Patient Ordering Instructions

Patients can order from the Mealtrain menu during hours of operation. Patient(s) can order one meal per meal period following the ordering guidelines on the menu.

Please note we take into consideration the child’s age when processing the order so that the food and portion sizes are appropriate. Due to dietary restrictions and food allergies, all foods on the menu may not be available for all patients.

Meals will be delivered within 60 minutes of ordering to the nursing station and a Patient Service aide will deliver your tray to your room.

Guests, trays available for purchase

Easy Steps:
1. Purchase a gift card from the Terrace Café.
2. Pick up a guest tray menu from cashier.
3. Once you’ve decided what you’d like, call extension 206622 during Mealtrain menu times (have your card ready).
4. Place your order. Note: your card can also be used in person in the Terrace Café.
5. Your tray will be delivered to the nursing station within 60 minutes.
   Enjoy your meal!

Dial ext. 206622 to place your order.

Mealtrain

Hours of operation
(Dial ext. 206622)

Breakfast 7:30 a.m. to 9:30 a.m.
Lunch 11:30 a.m. to 1:30 p.m.
Supper 4:15 p.m. to 6:15 p.m.
### ALL DAY BREAKFAST

**Pick 1 Cereal**
- Cold: Cheerios / Corn Flakes / Fruit Loops / Frosted Flakes / Raisin Bran / Rice Krispies / Shreddies / All Bran / Special K
- Hot: Cream of Wheat / Oatmeal

**Pick 1 Bread and Things**
- Muffins: Apple & Spice / Blueberry / Carrot / Raisin Bran
- Bagel / Bread / Toast / English Muffin

**Pick 1 Entrée Grill**
- Plain or Cheese Omelette
- Scrambled Eggs
- Hard Boiled Egg
- French Toast
- Pancakes
- Belgian Waffle

**Pick 1 Grill Side**
- Bacon
- Hash Browns
- Sausages

### Condiments

- Tomato
- Ketchup
- Mustard
- Relish
- Hot Peppers
- Vinegar
- Salt and Pepper
- Brown Sugar
- White Sugar
- Sugar Substitute
- Peanut Butter
- Pancake Syrup
- Honey
- Jam (strawberry or raspberry)
- Grape Jelly
- Butter
- Margarine
- Mayonnaise
- Teriyaki Sauce
- Tartar Sauce
- BBQ Sauce
- Soy Sauce
- Hot Sauce
- Sweet and Sour Sauce
- Cranberry Sauce
- Plum Sauce
- Salsa

### Pick 1 Entrée

#### BUILD YOUR OWN SANDWICHES

**Breads:**
- Bagel / Bread / English Muffin
- *White or Whole Wheat Available*

**Tortilla Wrap:**
- White

**Fillings:**
- Egg Salad
- Ham
- Bacon
- Roast Beef
- Tuna Salad
- Turkey
- Cream Cheese
- Cheddar Cheese
- Mayonnaise
- Butter or Margarine
- Lettuce & Tomato
- Jam or Jelly
- Peanut Butter

**Subs:**
- Assorted, Turkey or Veggie & Cheese
- *White or Whole Wheat Bun*

**Cheese/Lettuce/Tomato**
- Green Pepper
- Salsa
- French / Caesar / Sundried Tomato

**Pasta:**
- Penne or Spaghetti
  - *Whole Wheat Available*

**Sauces:**
- Alfredo, Meat, Marinara

**Pick up to 2 Sides**
- Make Your Own Pizza:
  - Cheese / Pepperoni / Ham / Chicken / Onion / Mushroom / Green Pepper / Hot Peppers / Pineapple / Sliced Tomato

**SAUCES:**
- Apple / Strawberry-Apple
- Fresh Fruit / Apple / Banana / Orange / Strawberries / Blueberries

**Pick up to 2 Beverages**

**Milk:**
- Whole
- 2%
- Chocolate

**Juice:**
- Apple
- Prune
- Cranberry
- Grape
- Orange
- Pineapple

**Make Your Own Pizza:**
- Includes: Rice, Bok Choy, Broccoli, Carrots, Celery, Garlic, Soya Sauce, Teriyaki Sauce

### Pick 1 Dessert

**Pick 1 Dessert**

- Caesar Salad
- Garden Salad
- Spinach Salad
- Coleslaw

**Salad Dressings:**
- Ranch, Italian, French, Caesar, Sundried Tomato

**Crackers:**
- Whipped topping available

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**See ordering instructions on back page**