

- L** Suitable for a strict liquid diet
- SL** Suitable for a semi-liquid diet
- C** Contains gelatin

- ☆ Available as a snack
- 📍 Local food (Quebec)

## Breakfast Served all day

### Custom Smoothies

Served until 3:30 pm

Our smoothies are prepared with a gelatin-free yogurt base and milk.

Add one (1) fruit of your choice:

- SL** Banana
- Blueberries
- Raspberries
- SL** Peach

**OPTIONAL**

Add a touch of:

- Brown sugar
- Syrup 📍

### Fresh Fruit

- Banana ☆
- Cantaloupe ☆
- Seasonal fruit ☆
- Watermelon ☆
- Honeydew ☆
- Orange ☆
- Apple ☆

### Craving a snack?

Choose any item with a star

### Canned Fruit

- SL** Peaches (chunks or puree) ☆
- SL** Pear puree ☆
- SL** Organic apple puree ☆ 📍
- SL** Apple and blueberry puree ☆ 📍
- SL** Apple and strawberry puree ☆ 📍
- SL** Apple and peach puree ☆ 📍
- Tropical fruit salad ☆
- Mandarin ☆

### Cold Cereal

- Multi-grain Cheerios ☆
- Chex ☆
- Corn Flakes ☆
- C** Mini-Wheats ☆
- Raisin Bran ☆
- Rice Krispies ☆
- All-Bran ☆ (15 mL)



### Hot Cereal

- SL** Cream of wheat Oatmeal
- Served until 10:30 am

### Eggs 📍

Scrambled or hard-boiled

### Omelettes 📍

Plain or cheese

### Ham 📍

### Cheese

- White cheddar ☆
- Yellow cheddar, light ☆
- Sliced cheese, light ☆
- Swiss 📍



### Bread (Toasted or untoasted)

- Brown or white bread ☆ 📍
- Plain English muffin ☆
- Plain bagel ☆ 📍

Toasted bread not available as a snack.

### Grilled cheese sandwich

Brown or white bread

### Muffins

Banana, blueberry or carrot ☆

### Pancakes 📍, homemade waffles 📍 or French toast 📍

Choose one (1) fruit garnish: Banana, blueberries, raspberries or peaches

### Gelatin-free Yogurt

- Strawberry ☆ 📍
- SL** Plain 0% ☆ 📍
- SL** Peach ☆ 📍
- SL** Vanilla ☆ 📍
- Lactose-free ☆ 📍

### Nanö Yogurt Cups (max. 1)

- SL** Banana 📍
- SL** Strawberry 📍
- SL** Raspberry 📍

### Condiments

- Butter ☆ 📍
- Margarine ☆
- Strawberry jam 📍
- Raspberry jam 📍
- Blueberry & strawberry jam 📍
- Peach & maple syrup jam 📍
- Apple jelly ☆
- Grape jelly ☆
- Light cream cheese
- SL** Maple syrup 📍
- Creamy Wow Butter ☆

**Creamy Wow Butter:** peanut butter's little brother... without the peanuts or the nuts!

## Meals Starting at 11 am

Only one entrée selection per meal from the following menu sections: sandwiches, custom pizzas, hot classics, pasta bar, stir-fries or cold platters

## Beverages Available all day

### Cold Beverages

- L SL** Orange juice ☆
- L SL** Apple juice ☆
- Grape juice ☆
- Prune juice ☆
- Cranberry Cocktail ☆
- SL** Skim milk ☆ 📍
- SL** Milk, 2% or 3.25% ☆ 📍
- SL** Chocolate milk, 1% ☆ 📍
- SL** Lactose-free milk ☆ 📍
- SL** Organic vanilla soy beverage ☆ 📍
- SL** Organic unsweetened soy beverage ☆ 📍

### Hot Beverages

- L SL** Coffee
- L SL** Black tea
- L SL** Strawberry herbal tea 📍
- L SL** Passion fruit herbal tea 📍
- L SL** Linden and lemon herbal tea 📍
- L SL** Hot water

## Soup

Minestrone  
Chicken noodle

- L SL** Chicken broth 📍
- L SL** Vegetable broth 📍
- Vegetable juice ☆

**OPTIONAL**

Add a package of soda crackers or Melba toast ☆



Also try the Table d'hôte soup announced when you order!

## Sandwiches

The sandwiches will not be grilled

### Choice of Bread (1)

- Whole wheat tortilla
- Whole wheat baguette
- Brown bread 📍
- White bread 📍
- Plain salad roll (2)

### Choice of Toppings (3)

- Lettuce
- Tomato
- White cheddar
- Sliced cheese, light
- Swiss 📍

### Choice of Protein (1)

- Chopped chicken salad mix
- Chopped ham salad mix
- Chopped egg salad mix

- Sliced Ham 📍
- Cut chicken
- Tuna

Choice of condiment (1 ou 2):

- Margarine
- Better 📍
- Mayonnaise
- Mustard

Make your own custom sandwich!



### Dip it!

Add a serving of raw vegetables and a dressing of your choice!

### Raw Vegetables

- Broccoli/cauliflower ☆
- Carrots ☆
- Celery ☆
- Cucumber ☆
- Garden salad ☆
- Tomato slices

### Dips

- Caesar ☆
- Thousand Islands ☆
- Ranch ☆
- Hummus ☆

### Dressings

- Light Italian ☆
- House ☆

## Custom Pizzas

All our pizzas can be served with or without cheese!

### Choice of bread (1)

- White pizza dough
- Whole wheat pita 📍

### Choice of protein (1)

- Ham 📍
- Chicken
- Tuna
- Tofu 📍

### Choice of Toppings (3)

- Pineapple
- Mushrooms
- Green pepper
- Tomato



Create your own pizza in 3 easy steps!

## Classics

### Vegatarian Burrito

### Hamburgers

Beef, chicken or vegetarian

### Meat Patties

Beef or chicken

### Vegetarian patty

### Multi-grain fish fillet

### Hake fillet

### Salmon loin

### Ham 📍

### Shepherd's pie

Beef or vegetarian

### Roasted turkey 📍

### Grilled chicken breast

### Omelette, with or without cheese 📍

### Mac and cheese



### Condiments

- Spicy peach chutney
- Ketchup
- Mayonnaise
- Mustard
- Relish
- Parmesan (15mL)
- Lemon wedge
- Homemade salsa
- Beef gravy 📍
- Chicken gravy 📍
- Soya sauce
- Tartar sauce

Add your choice of sides

### Hot Vegetables

- Broccoli 📍
- Carrots 📍
- Cauliflower 📍
- Yellow beans 📍
- Bistro style mixed vegetables

### Hot Starch Sides

- White shell 📍
- White macaroni 📍
- Boiled potato 📍
- Mashed potatoes 📍
- White rice
- Whole-wheat rotini
- White spaghetti 📍

### Also try the Table d'hôte menu when available

Lunch : 11 am - 1:30 pm  
Supper : 4:30 pm - 6:30 pm



You will be given the details when you order

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## Pasta Bar

Create your own pasta plate!

### Choice of Pasta (1)

- White shell Ⓞ
- White macaroni Ⓞ
- Whole-wheat rotini
- White spaghetti Ⓞ

### Choice of Sauce (1)

- Meat
- Alfredo
- Lentil
- Marinara
- Rosé



### Lasagna

- Meat
- Tomato

OPTIONAL ONLY with Alfredo/Marinara/Rosé sauces

### Add a protein:

- Chicken
- Tofu Ⓞ



## Stir-fries

Choose a healthy stir-fry!

Create your own stir fry is 4 easy steps!

### Choice of Starch (1)

- White shell Ⓞ
- White macaroni Ⓞ
- White rice
- Whole-wheat rotini
- White spaghetti Ⓞ

### Choice of Sauce

- Soya Ⓞ

### Choice of Vegetables (1)

- Bistro style mixed vegetables
- House blend

### Choice of Protein (1)

- Chicken
- Tofu Ⓞ

## Cold Platters

A touch of freshness

### Cheese (1)

- White cheddar Ⓞ
- Sliced cheese, light
- Shredded mozzarella Ⓞ
- Swiss Ⓞ

### Raw Vegetables (2)

- Broccoli/cauliflower
- Carrots
- Celery
- Cucumber
- Garden salad
- Tomato slices

### Fruit (1)

- Pineapple
- Cantaloupe
- Peach
- Watermelon
- Honeydew

### Dressings (2)

- Caesar
- Light Italian
- House
- Thousand Islands
- Ranch

### Protein (1)

- Hummus
- Sliced Ham Ⓞ
- Hard-boiled egg Ⓞ
- Cut chicken
- Chopped chicken salad mix
- Chopped ham salad mix
- Chopped egg salad mix
- Tuna
- Tofu Ⓞ

### Crackers (1)

- Sesame sticks
- Soda crackers
- Melba toast (2)



Personalize your cold platter!

## Adapted Textures (pureed or chopped)

### Infant cereal

- Oats
- Mixed
- Rice

### Homemade Vegetable Purees

- Carrot Ⓞ
- Squash Ⓞ
- Yellow bean Ⓞ
- Sweet potato
- Green pea Ⓞ

### Homemade Chopped Vegetables

- Broccoli
- Carrot
- Yellow bean

### Fruit Purees

- SL** Peach ☆
- SL** Pear ☆
- SL** Organic apple ☆ Ⓞ
- SL** Apple and blueberry ☆ Ⓞ
- SL** Apple and strawberry ☆ Ⓞ
- SL** Apple and peach ☆ Ⓞ
- SL** Banana (Heinz) ☆

### Homemade Meat Purees

- Lamb
- Beef Ⓞ
- Chickpea
- Chicken Ⓞ
- Salmon



### Homemade Chopped Meat

- Lamb
- Beef Ⓞ
- Pork Ⓞ
- Chicken Ⓞ

### Gravy

- Beef Ⓞ
- Chicken Ⓞ

## Sweet Treats!

Craving a snack?

Choose any item with a star

### Fresh Fruit

- Banana ☆
- Cantaloupe ☆
- Seasonal fruit ☆
- Watermelon ☆
- Honeydew ☆
- Orange ☆
- Apple ☆ Ⓞ

### Pudding

- SL** Chocolate ☆
- SL** Vanilla ☆
- Rice ☆ Ⓞ

### Canned Fruit

- SL** Peaches (chunks or puree) ☆
- SL** Pear puree ☆
- SL** Organic apple puree ☆ Ⓞ
- SL** Apple and blueberry puree ☆ Ⓞ
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### Gelatin-free Yogurt

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- SL** Banana ☆ Ⓞ
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- SL** Raspberry ☆ Ⓞ

### Cookies

- Tea biscuits (2) ☆ Ⓞ
- Oatmeal (2) ☆
- Sunshine vanilla cookie ☆ Ⓞ

### Pastries

- Chocolate and banana brownies ☆
- G L SL** Rice Krispies squares ☆
- Molasses cookie ☆
- Chocolate cake ☆
- White cake with vanilla icing ☆
- Muffins: banana, blueberry or carrot ☆

### Frozen Treats (max. 1)

- SL** Vanilla ice milk Ⓞ
- L SL** Orange popsicle
- L SL** Raspberry sorbet Ⓞ
- SL** Frozen yogurt tube Ⓞ
- L SL** Orange sorbet Ⓞ



# Menu

REGULAR

6:30 am to 7 pm

Call me!  
4747

... And don't forget to order your snack!

# Délicapailles!

## To order:

All patients can order a maximum of **3 meals** per day. Meals are served within 60 minutes.

1. Consult menu.

2. Choose your menu items for your meal and snack.

3. Call 4747.

Parents and guardians can also order meals for their children by calling the hospital from an outside line: 514-345-4747

Please have this information ready: Last name, first name and room number.

## Please note

The menu can change without notice.

The meat served is not halal.

Not all menu items are available to all patients due to food allergies, gluten intolerance or age group. In such cases, substitutes can be offered.

Delicapailles call center is closed between 10:30 am - 11 am and 3:30 pm - 4 pm.

Organic and local foods have been on the menu since 2018 thanks to a project conducted in collaboration with Équiterre. For more details, visit [equiterre.org/chusaintejustine](http://equiterre.org/chusaintejustine).

Ask about it!

