

ALTERNATE SELECTIONS

If you do not desire one of the two choices offered, the following are alternate choices we have available. You may put these items on your menu.

BREAKFAST:

Bran muffins Oatmeal or Cream of Wheat

Cold Cereal

Rice Krispies Special K Corn Flakes Bran Flakes

OR

All Bran

Stewed Prunes

Fried or Scrambled Egg

Peanut Butter & Jam

LUNCH AND DINNER:

Pizza & Fries **(at Lunch ONLY from Monday-Friday)**

*Sliced Hot Beef or Sliced Hot Turkey Sandwich

*Egg or Tuna Salad Sandwich

*Sliced Beef or Sliced Turkey Sandwich

*Sliced Ham & Cheese Sandwich

*PK. of Peanut Butter, Jam & Bread to make a Sandwich

*Grilled Cheese Sandwich

***Please indicate your choice of white or whole-wheat bread**

Tossed Salad, Carrots & Celery Sticks

Chocolate Milk

FRESH FRUIT AND DESSERT:

Banana Apple Orange Pudding Ice Cream Jell-O

Contact

Paula Ormsbee
Director of Food & Nutrition Services
and Transportation
Providence Care
Tel: 613-548-7222 ext. 2298
Cell: 613-328-5579
ormsbeep@providencecare.ca



Providence
Care

www.providencecare.ca

April 2011



Welcome to Expressly for You Personal Service Dining



*Our menu is nutritious and well-balanced
to meet the needs of all of our patients.*

Providence
St. Mary's of the
Lake Hospital site
Care

Welcome to Expressly for You Personal Service Dining

On behalf of the Food & Nutrition Services Department we would like to “Welcome you”. Our goal is to make your hospital stay as pleasant and comfortable as we can. In order to meet your needs and to ensure complete satisfaction with your meals, a representative from the Food & Nutrition Services Department, your personal Host or Hostess, will visit you three times a day to take your order for the next meal. The menu offers specially prepared Chef’s Choices selected with your personal and regional preferences in mind. Your physician will order the type of diet you should receive during your stay and the Host/Hostess will assist you in your menu selections. Menu service information is listed below. Your meals will be served at the following times:

BREAKFAST	...	7:15 a.m.
LUNCH	...	11:55 a.m.
DINNER	...	4:25 p.m.

Every Sunday you will receive a Week of Menus for the following week so you can see your choices in advance. You can always circle your choice for the Host/Hostess if desired. Arrangements can also be made to have your family member fill out your menu. Please indicate your preference to the Host/Hostess or your nurse. If you require a specific therapeutic diet your choices will be adjusted. If you require a snack as a result of this special diet the Host/Hostess will provide that for you. All patients will receive an evening snack that will be delivered to you.

CAFETERIA:

You may choose to eat in your room or in the cafeteria at lunchtime. If you choose the cafeteria, please ask your nurse to let the Diet office know to send your tray to the cafeteria rather than to the floor. If you choose to cancel your tray and eat in the cafeteria from the specific menu, please have your nurse inform the Diet office by 10:00 a.m., otherwise the tray will be sent to the floor. The cafeteria is not open for dinner or on the weekends.

NOTE: Items not on the “specific menu” in the cafeteria are not included in your meal allowance and must be paid for at the cashier. The cafeteria is open to staff, patients, families and friends.

CAFETERIA HOURS ON WEEKDAYS:

8:15 a.m. to 10:30 a.m.
11:15 a.m. to 3:00 p.m.

CAFETERIA: WEEKENDS AND HOLIDAYS:

You can purchase meal tickets at switchboard for \$6.00 on these days. (Some holiday meals may be slightly higher to reflect food costs.) You may pick these meals up at the back of the kitchen or arrangements can be made to send the trays to the floor.

LUNCH: 12:00 to 12:30 p.m. DINNER: 4:30 to 5:00 p.m.

There are also vending machines available in the eating area of the cafeteria.

Seniors Night for Family, Visitors and Staff is every 2nd and 4th Tuesday of the month in the cafeteria from 4:15 p.m.-6:00 p.m. Free parking is available from 4:00 to 7:00 p.m. Meals include soup, entrée, dessert, coffee/tea all for just \$6:50.

SPECIAL REQUESTS:

The Food & Nutrition Services Department hopes that you find your meal prepared to your liking. Each day during your stay, you will receive a menu that meets the needs of your prescribed diet, and from which you may select your meal. Should you prefer another selection, we invite you to choose from the choices on the back of this pamphlet.

SPECIAL FEEDING DEVICES:

Plate guards, feeder cups and special plates are available to aid you in eating, if required.

PATIENT SATISFACTION SURVEY:

Surveys are done every year, at which time you can rate our service to help us provide you with continued satisfaction. We appreciate your comments and participation. At any time during your stay, you can request, through your nurse, to see a Food & Nutrition Services Supervisor to discuss your issues.

NUTRITION THERAPY:

If your physician refers you to the Clinical Dietitian, you will be visited for nutrition assessment and education. Your menu will be adjusted to meet your individual dietary needs.