

# BREAKFAST



## Baked Goods

- Muffin of the day •
- Toast •
- Scone (Plain) •
- Tea Biscuit •

## Condiments

- Jams (Strawberry/Grape) ••
- Margarine/Butter •
- Milkette/Creamer •
- Brown sugar ••
- Sugar/Sweetener ••
- Mrs.Dash/Pepper ••

## Cereal

- Hot oatmeal •
- Cream of wheat •
- Corn Flakes
- Rice Krispies
- Frosted Flakes
- Cheerios
- Special K
- All Bran Flakes

## Fresh is on the Menu.

- Fruit ••
  - Apple Slices
  - Banana
  - Grapes
- Canned Fruit ••
  - Diced Pears
  - Diced Peaches
  - Fruit Cocktail
  - Mandarin Orange Slices
- Applesauce ••
  - Strawberry/Apple/Blueberry

## Beverages

- Milk •
  - 1%
  - Homogenized
  - Chocolate
- Soy milk ••
  - Vanilla
- 2% Lactose free milk ••
- Juice ••
  - Apple
  - Orange
  - Prune
  - Cranberry
  - V-8 Tomato Cocktail
- Coffee ••
  - Regular
  - Decaf
- Tea ••
  - Regular
  - Green
  - Decaf Mint
- Hot Water ••

## Protein

- Hard boiled egg ••
- Plain Omelette ••
- Cheddar Cheese •
- Peanut butter ••
- Cottage Cheese •
  - Plain
  - Lemon
  - Vanilla
- Greek yogurt •
  - Vanilla
  - Strawberry
  - Coconut

With Steamplicity, you get simple, wholesome ingredients cooked in a simple, nutrition-forward way.

Unlike traditional cooking methods, our unique steaming process keeps more key vitamins in, so you get more out of every meal.

Every dish of our feel-good-food is cooked fresh, tailored to your nutrition needs, and just like a gentle puff of steam, served at the perfect temperature.

Adjustments may be made to this menu according to the diet that has been ordered by your physician.

Compass One's commitment to the environment and your safety ensures that the Steamplicity entrée containers are food grade, high heat safe and recyclable.



A nutrition associate will guide you through the ordering process. **If you have any allergies or food sensitivities, please inform your nurse.**

We want your dining experience to be excellent! If you have any comments, please contact the Food Services Department at : 519-752-7871 Ext. 2247

# HALAL MENU



## MEAL SELECTION

**NEXT DAY LUNCH:** 2:15pm/3:15pm

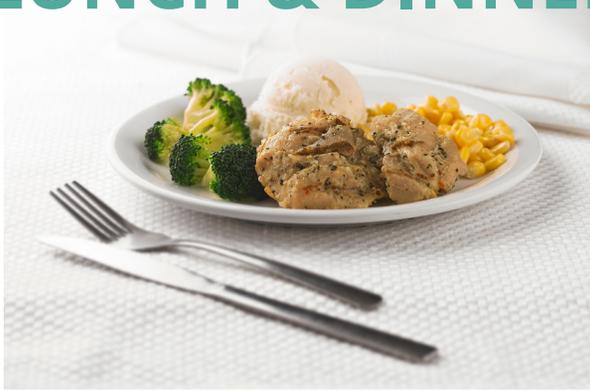
**DINNER:** 9:45am/1:45pm

**NEXT DAY BREAKFAST:** 2:15pm/3:15pm

Breakfast Phone Selections accepted up to 7:30 am

PLEASE KEEP THE MENU FOR THE DURATION OF YOUR STAY

# LUNCH & DINNER



## YOUR MENU, PRESENTED BY STEAMPLICITY...

The Food Services department is proud to provide your meals using the patented Steamplicity® technology.

Steamplicity is a way of cooking fresh and wholesome ingredients using the healthiest of all cooking methods — steam pressure. The system provides the ultimate in flexibility with the food being cooked just minutes before service — allowing us to give you the greatest possible choice of meals and menu selections.

## USING THIS MENU

- 1) First, select a starter if you wish.
- 2) Then choose one delicious sandwich or a Steamplicity entrée for lunch and dinner.
- 3) Then finish off with a delicious dessert from our extensive menu.
- 4) Select a choice of beverage and condiments offered to accompany your meals.

## Legend

- **Healthy Option**  
Fat 15g or less per serving; Sodium 650mg or less per serving
- **Non-Gluten Containing Ingredients:** These meals have no gluten containing ingredients
- **Reduced Lactose**  
Suitable for those with lactose intolerance
- **High Fibre**  
Fibre 4g or more per serving
- **Sustainable Seafood**  
This seafood product has been caught and/or farmed in a way that promotes long term health of the ecosystem

## Starters

### Soup or salad

#### Soup of the day

#### Broth

- Vegetable •

or

#### Green salad •••

- Ranch
- Italian Dressing

#### Carrot and Celery

#### Sticks •••

## Sandwiches

### Egg Salad •

### Tuna Salad •

### Cheddar Cheese

### Peanut Butter •

### Hummus Vegetable •

### Plate with pita bread

**\*All sandwiches are prepared on whole wheat bread. White bread, gluten free, and milk free options available on request.**

## Desserts

### Dessert of the day

#### Fresh Fruit ••

- Apple Slices
- Banana

#### Canned Fruit •••

- Pear
- Peaches
- Fruit Cocktail
- Mandarin Slices

#### Applesauce •

- Peach
- Apple
- Tropical

#### Cookies

- Social Tea
- Digestive
- Arrowroot

## Hot Entrées

### Chicken and Beef

#### Sweet Chicken Curry •••

Flavorful seasoned Halal certified chicken breast in a sweet curry sauce with basmati rice and peas

#### BBQ Chicken ••

Seasoned Halal certified chicken breast served with roasted potatoes and seasoned corn

#### Roast Beef •

Seasoned Halal certified Roast beef served with a baked potato and carrots

#### Spicy Beef Stew ••

Served with rice, carrots and turnips

#### Pasta Bolognese •

Certified ground beef served with a garlic pasta and seasoned broccoli



## Vegetarian

### Vegetable Dhal •••

Stew of Lentils and Vegetables served with Basmati Rice, Fresh Cauliflower Florets and Carrot and Rutabaga Blend

### Vegetable Curry •••

Mixture of squash, navy beans, carrots and split peas in a creamy sauce served with Basmati Rice, Fresh Broccoli florets and Butternut squash

### Vegetable Shepherd's Pie ••••

Fluffy Potatoes layered on a mix of Vegetables and Lentils served with Carrot Coins and Baby Peas

### Vegetable Chili ••••

A mix of Kidney Beans, Tomatoes, Onions and Green Peppers with Fresh Broccoli Florets and Carrot Coins

### Homestyle Omelet •

with Savoury Roasted Potatoes, Broccoli Florets and Butternut Squash



## Vegetarian

### Southwest Vegan Pasta •••

With a hint of chipotle and all the wonderful flavours from the south including corn, kidney & black beans, tomato, green peppers and onion. This delicious, plant based, fusion entree is one to try.

### Sweet n Spicy Tofu •

Extra firm cubed tofu is glazed with a sweet sauce that carries a mild kick that balances out this dish. Paired with fluffy white rice and our signature Asian inspired vegetable blend.

## Fish

### Steamed Salmon ••••

Wild Pacific Salmon Filet served with a bed of Steamed Rice, Fresh Broccoli Florets and Sweet Corn

### Basa White Fish ••••

Basa Lion Served with sides of Steamed Rice, Sweet Corn and Fresh Broccoli



# MMM, Nutritious Made Delicious

## Condiments

### Margarine •

### Lemon Juice ••

### Vinegar ••

### Ketchup/Mustard •••

### Tartar Sauce •

### Cranberry Sauce •

### Miracle Whip •••

### Milkette/Creamer •••

### Sugar/Sweetner •••

### Pepper/Mrs.Dash •••

## Beverages

### Milk •

- 1%
- Homogenized
- Chocolate

### 2% Lactose Free •

### Soy milk ••

- Vanilla

### Juice ••

- Apple
- Orange
- Prune
- Cranberry

### Coffee ••

- Decaf
- Regular

### Tea ••

- Regular
- Green
- Decaf Mint

### Hot water ••