MINCED MENU FOR PATIENTS

READY SET EAT

HOW TO ORDER

1 Decide when and what you would like to eat. All items on the menu are available to order from 6:30 AM to 6:30 PM

2 Call 306-655-2328 (2EAT) to order your meal by phone or to sign up for online ordering using your smartphone or tablet. You will need to provide the patient's name and room number.

Scan the QR Code to learn more online.

3 See you in less than 60 minutes!

For more information on purchasing food for guests, scan QR code above or visit
https://momsandkidssask.saskhealthauthority.ca/jim-pattison-childrens-hospital/inside-our-hospital/nutrition-food-services

Some menu items may not be available due to food allergies, dietary restrictions or age group. Menu substitutions may occur.

Nutrition & Food Services prepares food using recipes developed by our team with special effort to source items locally where possible.

Nutrition & Food Services is working on going greener. Thank you for helping make sure reusable dishware is left on the meal tray so it can be returned to the kitchen.

306-655-2328 (2EAT) for READY-SET-EAT

Proudly Supported By
JIM PATTISON CHILDREN'S HOSPITAL FOUNDATION

MINCED MENU

All menu items available to order from 6:30 AM - 6:30 PM

Variations may occur due to food temperature changes or other subtle changes during food preparation. It is recommended that patients, families and caregivers ensure foods meet the texture requirements provided by your clinical team in order to avoid any difficulty with swallowing.

Pick up to 3 per meal
ALL DAY BREAKFAST

HOT
- Oatmeal
- Egg Patty
- Plant-Based "Egg" Patty

COLD
- Yogurt (Assorted)
- Greek Yogurt
  Vanilla / Strawberry
- Plant-Based Yogurt
- Smooth Cottage Cheese
  Vanilla / Lemon

ENTRÉES | Pick up to 1 per meal

MINCED
- Egg Salad Filling (Plain)
- Roast Turkey
- Roast Pork
- Vegetable Korma
- Lentil Curry

PUREED
- Roast Turkey *option*
- Roast Beef *option*
- Louisiana Bean Stew
- Lentil Curry

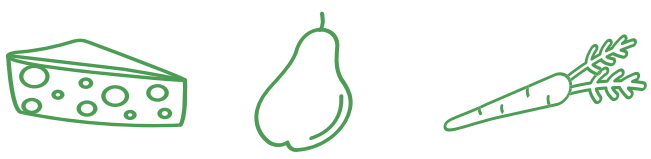
BUILD YOUR OWN PASTA

1. NOODLE
- Macaroni
- Rice Noodles (Chopped)

2. SAUCE
Option: request on the side
- Marinara
- Rose
- Alfredo
- Butter
- Creamy Dill

3. ADD-ON
- Shredded Mozza

REMEMBER TO ADD ANY OTHER TOPPINGS FROM "EXTRAS"



BEVERAGES | Pick up to 3 per meal

THIN FLUIDS

MILK
- 2%
- Whole (3.25%)
- Lactose Free (2%)
- Chocolate (1%)
- Soy
- Almond

JUICE
- Apple
- Orange
- Grape
- Prune

HOT
Add cream/sugar/honey from "Extras"
- Hot Chocolate
- Coffee
- Orange Pekoe Tea
- Green Tea
- Chai Tea
- Mint Tea *(Caffeine-free)*
- Chamomile Tea *(Caffeine-free)*

THICKENED FLUIDS
- Thickened Water
- Thickened Milk

THICKENED JUICE
- Apple
- Cranberry
- Orange

SMOOTHIE
- Berry Banana
  Option with soy milk
- Mango Lassi

SIDES | Pick up to 4 per meal

SOUPS
- Chicken Broth
- Vegetable Broth
- Bison Bone Broth
- Cream of Tomato

HOT STARCHES
- Mashed Potatoes
- Rice Noodles (Chopped)

MINCED HOT VEGETABLES
- Peas
- Carrots
- Italian Mixed Vegetables

PUREED HOT VEGETABLES
- Peas
- Carrots

SWEETS | Pick up to 2 per meal
- Pudding
  Chocolate / Vanilla / Butterscotch
- Applesauce
  Apple / Peach / Blueberry
- Jello

FROZEN
- Ice Cream
  Vanilla / Chocolate
- Orange Sorbet
- Popsicle

EXTRAS | Can be added for any menu item
- Shredded Mozza
- Cream Cheese
- Sour Cream
- Hummus
- Ranch Dip
- Balsamic Dressing
- Ketchup
- Mustard
- Miracle Whip
- Margarine
- Butter
- BBQ Sauce
- Sweet & Sour Sauce
- Soy Sauce
- Hot Sauce
- Peanut Butter
- Strawberry Jam
- Grape Jelly
- Honey
- Sugar
- Brown Sugar
- Sugar Substitute
- Creamer
- Masala Spice
- Pepper Packet
- Salt Packet

WARM
- Marinara Sauce
- Alfredo Sauce
- Gravy
- Creamy Dill Sauce

Questions? Call 306-655-2328

= VEGETARIAN
= VEGAN
= GLUTEN-FREE
= CONTAINS PORK
The hospital is not a certified halal facility.

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