Salads)
- Baby Carrots & Dressing (0 g)
- Cucumbers & Dressing (0 g)

### SALAD DRESSINGS

- Italian, Ranch, Caesar, Thousand Island, Greek, French (all dressings light)

## MAIN COURSES



- Fruit & Cheese Plate (45 g)
- Chicken Caesar Salad (0 g)
- Greek Feta Tortilla Wrap: Lettuce, Feta Cheese, Red Onions, Black Olives, Side of Dressing (30 g)
- Homestyle Macaroni & Cheese (27 g)
- Breaded Haddock (13 g)
- Baked Fish with Lemon or Pesto (0 g)
- Lasagna with Meat Sauce (30 g)
- Chicken Pot Pie (30 g)
- Hot Sliced Roast Beef or Turkey served plain or with gravy (10 g)
- Beef Stew with Tea Biscuit (15 g)
- Hot Corned Beef on Rye

- with Sauerkraut (30 g)
- Chicken Tenders with your choice of BBQ or Sweet & Sour Sauce (20 g)
- Black Bean Burrito: Black Beans, Rice, Salsa, Guacamole, Mozzarella Cheese (65 g)
- Personal Size Pizza:
  - Cheese:** Tomato Sauce, Cheese (45 g)
  - Pepperoni & Cheese:** Tomato Sauce, Pepperoni, Cheese (45 g)
  - Vegetarian:** Tomato Sauce, Cheese, Mushrooms, Pineapple, Green Peppers (45 g)
  - Hawaiian:** Tomato Sauce, Cheese, Ham, Pineapple (45 g)

**(Ask the call centre operator for the "Feature of the Day")**

## FROM THE DELI



### Create your own sandwich or wrap

- |                |                               |                  |                         |
|----------------|-------------------------------|------------------|-------------------------|
| <b>Bread:</b>  | • Whole Wheat (15 g)          | <b>Fillings:</b> | • Tuna Salad (0 g)      |
|                | • White (15 g)                |                  | • Egg Salad (0 g)       |
|                | • Whole Wheat Tortilla (30 g) |                  | • Hummus (8 g)          |
|                | • Light Rye Bread (15 g)      |                  | • Tomato (0 g)          |
|                |                               |                  | • Chicken Salad (0 g)   |
| <b>Extras:</b> | • Lettuce (0 g)               |                  | • Turkey (0 g)          |
|                | • Tomato (0 g)                |                  | • Ham (0 g)             |
|                | • Onion (0 g)                 |                  | • Hard Boiled Egg (0 g) |
|                | • Pickle (0 g)                |                  | • Cheddar (0 g)         |
|                | • Cucumber (0 g)              |                  | • Swiss (0 g)           |

~~Chocolate Chunk Brownie (22 g)~~  
~~Rice Krispie Square (15 g)~~

## FROM THE GRILL



- **Grilled Cheese Sandwich**  
Your choice of whole wheat or white bread (30 g)
- **Grilled Burger/Cheeseburger**  
Your choice of Beef, Chicken or Garden Veggie Burger (30 g)
- **Ham & Swiss Cheese Panini**  
Ham, Swiss Cheese, Honey Mustard (60 g)
- **Greek Veggie Panini**  
Tomato, Feta Cheese, Black Olives, Red Onions (60 g)
- **Tuna Melt with Mozzarella Cheese** (30 g)
- **Stir Fry on a Bed of Rice\***  
Your choice of Chicken, Tofu, Beef or Vegetarian (15 g) (\*this meal may be spicy)
- **Grilled Chicken Breast**  
Served plain or with BBQ sauce (0 g)
- **Chicken Quesadilla**  
Chicken Strips, Mozzarella Cheese, Salsa (45 g)
- **Cheese Quesadilla**  
Mozzarella Cheese, Salsa (45 g)

## ON THE SIDE



### RICE/POTATOES

- Mashed Potatoes (15 g)
- French Fries (15 g)
- Diced Potatoes (15 g)
- White Rice (15 g)
- Dinner Roll (15 g)
- Penne Pasta (Tomato Sauce or Buttered or Pesto) (15 g)

### VEGETABLES

- Green Beans (0 g)
- Carrots (0 g)
- Corn (15 g)
- Stir Fry Vegetables (Broccoli, Carrots, Onions, Red Peppers, Green Beans, Mushrooms) (0 g)
- Green Peas (0 g)

### GRAVY

- Beef or Chicken Gravy (0 g)

## DESSERTS



- ~~Blueberry Crumb Cake (30 g)~~
- ~~Cranberry Cookie (15 g)~~
- White Cake (15 g)
- Pudding (22-30 g)
- ~~Chocolate Chip Cookies (15 g)~~
- Ice Cream (Vanilla, Strawberry, Chocolate) (10 g)
- Strawberry Turnover Cookie (15 g)
- Orange Sorbet (10 g)
- Lemon Meringue Pie (47 g)
- Jell-O® (Reg. or Diet) (0-20 g)
- Fresh Fruit: Orange (15 g), Mandarin Oranges (15 g), Apple (15 g), Banana (20 g), Diced Peaches (15 g), Apple Sauce (10 g), Fruit Salad (14 g)
- Red Grapes (13 g)
- Oatmeal Cookie (28 g)
- Shortcake Cookie (20 g)