

**Patients with food allergies and/or special dietary needs:**



**Please call 551 to place order if you have food allergies and/or special dietary needs**

Please pre-order your supper meal by 6:15 pm. If you would like your meal delivered after 6:15 pm please let the operator know the time you wish to have your meal delivered when you place your meal order. Your meal may be delivered up to 10:30 pm. If you would like to have your breakfast prior to 7:45 am, please pre-order the night before prior to 6:15 pm.

\* Please place your lunch order before 1:00 pm or after 1:30 pm to avoid delay in service.

**Caregivers may order on behalf of patients from outside the hospital.**

Please call 902-470-6635 if on a regular diet (DAT) or 902-470-8192 if patient has food allergies and/or special dietary needs. If leaving a voicemail, please leave us the patient name (first and last), room number and a contact number. A member from our team will contact you to complete the request as soon as possible.

**PLEASE REMEMBER:**

Return your empty tray to the "Used Trays Only" cart located on the nursing unit.

**visitor ordering instructions**

Dial for Dining provides 3 complimentary meals per day to patients (dial 555).

Additional meals can be purchased for visitors or staff, (dial 7-902-470-6608 from a patient room or 902-470-6608 from a personal device) at the cost of:

**Breakfast** \$6.09 + tax

**Lunch/Dinner** \$6.09 + tax incl. entrée, 2 sides & 1 beverage\*\*

**Lunch/Dinner** \$8.69 + tax incl. entrée, 2 sides, 2 beverages\*\* & 1 dessert

\*\*Beverage selections are milk, bottled water, coffee, tea, & hot chocolate

**Payment methods available:**

VISA, MasterCard, Dial for Dining Gift Card, IWK Employee Deduction



**IWK Dining**

5850-5980 University Avenue  
PO Box 9700, Halifax  
Nova Scotia B3K 6R8 Canada



**IWK Health Centre**

[www.iwk.nshealth.ca](http://www.iwk.nshealth.ca)



**STANDARD MENU**

**Dial 555 for 24 hour service**



**Guests can order too!  
Dial 902-470-6608  
See back for details.**

**Dial for Dining is pleased to offer Nova Scotian apples year-round.**

**Patients with special dietary needs and/or food allergies, call 551**

**Children younger than 48 months are at an increased risk of accidentally choking on food.**

The IWK Health Centre provides the Finely Diced Menu to children between 12 – 48 months old to minimize choking risk. Guardians may opt out of the Finely Diced Menu after giving informed consent. However, certain menu items marked by the † symbol are still not available due to an increased choking risk. In all cases, children younger than 48 months old require supervision when eating.



**IWK Health Centre**

# ALL DAY BREAKFAST

## PICK 1 FROM EACH CATEGORY

| Cereal  | Grains  | Fruit  |
|---|---|--|
| <b>Cold:</b><br>🌿 Bran Flakes<br>🌿 Cheerios<br>• Corn Flakes<br>🌿 Shreddies<br>• Rice Krispies<br>• Special K<br><b>Hot:</b><br>• Cream of Wheat<br>🌿 Homemade Oatmeal* | • Bagel white<br>• Bread wheat / white<br>• English Muffin<br>plain / toasted 🌿 wheat / white<br>• Soda Crackers (2/pkg)<br>• Rice Crackers (6)<br>• Rice Cake †<br>• Homemade Muffin<br>blueberry / banana | <b>Fresh:</b><br>🌿 Banana<br>🌿 Fresh Fruit Cup †<br>• Apple Slices<br>Diced if under 48 months<br>🌿 Orange †<br><b>Portions:</b><br>• Peaches<br>• Mandarin Oranges<br>• Apple Sauce |

## PICK 1 HOT OR LIGHTER CHOICE ITEM

| Hot Items  | Lighter Choices  |
|--|--|
| • Homemade Omelette**<br>• Scrambled Eggs<br>• Boiled Egg<br>• Homemade Pancakes*<br>• Homemade Cinnamon French Toast<br>• Belgian Waffle* | <b>Cheese</b><br>• Med. Cheddar Cheese<br>• Cottage Cheese<br><b>Yogurt</b><br>• Blueberry • Peach<br>• Vanilla • Strawberry |



\* Option of adding: strawberry or blueberry fruit topping, syrup & whipped cream  
 \*\* Option of adding: cheddar cheese, green pepper & onion

## PICK 2 BEVERAGES WITH YOUR MEAL

| Milk  | Juice (for patient use only)   | Hot Drinks   |
|---|--|--|
| • Skim • 2% • Whole<br>• 2% with Lactaid<br>• 1% Chocolate<br>• Enriched Soy Milk | • Unsweetened Apple<br>• Unsweetened Orange<br>• Unsweetened Prune<br>• Cranberry Cocktail | • Tea reg or decaf<br>• Fresh Coffee reg or decaf<br>• Hot Chocolate |

### Other

- Bottled Water



### SOURCE OF FIBRE

greater than 2g of fibre per serving; Aim for 1 source of fibre choice at each meal



**NOT AVAILABLE FOR PATIENTS UNDER 48 MONTHS**

# PICK 1 HOT OR COLD ENTRÉE

## HOT ENTRÉES

### Chef's Picks

- Chicken Stir-fry †
- Chicken Nuggets
- Roast Turkey
- Salmon in Creamy Dill Sauce
- Baked Lemon Pepper White Fish
- Breaded Haddock Fillet
- Hot Dog Available Wednesdays Only  
Cut lengthwise if under 48 months
- 🌿 Homemade Individual Meatloaves
- 🌿 Homemade Shepherd's Pie
- Meat Lasagna
- Vegetarian Lasagna
- Homemade Macaroni and Cheese
- Alphagetti™
- 🌿 Vegetarian Chili Bake †
- 🌿 Homemade Tomato Chickpea Bake
- 🌿 Homemade Vegetable Lentil Stew †
- 🌿 Veggie Burger
- Veggie Dog  
Cut lengthwise if under 48 months
- Grilled Cheese Sandwich

### Quesadilla

- 🌿 whole wheat or white
- Chicken
- Vegetarian



### Pita Pizza

- made fresh, Thursdays & Saturdays only
- Cheese
- Vegetarian
- Pepperoni (Turkey)
- BBQ Chicken

### Build Your Own Pasta

#### Choose your pasta:

- 🌿 Wheat Penne
- Spaghetti

#### Choose your sauce:

- 🌿 Marinara(Tomato)
- Alfredo
- Lean Meat Sauce

#### Choose your toppings:

- Grilled Chicken Breast Strips
- 🌿 Bell Peppers
- 🌿 Onion

## COLD ENTRÉES

### Entrée-sized Salads 🌿

#### Choose Your Salad:

- Garden
- Spinach
- Caesar †

#### Choose Your Dressing:

- Calorie Wise French
- Calorie Wise Italian • Ranch
- Creamy Caesar • Poppy Seed

### Sandwiches (made to order)

#### Choose your bread:

- 🌿 wheat or white
- Bread
- Tortilla

#### Choose your filling:

- Sliced Turkey
- Diced Chicken • Egg Salad
- Chicken Salad • Tuna Salad
- 🌿 Peanut Butter regular or light
- 🌿 Hummus

#### Choose your topping:

- Cream Cheese reg or light
- Jam strawberry or raspberry
- Cheddar Cheese
- Tomato • Lettuce
- Salt & Pepper

#### Choose your dressing:

- Butter or Margarine
- Miracle Whip™
- Mustard • Honey Mustard
- Caesar Dressing
- Ranch

## PICK 2 SIDES we recommend choosing at least one vegetable

### Starch (1/2 cup)

- Mashed Potatoes
- 🌿 Brown or White Rice
- Plain Pasta
- 🌿 wheat penne or white spaghetti
- Roll wheat or white
- Savoury Bread Stuffing
- Oven Baked Fries
- available on Fridays only
- Oven Baked Sweet Potato Fries
- available on Friday only

### Vegetables

- 🌿 Stir-Fry Vegetables †  
shredded carrot, broccoli, baby corn
- 🌿 Garden Vegetable Medley †  
broccoli, carrots, cauliflower
- 🌿 Carrots
- 🌿 Corn
- 🌿 Green Peas
- 🌿 Baby Carrots, Raw †

### Side Salads

- 🌿 Caesar † 🌿 Garden
- 🌿 Spinach



### Soups

- 🌿 Vegetarian Vegetable †
- 🌿 Beef & Barley †
- Tomato
- Chicken Noodle
- Chicken Broth
- Vegetable Broth

## PICK 1 DESSERT

### Fruit

#### Fresh:

- 🌿 Banana
- 🌿 Fresh Fruit Cup †
- Apple Slices
- Diced if under 48 months
- 🌿 Orange †

#### Portions:

- Peaches
- Mandarin Oranges
- Apple Sauce

### Pudding

- Chocolate • Butterscotch

### Jell-O

- Lime • Raspberry
- Diet Orange
- Diet Strawberry

### Yogurt

- Blueberry • Peach
- Strawberry
- Vanilla

### Cookies

- Oatmeal-Raisin
- Chocolate Chip
- Digestive
- Arrowroot

### Ice Cream

- Chocolate
- Vanilla



### Others

- Homemade Blueberry Crisp
- Chocolate Chip Granola Bar

## PICK YOUR CONDIMENTS

### Spreads:

- Butter or Margarine
- Miracle Whip™
- 🌿 Hummus
- 🌿 Peanut Butter regular or light
- Jam strawberry or raspberry
- Cheese Whiz™

### Sauces & Gravy:

- Sweet & Sour • BBQ
- Plum • Cranberry
- Tartar • Soy Sauce
- Chipotle Mayo
- Low Sodium Chicken Gravy

### Salad Dressings:

- French calorie wise
- Italian calorie wise
- Ranch • Creamy Caesar
- Poppy Seed

### Cheese & Dairy:

- Parmesan
- Shredded Cheddar
- Cream Cheese reg or light
- Sour Cream

### Sweeteners:

- Sugar brown or white
- Honey • Syrup

### Condiments:

- Ketchup • Mustard
- Honey Mustard
- Vinegar • Relish
- Salsa

### Other:

- 🌿 Flax Seed 1 Tbsp
- Salt & Pepper
- Dash Seasoning



**DIAL 555** to place your order • 24 Hour Operation