SOFT 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 6:00 PM

2 **Call 306-655-2328 (2EAT) to order by phone or sign up for online ordering.**

You will need to provide the patient's name and room number.

3 **See you in less than 60 minutes!**

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.

Ready Set Eat menu items are for patients. For information on purchasing food for family/guests, or to learn more about Nutrition & Food Services, visit:

https://momsandkidssask.saskhealthauthority.ca/jim-pattison-childrens-hospital/inside-our-hospital/nutrition-food-services

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

Proudly Supported By

JIM PATTISON CHILDREN'S HOSPITAL FOUNDATION

SOFT MENU

Items available for patients to order from 6:30 AM - 6:00 PM

Family and guests are welcome to bring their own food or purchase from one of the retail locations in the hospital.

ENTRÉES | Pick 1 per meal

- French Toast & Syrup
- Mini Pancakes & Syrup
- Bean Chili
- Chickpea Spinach Curry
  Add rice from "Sides" or Naan from "Bakery"
- Lasagna
- Baked Salmon
- Pulled Bison Meat
- Roast Turkey & Gravey
- Lemon Herbed Fish
- Veggie Burger *option*
- Hamburger
- Cheeseburger
- Diced Hot Dog

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

STEP 1: CHOOSE YOUR NOODLE BASE
- Whole Wheat Penne
- Penne
- Macaroni
- Rice Noodles

STEP 2: CHOOSE YOUR SAUCE *Option: request on the side*
- Marinara
- Rose
- Alfredo
- Creamy Dill
- Butter

STEP 3: CHOOSE YOUR ADD-ON
- Shredded Mozza
- Beef Meatballs
- Diced Chicken

BUILD YOUR OWN SANDWICH

STEP 1: CHOOSE YOUR BREAD
- Whole Wheat Bread
- White Bread

STEP 2: CHOOSE YOUR PROTEIN
- Egg Salad
- Roast Turkey
- Ham
- Hummus

STEP 3: CHOOSE YOUR FILLING
- Cheddar Slice

STEP 4: CHOOSE YOUR SPREAD
- Margarine
- Miracle Whip

STEP 5: CHOOSE ANY ADD-ONS FROM "EXTRAS"

SIDES

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

PROTEINS
- Boiled Egg
- Egg Patty
- Plant-Based "Egg" Patty
- Marble Cheese

HOT STARCHES
- Hashbrown Patty
- French Fries
- Mashed Potatoes
- Rice Noodles
- White Rice

HOT VEGETABLES
- Peas
- Carrots
- Italian Mixed Vegetables

MINCED HOT VEGETABLES
- Peas
- Carrots
- Italian Mixed Vegetables

PUREED HOT VEGETABLES
- Peas
- Carrots

FRUIT
- Banana
- Pears (Canned)
- Peaches (Canned)

BAKERY & CEREALS

BREADS
- Whole Wheat Bread
- White Bread
- White Dinner Roll
- Cheese Scone
- Mini Naan
- Bannock

CEREALS *must be softened in milk*
Please request milk from beverage list

COLD
- Cheerios
- Rice Chex
- Shreddies
- Fruit Loops

HOT
- Oatmeal

MUFFINS
- Applesauce Cinnamon
- Saskatoon Berry
- Pumpkin
- Banana

EXTRAS

- Cheddar Slice
- Shredded Mozza
- Sour Cream
- Salsa (Spicy)
- 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
- Gravy
- Creamy Dill Sauce

SWEETS

- Pudding
  Vanilla / Chocolate / Butterscotch
- Yogurt (Assorted)
- Greek Yogurt
  Vanilla / Strawberry
- Plant-Based Yogurt
- Smooth Cottage Cheese
  Vanilla / Lemon
- Applesauce
  Apple / Peach / Blueberry
- Jello
- Banana Cake
- Mini Brownies
- Stewed Saskatoon Berries

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

BEVERAGES

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)*

THICK FLUIDS
- Thickened Water
- Thickened Milk

THICKENED JUICE
- Apple
- Cranberry
- Orange

SMOOTHIE | Limit 1 per meal

- Berry Banana *Option: with soy milk*
- Mango Lassi

Questions? Call 306-655-2328



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.

= ALL DAY BREAKFAST = VEGETARIAN = VEGAN = GLUTEN-FREE = CONTAINS PORK

The hospital is not a certified halal facility.

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