

## BABY FOOD

- Apple Sauce (10 g)
- Bananas (25 g)
- Peaches (24 g)
- Pears (9 g)
- Sweet Potatoes (15 g)
- Carrots (9 g)
- Green Beans (8 g)
- Vegetable Beef (9 g)
- Chicken, Rice, Vegetables (11 g)

## A CLEAR FLUIDS

### CLEAR FLUID BEVERAGES

- Orange Juice (15 g)
- Apple Juice (15 g)
- Cranberry Cocktail (15 g)

### FINISHING TOUCHES

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

### SOUPS

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

## A FULL FLUIDS

### INCLUDES ALL CLEAR FLUID ITEMS PLUS THE FOLLOWING:

#### BEVERAGES & SOUPS

Choose from all beverages on the main menu.

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

#### HOT CEREAL

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

#### OTHER TASTY CHOICES

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

## MINCED

### ENTRÉES

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

### DESSERTS

Choose from any of our PURÉED DESSERTS below or other choices on the main menu

### VEGETABLES & POTATOES

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

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

### PURÉED ENTRÉES

- Roast Turkey served 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)
- Puréed Fish Newburg served with Carrots and Golden Potatoes (23 g)
- Chicken with Herbed Tomatoes and Pasta (29 g)
- Macaroni & Cheese served with Herbed Tomatoes (32 g)

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

## PURÉED

### PURÉED DESSERTS

- Ice Cream or Orange Sorbet (10 g)
- Chocolate Pudding (24 g)
- Vanilla Pudding (22 g)
- Fruit Sauces (15 g)

## THINGS TO REMEMBER

when placing an order:

To place a meal order, please dial 4-FOOD (43663) from your room phone, or dial 519-254-5577 from outside the hospital, then press 4. If patient orders are not received one hour prior to the delivery times listed below, the Feature Special will be sent automatically. A representative will also circulate in the paediatric unit in the afternoon to take meal orders. Any food allergies should be discussed with the dietary assistant before placing an order. We encourage you to order one entrée at a time. If you are still hungry, please feel free to order another meal. Room Service is intended for patients only.

Guest Tray meal vouchers for families of patients are available for purchase at the Tim Horton's Kiosk, MET Cashiers Office and MET Gift Shop. When all of the above locations are closed, Guest Tray vouchers can be purchased (cash only) by calling the food service supervisor at 519-995-0125 between the hours of 5:30 a.m. and 8:30 p.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 7:00 a.m. to 6:00 p.m. by dialing 4-FOOD (43663) within the hospital or 519-254-5577, (say 4FOOD) when outside of the hospital. For more information, call Food & Nutrition at 519-254-5577 ext.52031.

### DELIVERY TIMES:

Breakfast 7:30 a.m. - 7:45 a.m., Lunch 11:30 a.m. - 11:45 a.m., Dinner 4:30 p.m. - 4:45 p.m.

WINDSOR  
REGIONAL  
HOSPITAL  
OUTSTANDING CARE –  
NO EXCEPTIONS!



YOUR SATISFACTION IS VERY IMPORTANT TO US. SCAN THE QR CODE TO TAKE OUR SURVEY OR CALL OUR PATIENT COMMENT HOTLINE AT 52031 WITH ANY COMMENTS OR CONCERNS.

# BREAKFAST ANY TIME



# FROM THE GRILL



Ask the call centre operator for the "Hot Breakfast Feature of the Day"

- Whole Wheat Toast (15 g)
- White Toast (15 g)
- Blueberry Muffin (25 g)

- Grilled Cheese Sandwich  
Your choice of whole wheat or white (30 g)
- Grilled Chicken Breast  
Served Plain or with BBQ sauce (0 g)
- Grilled Burger/Cheeseburger  
Your choice of beef, garden vegetable or chicken (30 g)
- Tuna Melt  
With Mozzarella cheese (30g)
- Ham & Swiss Cheese Panini  
Ham, Swiss cheese, honey mustard (60g)

- Greek Veggie Panini  
Tomato, Feta Cheese, Black Olives, Red Onions (60g)
- Jumbo Hot Dog  
Your choice of beef, tofu or vegetables (24 g)
- Stir Fry on a Bed of Rice  
Your choice of chicken, beef, or tofu (15 g) (this meal may be spicy)
- Chicken Quesadilla  
Chicken Strips, Mozzarella Cheese, Salsa (45 g)
- Cheese Quesadilla  
Mozzarella Cheese, Salsa (45 g)

## CEREAL

- Oatmeal (15 g)
- Cream of Wheat (15 g)
- Cream of Rice (15 g)
- Cheerios® (13 g)
- Fruit Loops® (23 g)
- Rice Chex (17 g)

## FRUIT

- Apple (15 g)
- Banana (20 g)
- Orange (15 g)
- Diced Peaches (15 g)
- Apple Sauce (10 g)
- 2% Fruit or Vanilla Yogurt (15 g)
- Fat Free Fruit or Vanilla Yogurt (5 g)
- Fruit Salad (14 g)

## ON THE SIDE

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

- Caesar Salad (0 g)
- Garden Salad (0 g)
- Greek Salad (10 g)
- White Rice (15 g)
- Green Beans (0 g)
- Carrots (0 g)
- Corn (15 g)
- Dinner Roll (15 g)
- Beef Gravy (0 g)
- Chicken Gravy (0 g)
- Mashed Potatoes (15 g)
- Diced Potatoes (15 g)
- French Fries (15 g)
- Cucumbers or Baby Carrots & Ranch Dressing (0 g)
- Green Peas (0 g)

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

## BEVERAGES



- 125 ml Homo Milk (6 g)
- 125 ml 1% or 2% Milk (6 g)
- 250 ml Chocolate Milk (25 g)
- 125 ml Lactaid® Milk (4 g)
- 250 ml Almond Milk (7g)
- 125 ml Soy Milk (4 g)
- Ice Water (0 g)
- Orange Juice (15 g)
- Apple Juice (15 g)
- Cranberry Cocktail (15 g)
- Prune Juice (20 g)
- V8 Juice (0 g)
- Grape Juice (28 g)

## SOUPS

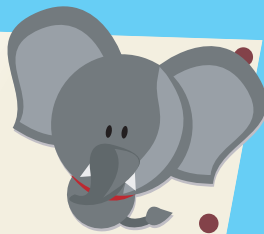
- Feature of the Day (10 g)
- Chicken Noodle (10 g)
- Cream of Tomato (10 g)
- Crackers (4 g) available with soup

## MAIN MEALS

\*Ask the call centre operator for the "Feature of the Day"

- Cheesy Macaroni & Cheese (27 g)
- Chicken Tenders (20 g) or Fish Nuggets (15 g)
- Hot Sliced Turkey or Roast Beef (10 g)  
– served plain or with gravy
- Chicken Pot Pie (30 g)
- Hot Corned Beef on Rye (30 g)  
- served with saurkraut
- Breaded Haddock (13 g)
- Baked Fish (Lemon or Pesto) (0 g)
- Penne Pasta (Tomato, Buttered or Pesto) (15 g)
- Beef Stew with Tea Biscuit (15 g)
- Meat Lasagna (30 g)
- Fruit & Cheese Plate (45 g)
- Chicken Caesar Salad (0 g)
- Greek Feta Tortilla Wrap  
– Lettuce, Feta Cheese, Red Onion, Black Olives, with Dressing (30 g)
- Black Bean Burrito  
– Black Beans, Rice, Salsa, Guacomole, Mozzarella Cheese (45 g)
- Personal Size Pizza (7"):  
**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)

## FROM THE DELI



CREATE YOUR OWN SANDWICH OR WRAP

### BREADS:

- Whole Wheat (15 g)
- White (15 g)
- Whole Wheat Tortilla (30 g)
- Light Rye Bread (15 g)

### FILLINGS:

- Tuna (0 g)
- Egg (0 g)
- Hummus (8 g)
- Peanut Butter & Strawberry Jam (0 g)
- Cheese (0 g)
- Tomato (0g)
- Chicken Salad (0 g)
- Turkey (0 g)
- Ham (0 g)

### EXTRAS:

- Lettuce (0 g)
- Tomato (0 g)
- Pickle (0 g)
- Cucumber (0 g)
- Onion (0 g)

## CONDIMENTS

Salt, pepper, margarine, butter, miracle whip, mustard, ketchup, relish, brown sugar, peanut butter, strawberry jam, orange marmalade, diet strawberry jam, grape jelly, vinegar, soya sauce, tartar sauce, plum sauce, sweet & sour sauce, honey, sour cream, sugar

## DESSERTS



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