

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!

SickKids®

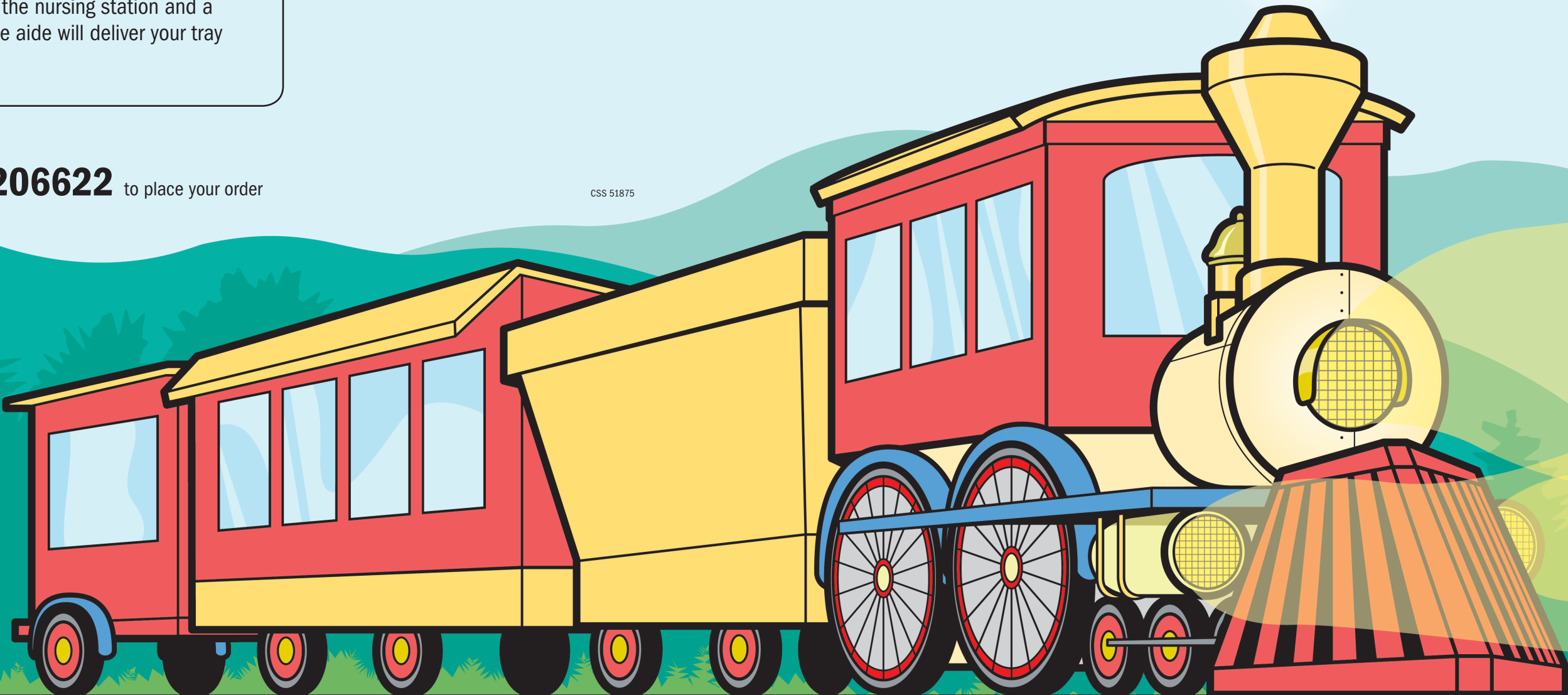
Mealtrain

**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.

Dial ext. 206622 to place your order

CSS 51875



ALL DAY BREAKFAST

Pick 1 Cereal

Cold: Cheerios / Corn Flakes / Froot 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

Breads: Bagel / Bread / Toast / English Muffin

**White and Whole Wheat Available*

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

- | | | | |
|-------------------|--------------------|---------------------------------|------------------------|
| • Cream Cheese | • Tomato | • Peanut Butter | • Teriyaki Sauce |
| • Shredded Cheese | • Ketchup | • Pancake Syrup | • Tartar Sauce |
| • Parmesan Cheese | • Mustard | • Honey | • BBQ Sauce |
| • Cheese Whiz | • Relish | • Jam (strawberry or raspberry) | • Soya Sauce |
| • Sour Cream | • Hot Peppers | • Grape Jelly | • Hot Sauce |
| | • Vinegar | • Butter | • Sweet and Sour Sauce |
| | • Salt and Pepper | • Margarine | • Cranberry Sauce |
| | • Brown Sugar | • Mayonnaise | • Plum Sauce |
| • Onions | • White Sugar | | • Salsa |
| • Lettuce | • Sugar Substitute | | |
| • Pickles | | | |

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

Cheese / Lettuce / Tomato / Green Pepper / Cucumber / Sub Sauce / Mayonnaise

**White or Whole Wheat Bun*

Wraps:
Chicken Caesar
Chicken Fingers / Lettuce / Cheese

PASTA:
Penne or Spaghetti* / Cheese Ravioli

Sauces: Alfredo, Meat, Marinara

**Whole Wheat Available*

MAKE YOUR OWN PIZZA:
Cheese / Pepperoni / Ham / Chicken / Onion / Mushroom / Green Pepper / Hot Peppers / Pineapple / Sliced Tomato

HOT ENTRÉE:

- Chicken Fingers
- Chicken Nuggets
- Grilled Chicken Breast
- Grilled Chicken Burger
- Hamburger
- Cheeseburger
- Hot Dog
- Turkey

- Macaroni & Cheese
- Meat Lasagna
- Shepherd's Pie
- Perogies (Potato and Cheese)

- Vegetarian Chili
- Vegetarian Dhal
- Veggie Burger
- Vegetarian Lasagna
- Veggie Dog

- Grilled Cheese
- BLT Sandwich

- Fish Nuggets
- Filet of Sole
- Salmon Filet

Burrito:
Beef or Vegetarian Chili with Lettuce, Cheese in Tortilla

Taco:
Includes: 2 Soft Tortillas, Ground Beef, Sour Cream, Lettuce, Cheese, Tomato, Salsa

Quesadilla:
Cheese or Chicken with Green Pepper on Grilled Tortilla
**Sour Cream or Salsa Available*

Stir Fry Beef / Chicken / Tofu:
Includes: Rice, Bok Choy, Broccoli, Carrots, Celery, Garlic, Soya Sauce, Teriyaki Sauce

Pick up to 2 Sides

- Alphabet Soup†
- Chicken Broth
- Chicken Noodle Soup
- Cream of Chicken Soup
- Cream of Mushroom Soup
- Cream of Tomato Soup
- Vegetable Broth

**Crackers Available*

† Contains Beef

- Green Beans
- Green Peas
- Corn
- Broccoli
- Cooked Carrots (Baby or Diced)
- Peas and Carrots
- French Fries
- Sweet Potato Fries
- Baked Potato (Plain or Cheese)
- Mashed Potatoes
- Garlic Bread Stick
- Roll (White or Whole Wheat)
- Plain Rice
- Fried Rice
- Spring Rolls (Vegetable)
- Stir Fried Cantonese Noodle

- Caesar Salad
- Garden Salad
- Spinach Salad
- Coleslaw

- Carrot Sticks
- Celery Sticks
- Cucumber Slices

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

Pick up to 2 Beverages

Milk:

- Whole
- 2%
- Chocolate

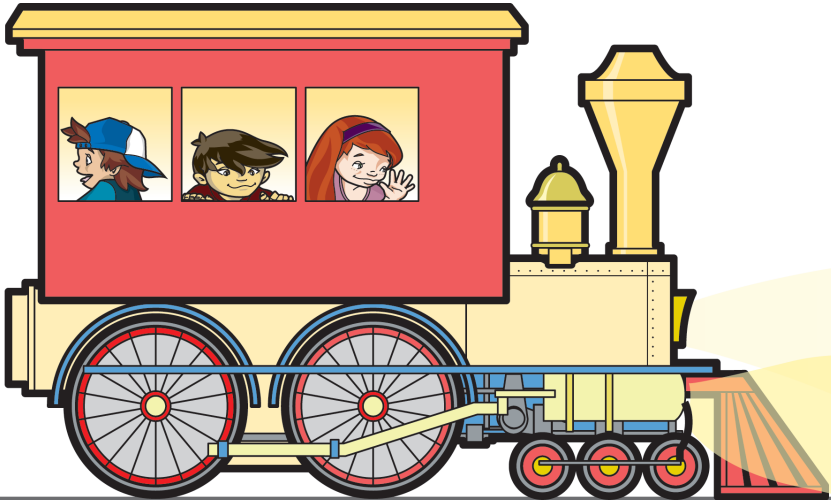
Juice:

- Apple
- Prune
- Cranberry
- Grape
- Orange
- Pineapple

Pick 1 Dessert

- **Sauces:** Apple / Strawberry-Apple
- **Fresh Fruit:** Apple / Banana / Orange / Strawberries / Blueberries
- **Fresh Fruit Plate** (Assorted Melons)
- **Ice Cream:** Chocolate / Vanilla / Strawberry
- **Sherbet:** Orange
- **Pudding:** Chocolate or Vanilla
- **Jello:** Lemon / Lime / Orange / Strawberry
- **Fruit Cups:** Fruit Cocktail / Peach / Pear
- Yogurt or Mini Yogurt
- **Cookies:** Arrowroot / Chocolate Chip / Digestive / Oatmeal / Oatmeal Raisin / Oreos / Shortbread Cookies / Fruit Cream
- Chocolate Brownie or Rice Krispie Square
- Cheese and Crackers (Marble or Medium Cheddar)

** whipped topping available*



Dial ext. 206622
See ordering instructions on back page