

- 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 10:45 am

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

Add one (1) fruit of your choice:

- SL** Banana
- Blueberries
- Raspberries
- SL** Mango

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

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 10:45 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 mango

Gelatin-free Yogurt

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

Nanö Yogurt

- 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** Syrup 📍
- Creamy Wow Butter ☆

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

Meals Starting at 10:45 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** Vanilla soy beverage ☆ 📍

Hot Beverages

- L SL** Coffee
- L SL** Tea
- L SL** 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

Choice of Bread (1)

- Whole-wheat tortilla
- Ancient grain 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)

- Egg salad
- Ham salad
- Chicken salad
- Chicken 📍
- Ham 📍
- Tuna 📍

Choice of condiment (1 ou 2):
Margarine, butter 📍, mayonnaise, mustard



Make your own custom sandwich!

Dip it!

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

Raw Vegetables Dressings

- Broccoli/cauliflower ☆
- Carrots ☆
- Celery ☆
- Cucumber ☆
- Garden salad ☆
- Tomato slices
- Caesar ☆
- Light Italian ☆
- House ☆
- Thousand Islands ☆
- Ranch ☆

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 (2)

- Pineapple
- Mushrooms
- Green pepper
- Tomato



Create your own pizza in 3 easy steps!

Classics

Burritos

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 📍



Condiments

- Spicy mango 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 📍
- Sunrise Blend 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



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

OPTIONAL ONLY with Alfredo/Marinara/Rosé sauces

Add a protein:

- Chicken
- Tofu Ⓞ



Lasagna

- Meat
- Tomato

Stir-fries

Choose a healthy stir-fry!

Create your own stir fry in 4 easy steps!

Choice of Starch (1)

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

Choice of Sauce

- Soya Ⓞ

Choice of Protein (1)

- Chicken
- Tofu Ⓞ

Choice of Vegetables (1)

- Sunrise Blend mixed vegetables Ⓞ
- House blend

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
- Mango
- Watermelon
- Honeydew

Dressings (2)

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

Protein (1)

- Hummus
- Ham Ⓞ
- Egg Ⓞ
- Chicken
- Chicken salad
- Ham salad
- Egg salad
- 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) ☆
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Gelatin-free Yogurt

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- SL** Peach ☆ Ⓞ
- SL** Vanilla ☆ Ⓞ

Nanö Yogurt

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

Cookies

- Tea biscuits (2)
- Oatmeal (2)
- Crispy blueberry cookie (2)

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



Menu

REGULAR

6:30 am to 7 pm

Call me!
4747

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

Délicapapilles!

To order:

All patients can order up to **3 meals** per day. Meals are served within 60 minutes.

1. Choose your menu items.
2. 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.

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.

Ask about it!

