**Comfort Foods Meals Page**

**Meals**

**Breakfast**

* Scrambled eggs
* Boiled eggs
* Poached eggs.
* Bacon
* French toast sticks
* Sausages
* Home fries
* Waffles
* Toast-brown/white bread
* Jams [**strawberry and marmalade**] diabetic pectin avail.
* Maple syrup [**avail. in diabetic**]
* Stewed prunes
* Muffin [**raisin bran, carrot, chocolate chip, cranberry**]
* Cinnamon rolls
* yogurt [**Vanilla, strawberry and blueberry**]
* Banana

**Cold cereal**

* Cornflakes
* Cherrios
* Bran flakes
* Rice Krispies
* Raisin Bran
* Shredded Wheat

**Hot cereal**

* Rolled oats
* Cream of wheat

**Breakfast beverages**

* Coffee
* English tea
* Orange juice
* Apple juice
* Cranberry juice[**Also avil. in diabetic**]
* Peach juice
* Hot water
* Sanka
* Prune juice

**Lunch**

* Spaghetti and meatballs
* Tuna noodle casserole
* Hamburger and bun
* Hotdog and bun
* Fish and chips
* Butter chicken
* Turkey melt with toasted bread
* Macaroni and cheese
* Shepherds pie
* Tilapia
* Chicken ala king
* Chop suey
* Cordon bleu
* Veal
* Sweet and sour beef balls
* Grilled chicken
* Pulled pork on bun
* Beef stew

**Soup**

* Chicken noodle
* cream of mushroom
* Cream of chicken
* Cream of tomato
* Cream of broccoli
* Pea soup
* Miso soup
* Minestrone soup
* Lentil soup
* Potato leek soup

**\*Sandwiches**

* Sliced Beef Sandwich on Rye
* Egg salad
* Tuna salad
* Ham salad
* Grilled cheese

**\*available both on brown and white bread.**

**Lunch beverages**

* Coffee[**Regular and decaf**]
* English tea
* Orange juice
* Apple juice
* Cranberry juice[**Also avil. in diabetic**]
* Peach juice
* Hot water
* Sanka
* Prune juice

**Dinner**

* Pepper steak
* Beef stroganoff
* Egg rolls
* Meat pie
* Grilled salmon
* Gyro
* BBQ pork ribs
* Chicken tetrazzini
* Jerk chicken
* Salisbury steak
* Poutine
* Baked chicken
* Hamburger steak
* Deluxe pizza
* Lasagna
* Meatloaf
* Beef rigatoni

**Dinner beverages**

* Decaf coffee
* English tea
* Orange juice
* Apple juice
* Cranberry juice[**Also avil. in diabetic**]
* Peach juice
* Hot water
* Prune juice

**Side vegetables for lunch & dinner**

* Diced carrots
* Sliced carrots
* Broccoli
* Sliced turnip
* Sliced beets.
* Mashed Potatoes
* Baked potato
* Peas
* Green beans
* Mixed vegetables
* Diced squash.

**Side rice dishes**

* white rice
* Fried rice
* wild rice

**Sauces**

* Beef gravy
* Chicken gravy
* White gravy
* Creamy Alfredo
* Sweet sauce
* Marinara sauce
* Cranberry sauce [**Thanksgiving and Christmas**]
* Chocolate fudge[**dessert**]
* Custard[**dessert**]

**Dessert for lunch & dinner**

* Apple pie
* Cherry pie
* Rhubarb pie
* Banana cream pie
* Lemon chiffon cake
* Diced peaches
* Fruit cocktail salad
* Black forest cake
* Pineapple chunks
* Sliced apples
* Chocolate cake
* Vanilla cake
* Ice cream[**chocolate, vanilla and strawberry**]
* Orange sherbert
* Pudding[**chocolate, vanilla, tapioca and caramel**]
* Angel cake
* Fresh fruit
* Chocolate chip cookie
* Oatmeal cookie
* Gelatine[**lime, cherry, strawberry and orange**]

**Nutritional snack**

* Cheese and crackers
* Yogurt
* Arrowroot cookies
* Fruit cup
* Apple sauce

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