

Menu Regular

6:30 am to 7 pm



Délicapilles!

Which delicious meals will you eat today?

Each day you can choose up to **3 meals** and **3 snacks**.

How?

It's as simple as **1-2-3-4!**

1

View
the menu

2

Select
1 meal (+ sides) and 1 snack

3

Call
the call center at extension 4747 (from the room)
or at 514 345-4747 to ask your questions
and give your choices to a dietetic technician.
(keep the room and floor number in mind)

Call center opening hours

6:30 am to 7 pm
(except from 10:30 am - 11 am and 3:30 pm - 4 pm)

4

Receive
your order in less than 60 minutes.

Repeat up to three times a day.

Today's special and price list (visitors)

WANT TO MAKE A CHANGE? DON'T WANT TO DECIDE?

In addition to the menu you have in hand,
you have access to a **daily special**.

Each daily special includes a soup,
a main dish and sides (offered separately).

We will let you know about today's dish
when you order.

To consult the web version of the weekly
menu as well as our price list
(meal service to visitors),
scan this QR code:



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

To view this **menu in digital version**
and discover the
CHU Sainte-Justine **catering areas**
(in french), you can follow this link:
chusj.org/Delipapilles
or scan this QR code.



The menu is subject to change without notice. The meat served is not certified halal. In the presence of food allergies, gluten intolerance or certain diets and age groups, certain items may not be allowed to order. Other foods will be offered to you as replacements. Organic and local foods have been integrated into the menu since 2018, in collaboration with Équiterre.



Main dishes and Co.

**YOU ARE
THE CHEF** here!

1. Select your meal type:

Pizza, Pasta bar, Stir-Fry, Cold plate, Sandwich, Hamburger or Classics (maximum of one dish)

2. Choose from the food categories

3. Complete with a side dish (maximum) if desired (see "Sides" on page 3).

Pssst!

THE **NUMBER IN PARENTHESES ()** SHOWS THE **NUMBER OF CHOICES TO MAKE** FOR EACH CATEGORY.

Pizza

1. BREAD (1)

- White pizza dough
- Whole wheat pita

2. PROTEINS (1)

- Ham
- Chicken
- Tuna
- Tofu

3. TOPPINGS (3)

- Pineapple
- Mushroom
- Green pepper
- Tomato

Gratinated or not gratinated



Pasta bar

1. PASTA (1)

- White macaroni
- Whole-wheat penne
- White spaghetti

2. SAUCES (1)

- Meat
- Alfredo
- Marinara
- Rosé

3. PROTEINS (1)

Only with Alfredo, Marinara and Rosé sauces

- Chicken
- Tofu



Stir-fry

1. PASTA & RICE (1)

- White macaroni
- Whole-wheat penne
- White spaghetti
- White rice

2. PROTEINS (1)

- Chicken
- Tofu

3. VEGETABLES (1)

- Carrots and green beans
- Carrots, celery and onions

4. SAUCE (1)

- Soy sauce

Cold plate

1. PROTEINS (1)

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

2. CHEESES (1)

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



3. RAW VEGETABLES (2)

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

4. FRUITS (1)

- Pineapple
- Cantaloupe
- Peach
- Watermelon
- Honeydew



5. DIPS

- Light italian
- House (balsamic)

DRESSINGS

- Caesar
- Thousand islands
- Ranch

(2)

6. CRACKERS (1)

- Soda crackers (2 packs)
- Melba toast
- Gourmet crackers
 - Salt and pepper
 - Tomato and herbs flavored

Sandwich and hamburger

Pssst! SELECT PATH A OR B AND FOLLOW THE ARROWS!

→ BREADS (1)

→ PROTEINS (1)

→ CONDIMENTS (3 ou 4) → TOPPINGS (3)

A

Sandwich

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

- Chopped salad mix (chicken, ham or egg)*
- Cut chicken
- Sliced ham
- Tuna

- Margarine
- Butter
- Mayonnaise
- Mustard

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

B

Hamburger

- Hamburger bun

- Pattie (beef, chicken or vegetarian)

- Mayonnaise
- Mustard
- Ketchup
- Relish

* Condiments included

Legend

- L** Suitable for a strict liquid diet
- SL** Suitable for a a semi-liquid diet

- G** Contains gelatin
- X** Antibiotic and hormone free meat

- Q** Local food (Quebec)
- S** Available as a snack

Pssst!

IF YOU WISH, YOU CAN ENHANCE THE MAIN PLATE WITH CHOICE OF SAUCES AND CONDIMENTS, A SOUP, CRACKERS AND/OR A DESSERT. DON'T FORGET TO CHOOSE YOUR SNACK! ★

Classics

Attention! The "classics" cannot be ordered with another main course.

MEALS

- Lasagna (meat ✕ or tomato)
- Shepherd's pie (beef ✕ or vegetarian)
- Mac and cheese
- Vegetable and noodle casserole
- Grilled cheese sandwich (brown or white bread)



NATIVE MEALS

- Pow Wow tacos ✕
- Stew of the three sisters with bannock

PROTEINS

Possibility of ordering 2 side dishes

- Vegetarian burrito
- Pattie (beef ✕, chicken, vegetarian)
- Ham
- White fish fillet
- Salmon loin
- Multi-grain fish fillet
- Roasted turkey
- Grilled chicken breast
- Omelette (with or without cheese)

Sauces and condiments

- Sweet and sour peach sauce (spicy)
- Ketchup
- Mayonnaise
- Mustard
- Relish
- Parmesan (15 ml)
- Lemon wedge
- Salsa
- Beef or chicken sauce
- Soy sauce
- Tartar sauce
- Hot sauce

Sides

HOT VEGETABLES

- Broccoli
- Carrots
- Cauliflower
- Yellow beans
- Carrots and green beans

HOT STARCH

- White macaroni
- Boiled potato
- Mashed potato
- Whole-wheat penne
- White spaghetti
- White rice

RAW VEGETABLES

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



DRESSINGS

- Caesar
- Thousand islands
- Ranch

DIPS

- Light italian
- House (balsamic)
- Hummus

Soups

- Minestrone
- Chicken noodle
- Broth (chicken or vegetable)
- Vegetable juice
- Cream of broccoli (from 3 pm)



Crackers

- Soda crackers
- Melba toasts
- Gourmet crackers
- Salt and pepper
- Tomato and herbs flavored

Sweet treats

PUDDING

- Plain
- Chocolate
- Caramel
- Rice

GELATIN-FREE YOGURT

Yogurt options are available in the section « Protein », p. 4

JELLO

- Strawberry
- Orange

COOKIES

- Tea biscuits (2)
- Oatmeal (2)
- Sunshine vanilla cookie
- Soft strawberry cookie



FROZEN TREATS

Maximum of one frozen product

- Ice milk (vanilla, strawberry or maple)
- Orange popsicle
- Sorbet (Raspberry or Orange)
- Organic sorbet (Strawberry or Mango)
- Frozen yogurt tube

FRUITS

Fresh, pureed or canned fruits are also available in the Fruits section, p. 4

PASTRIES

- Chocolate and banana brownies
- Rice Krispies squares
- Molasses cookie
- Chocolate cake
- White cake with vanilla icing
- Muffin (banana, blueberry or carrot)
- Choco Bongo bar



Adapted textures

* Several other chopped or pureed products are authorized. During your call, do not hesitate to ask to locate them.

PUREED

Vegetables

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

Fruits

See the Fruits section, p. 4, for pureed options.

Proteins

- Lamb
- Beef
- Organic chicken
- Salmon
- Chickpea

CHOPPED

Vegetables

- Carrot
- Yellow bean
- Broccoli

Proteins

- Lamb
- Beef
- Organic chicken

SAUCE

- Beef gravy
- Chicken gravy
- Marinara

INFANT CEREAL

- Oats
- Mixed (oats, wheat, rice)
- Rice

Breakfast and snacks at any time... or almost!

SEVERAL OTHER CHOICES
THROUGH THE MENU ARE
AVAILABLE AS A SNACK.
TO IDENTIFY THEM, LOCATE THE ★!

Protein sources

HAM

CHEESE

- White cheddar ★
- Yellow cheddar, light ★
- Sliced cheese, light ★
- Swiss ★

GELATIN-FREE YOGOURT

- Vanilla SL ★
- Strawberry ★
- Peach SL ★
- Lactose-free ★
- Plain SL ★
- 0% (assorted flavors) ★

EGGS AND OMELETTES

- Hard boiled
- Scrambled
- Plain omelette
- Cheese omelette



GRILLED CHEESE SANDWICH

- Brown or white bread

BREAKFAST SANDWICH

(egg and cheese + optional:
lettuce/tomato and mayonnaise
or margarine/butter)

Pancakes & Co

- Pancake
- Waffle
- French toast

Complete with one (1) fruit
of your choice: banana, raspberry,
blueberry or peach



Cereal products

BREAD (TOASTED OR UNTOASTED)

* Toasted bread not available
as a snack.

- White bread ★
- Brown bread ★
- Plain english muffin
- Plain bagel

MUFFINS

- Banana ★
- Blueberry ★
- Carotte ★

COLD CEREALS

- Multi-grain Cheerios ★
- Rice Chex ★
- Corn Flakes ★
- Mini-Wheats G ★
- Raisin Bran ★
- Rice Krispies ★
- All Bran (15 ml) ★



HOT CEREALS

- Cream of wheat SL
- Oatmeal (until 10:30 am)

INFANT CEREAL

- Oat
- Mixed (oat, wheat and rice)
- Rice

Potatoes

Breakfast potatoes
(optional: mayonnaise or ketchup)

(until 10:30 am)

Fruits

FRESH

- Banana ★
- Cantaloupe ★
- Watermelon ★
- Honeydew melon ★
- Apple ★
- Orange ★
- Clementine (winter) ★



PUREE

- Peach SL ★
- Pear SL ★
- Organic apple SL ★
- Apple and blueberry SL ★
- Apple and strawberry SL ★
- Apple and peach SL ★

CANNED

- Diced peaches ★
- Tropical fruit salad ★
- Mandarins ★

Spreads and condiments

- Butter ★
- Margarine ★
- Apple jelly ★
- Grape jelly ★
- Light cream cheese ★
- Jam
- (strawberry, raspberry,
blueberry-strawberry, peach-maple)
- Honey ★
- Maple syrup
- Creamy Wow Butter ★
- Peanut butter's little brother...
without the peanuts or the nuts!

Smoothies (until 3:00 PM)

Contains:
milk and gelatin-free yogourt

- Raspberry
- Banana SL
- Peach SL

(Optional)
Add a touch of
brown sugar



Beverages

COLD

- Milk SL ★
- (skim, 2%, 3,25%,
chocolate, lactose-free)
- Organic soy beverage SL ★
- (unsweetened, vanilla)
- Orange juice L SL ★
- Apple juice L SL ★
- Grape juice ★
- Prune juice ★
- Cranberry cocktail ★

HOT

- Coffee L SL
- (Regular or decaffeinated)
- Black tea L SL
- Green tea L SL
- Passion fruit
herbal tea L SL
- Linden and lemon
herbal tea L SL
- Hot water L SL



Legend

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- ★ Available as a snack