Fall Winter Regular Diet Menu | Week 1 2026 - 2027

Holland Bloorview Kids Rehabilitation Hospital | sodexo HEALTH & CARE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Choice of Juice Cream of Wheat Turkey Breakfast Sausages WW Toast w/Margerine Assorted Jams & Spreads Diced Pineapple 2% Milk **ALTERNATES** Assorted Cold Cereal Banana Muffin	Choice of Juice Oatmeal Hard Boiled Egg English Muffin Assorted Jams & Spreads Mandarin Oranges 2% Milk **ALTERNATES** Assorted Cold Cereal Bran Muffin	Choice of Juice Cream of Wheat Scrambled Eggs Pancakes Syrup Banana 2% Milk **ALTERNATES** Assorted Cold Cereal Apple Cider Muffin	Choice of Juice Oatmeal Crispy Turkey Bacon Waffles Syrup Peach Slices 2% Milk **ALTERNATES** Assorted Cold Cereal Oatmeal Raisin Muffin	Choice of Juice Cream of Wheat Cheddar Cheese Omelet Bagel Assorted Jams & Spreads Fruit Cocktail 2% Milk **ALTERNATES** Assorted Cold Cereal Bran Muffin	Choice of Juice Oatmeal Hard Boiled Egg WW Toast w/Margarine Assorted Jams & Spreads Banana 2% Milk **ALTERNATES** Assorted Cold Cereal Lemon Cranberry Muffin	Choice of Juice Cream of Wheat Turkey Breakfast Sausage French Toast Syrup Tropical Fruit Salad 2% Milk **ALTERNATES** Assorted Cold Cereal Blueberry Passion Muffin
Lunch	**SOUP:** Butternut Squash **MAIN** Vegetable Pizza Parslied Cauliflower Tropical Fruit Salad 2% Mil **ALTERNATES** Egg Salad Sandwich WW Mixed Beans Salad Maple Chocolate Cake	**SOUP:** Vegetable & Lentil **MAIN** Fish Sticks w/ Tartar Sauce French Fries Green Peas Fresh Fruit Bowl 2% Milk **ALTERNATES** Ham w/ Lettuce on Wheat Celery and Carrot Sticks w/ Dip Vanilla Ice Cream	**SOUP:** Hearty Minestrone **MAIN** Macaroni & Cheese Broccoli Florets Fruit Cocktail 2% Milk **ALTERNATES** Roast Beef Sandwich Garden Salad Pound Cake	**SOUP:** Cream of Vegetable **MAIN** Perogies w/ Cheese & Sour Cream Green Peas and Corn Chef's Choice Fruit 2% Milk **ALTERNATES** Turkey Cheddar Wrap Potato Salad Orange Citrus Cake	**SOUP:** Chicken Veg Noodle **MAIN** Parmesan Crusted Basa Sweet Potato Fries Diced Carrots Applesauce 2% Milk **ALTERNATES** Egg Salad Sandwich WW Creamy Coleslaw Iced Banana Cake	**SOUP:** Creamy Veg Beef **MAIN** Pepperoni Pizza Green Beans Orange Sections 2% Milk **ALTERNATES** Chicken Salad Sandwich WW Garden Salad Vanilla Ice Cream	**SOUP:** Broccoli Cheese **MAIN** Vegetable Lasagna Chef's Choice Vegetables Fresh Fruit Bowl 2% Milk **ALTERNATES** Cucumber & Cream Cheese S/W Macaroni Salad Celery and Carrot Sticks w/ Dip Chocolate Chip Cookie
Dinner	**MAIN** Crunchy Ranch Chicken Parisienne Potatoes Broccoli Florets Chocolate Ice Cream 2% Milk WW Dinner Roll **ALTERNATES** Applesauce	**MAIN** Beef Lentil Meatloaf Mashed Potatoes Buttered Corn Oatmeal Raisin Cookie 2% Milk WW Dinner Roll **ALTERNATES** Peach Slices	**MAIN** Teriyaki Chicken Steamed Rice Carrot Coins Mini Two-Bite Brownie 2% Milk WW Dinner Roll **ALTERNATES** Orange Sections	**MAIN** Open Cabbage Roll Parslied Cauliflower Strawberry Frozen Yogurt 2% Milk WW Dinner Roll **ALTERNATES** Applesauce	**MAIN** Kidney Bean Veg Stew Baked Potato Chef's Choice Vegetables Caramel Cake 2% Milk WW Dinner Roll **ALTERNATES** Tropical Fruit Salad	**MAIN** Chicken Alfredo Penne Green Peas Tapioca Pudding 2% Milk WW Dinner Roll **ALTERNATES** Diced Pears	**MAIN** Shepherd's Pie Brown Gravy Diced Squash Rainbow Sorbet 2% Milk WW Dinner Roll **ALTERNATES** Peach Slices

Our menus are designed using Canada's Food Guide for Healthy Eating Guidelines



** Soup and crackers are available at lunch and dinner

Fall Winter Regular Diet Menu | Week 2 2026 - 2027

Holland Bloorview Kids Rehabilitation Hospital | sodexo HEALTH & CARE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Choice of Juice Oatmeal Scrambled Eggs WW Toast w/ Margarine Assorted Jams & Spreads Diced Pears 2% Milk **ALTERNATES** Assorted Cold Cereal Apple Cider Muffin	Choice of Juice Cream of Wheat Turkey Breakfast Sausages Waffles Syrup Mandarin Oranges 2% Milk **ALTERNATES** Assorted Cold Cereal Oatmeal Raisin Muffin	Choice of Juice Oatmeal Scrambled Eggs WW Toast w/ Margarine Assorted Jams & Spreads Diced Pineapple 2% Milk **ALTERNATES** Assorted Cold Cereal Bran Muffin	Choice of Juice Cream of Wheat Cheddar Cheese Omelet English Muffin Assorted Jams & Spreads Banana 2% Milk **ALTERNATES** Assorted Cold Cereal Lemon Cranberry Muffin	Choice of Juice Oatmeal Turkey Breakfast Sausages Pancakes Syrup Peach Slices 2% Milk **ALTERNATES** Assorted Cold Cereal Blueberry Passion Muffin	Choice of Juice Cream of Wheat Hard Boiled Egg WW Toast w/ Margarine Assorted Jams & Spreads Mandarin Oranges 2% Milk **ALTERNATES** Assorted Cold Cereal Banana Muffin	Choice of Juice Oatmeal Crispy Turkey Bacon French Toast Syrup Tropical Fruit Salad 2% Milk **ALTERNATES** Assorted Cold Cereal Bran Muffin
Lunch	**SOUP:** Butternut Squash **MAIN** Potato & Cheese Perogies w/ Bacon and Onions Chef's Choice Vegetables Fruit Cocktail 2% Milk **ALTERNATES** Turkey Cheddar Wrap Spinach Mandarin Salad Butter Tart Bar	**SOUP:** Cream of Mushroom **MAIN** Beef Soft Taco Diced Squash Peach Slices 2% Milk **ALTERNATES** Egg Salad Sandwich WW Cucumber Slices Vanilla Ice Cream	**SOUP:** Tomato Soup **MAIN** Grilled Cheese Sandwich California Mixed Vegetables Applesauce 2% Milk **ALTERNATES** Turkey Salad Sandwich WW Garden Salad Orange Sherbet	**SOUP:** Country Vegetable **MAIN** Pepperoni Pizza Broccoli Florets Tropical Fruit Salad 2% Milk **ALTERNATES** Tuna Salad Sandwich WW Caesar Salad Mixed Berry Crumble	**SOUP:** Beef Barley **MAIN** Chicken Burger Italian Spice Green Beans Apricot Halves 2% Milk **ALTERNATES** Hummus Sandwich on WW Tomato Cucumber Salad Iced Banana Cake	**SOUP:** Carrot Ginger **MAIN** Fish Sticks w/ Tartar Sauce French Fries Broccoli Florets Diced Pineapple 2% Milk **ALTERNATES** Chicken Caesar Salad Garlic Bread Celery and Carrot Sticks Caramel Cake	**SOUP:** Vegetable Noodle **MAIN** Chicken Fingers w/ Plum Sauce Twisted Fries Roasted Carrots Diced Pears 2% Milk **ALTERNATES** Egg Salad Sandwich WW Spinach Salad Jello
Dinner	**MAIN** Turkey A la King Buttered Egg Noodles Italian Spice Green Beans Apple Pie 2% Milk WW Dinner Roll **ALTERNATES** Chef's Choice Fruit	**MAIN** Springtime Pasta Garlic Bread Broccoli and Cauliflower Strawberry Shortcake 2% Milk WW Dinner Roll **ALTERNATES** Banana	**MAIN** Chicken Fingers w/ Plum Sauce Sweet Potato Fries Glazed Carrots Ice Cream Sandwich 2% Milk WW Dinner Roll **ALTERNATES** Chef's Choice Fruit	**MAIN** Meat Lasagna Green Peas Chocolate Pudding 2% Milk WW Dinner Roll **ALTERNATES** Orange Sections	**MAIN** Maple Glazed Salmon Mashed Potatoes Roasted Root Vegetables Chocolate Chip Cookie 2% Milk WW Dinner Roll **ALTERNATES** Diced Pears	**MAIN** BBQ Chicken Parisienne Potatoes Buttered Corn Lemon Streusel Cake 2% Milk WW Dinner Roll **ALTERNATES** Diced Mango	**MAIN** Lentil Casserole Parslied Cauliflower Pound Cake 2% Milk WW Dinner Roll **ALTERNATES** Mandarin Oranges

Our menus are designed using Canada's Food Guide for Healthy Eating Guidelines



** Soup and crackers are available at lunch and dinner

Fall Winter Regular Diet Menu | Week 3 2026 - 2027

Holland Bloorview Kids Rehabilitation Hospital | sodexo HEALTH & CARE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Choice of Juice Cream of Wheat Scrambled Eggs Bagel Assorted Jams & Spreads Banana 2% Milk **ALTERNATES** Assorted Cold Cereal Lemon Cranberry Muffin	Choice of Juice Oatmeal Cheddar Cheese Omelet English Muffin Peach Slices 2% Milk **ALTERNATES** Assorted Cold Cereal Bran Muffin	Choice of Juice Cream of Wheat Crispy Turkey Bacon Waffles/Syrup Tropical Fruit Salad 2% Milk **ALTERNATES** Assorted Cold Cereal Banana Muffin	Choice of Juice Oatmeal Hard Boiled Egg Pancakes Syrup Mandarin Oranges 2% Milk **ALTERNATES** Assorted Cold Cereal Blueberry Passion Muffin	Choice of Juice Cream of Wheat Turkey Breakfast Sausages English Muffin Assorted Jams & Spreads Diced Pineapple 2% Milk **ALTERNATES** Assorted Cold Cereal Bran Muffin	Choice of Juice Oatmeal Cheddar Cheese Omelet WW Toast w/Margarine Assorted Jams & Spreads Banana 2% Milk **ALTERNATES** Assorted Cold Cereal Apple Cider Muffin	Choice of Juice Cream of wheat Turkey Breakfast Sausage French Toast Syrup Tropical Fruit Salad 2% Milk **ALTERNATES** Assorted Cold Cereal Oatmeal Raisin Muffin
Lunch	**SOUP:** Cream of Tomato **MAIN** Cheese Tortellini w/Marinara Sauce Green & Wax Beans Chef's Choice Fruit 2% Milk **ALTERNATES** Tuna Salad Sandwich WW Spinach Salad Maple Chocolate Cake	**SOUP:** Chicken Veg Noodle **MAIN** Chickpea Veg Casserole Quinoa Pilaf Broccoli Florets Diced Pears 2% Milk **ALTERNATES** Ham w/ Lettuce on Wheat Apple Romaine Salad Vanilla Ice Cream Cup	**SOUP:** Hearty Minestrone **MAIN** Spaghetti and Meatballs Green Beans Apricot Halves 2% Milk **ALTERNATES** Hummus Sandwich on WW Creamy Cucumber Salad Lemon Streusel Cake	**SOUP:** Beef Barley **MAIN** Pepperoni Pizza Diced Carrots Diced Honey Dew 2% Milk **ALTERNATES** Chicken Caesar Salad Wrap Lettuce Tomato Salad Mini Two Bite Brownie	**SOUP:** Carrot Ginger **MAIN** Chicken Fingers w/ Plum Sauce Twisted Fries Parslied Cauliflower Fruit Cocktail 2% Milk **ALTERNATES** Egg Salad Sandwich WW Celery & Carrot Sticks Ranbow Sorbet	**SOUP:** Country Vegetable **MAIN** Perogies w/Cheese & Sour Cream Italian Spice Green Beans Diced Pears 2% Milk **ALTERNATES** Ham & Tomato Sandwich w/Mayo Caesar Salad Strawberry Shortcake	**SOUP:** Cream of Mushroom **MAIN** Beef Hamburger Broccoli Florets Peach Slices 2% Milk **ALTERNATES** Sandwich Turkey Salad No Veg Spinach Mandarin Salad Oatmeal Raisin Cookie
Dinner	**MAIN** Beef Sloppy Joe Bread Bun Hamburger Roasted Root Vegetables Chocolate Pudding 2% Milk WW Dinner Roll **ALTERNATES** Diced Pineapple	**MAIN** Parmesan Crusted Basa Baked Potato Wedges Green Peas Apple Pie 2% Milk WW Dinner Roll **ALTERNATES** Mandarin Oranges	**MAIN** Chicken Fried Rice Buttered Corn Soft Turnover Cookie 2% Milk WW Dinner Roll **ALTERNATES** Banana	**MAIN** Vegetable Lasagna Garlic Bread Broccoli Florets Pound Cake 2% Milk WW Dinner Roll **ALTERNATES** Peach Slices	**MAIN** Baked Fish w/Lemon Butter and Cream Sauce Herb Roasted Potatoes Buttered Corn Lemon Tart 2% Milk WW Dinner Roll **ALTERNATES** Orange Sections	**MAIN** Beef Stew Mashed Potatoes Diced Squash Jello 2% Milk WW Dinner Roll **ALTERNATES** Chef's Choice Fruit	**MAIN** Parmesan Chicken Scalloped Potato Chef's Choice Vegetables Maple Chocolate Cake 2% Milk WW Dinner Roll **ALTERNATES** Applesauce

Our menus are designed using Canada's Food Guide for Healthy Eating Guidelines



** Soup and crackers are available at lunch and dinner

Fall Winter Regular Diet Menu | Week 4 2026 - 2027

Holland Bloorview Kids Rehabilitation Hospital | sodexo HEALTH & CARE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Choice of Juice Oatmeal Scrambled Eggs WW Toast w/ Margarine Assorted Jams & Spreads Diced Pears 2% Milk **ALTERNATES** Assorted Cold Cereal Apple Cider Muffin	Choice of Juice Cream of Wheat Hard Boiled Egg Waffles Syrup Mandarin Oranges 2% Milk **ALTERNATES** Assorted Cold Cereal Oatmeal Raisin Muffin	Choice of Juice Oatmeal Crispy Turkey Bacon Pancakes Syrup Diced Pineapple 2% Milk **ALTERNATES** Assorted Cold Cereal Bran Muffin	Choice of Juice Cream of Wheat Hard Boiled Egg WW Toast w/ Margarine Assorted Jams & Spreads Banana 2% Milk **ALTERNATES** Assorted Cold Cereal Lemon Cranberry Muffin	Choice of Juice Oatmeal Turkey Breakfast Sausages English Muffin Assorted Jams & Spreads Peach Slices 2% Milk **ALTERNATES** Assorted Cold Cereal Blueberry Passion Muffin	Choice of Juice Cream of Wheat Cheddar Cheese Omelet WW Toast w/Margarine Assorted Jams & Spreads Applesauce 2% Milk **ALTERNATES** Assorted Cold Cereal Banana Muffin	Choice of Juice Oatmeal Crispy Turkey Bacon French Toast Syrup Tropical Fruit Salad 2% Milk **ALTERNATES** Assorted Cold Cereal Bran Muffin
Lunch	**SOUP:** Corn Chowder **MAIN** Chicken & Leek Pot Pie Italian Spice Green Beans Fruit Cocktail 2% Milk **ALTERNATES** Egg Salad Sandwich WW Cranberry Coleslaw Vanilla Pudding	**SOUP:** Vegetable & Lenti **MAIN** Macaroni & Cheese Broccoli Florets Diced Mango 2% Milk **ALTERNATES** Tuna Salad Sandwich WW Tossed Salad Sot Turnover Cookie	**SOUP:** Country Vegetable **MAIN** Chicken Fingers w/Plum Sauce French Fries Chef's Choice Vegetables Fruit Cocktail 2% Milk **ALTERNATES** Hummus Sandwich on WW Celery & Carrot Sticks Strawberry Ice Cream	**SOUP:** Butternut Squash **MAIN** Beef Hamburger Roasted Vegetables Apple Pie 2% Milk **ALTERNATES** Turkey Cheddar Wrap Potato Salad Diced Pears	**SOUP:** Beef Barley **MAIN** Cheese Pizza Italian Spice Green Beans Tropical Fruit Salad 2% Milk **ALTERNATES** Egg Salad Sandwich WW Caesar Salad Butter Tart	**SOUP:** Creamy Tomato Soup **MAIN** Spaghetti & Meatballs Glazed Carrots Apricot Halves 2% Milk **ALTERNATES** Chicken Salad Sandwich WW Greek Salad w/Feta Strawberry Shortcake	**SOUP:** Hearty Minestrone **MAIN** Spinach & Cheese Quiche Herb Roasted Potatoes Diced Squash Banana 2% Milk **ALTERNATES** Roast Beef Sandwich Cucumber Slices Oatmeal Raisin Cookie
Dinner	**MAIN** Pasta Penne & Meat Sauce Parslied Cauliflower Apple Crumble Cake 2% Milk WW Dinner Roll **ALTERNATES** Diced Pineapple	**MAIN** Baja Fish w/ Soft Taco Green Peas Pound Cake 2% Milk WW Dinner Roll **ALTERNATES** Chef's Choice Fruit	**MAIN** Sweet and Sour Pork Steamed Rice Diced Carrots Lemon Streusel Cake 2% Milk WW Dinner Roll **ALTERNATES** Peach Slices	**MAIN** Cheese Ravioli w/ Tomato Sauce Buttered Corn Mini Two-Bite Brownie 2% Milk WW Dinner Roll **ALTERNATES** Apricot Halves	**MAIN** Honey Glazed Salmon Herb Roasted Potatoes Broccoli Florets Ice Cream Sandwich 2% Milk WW Dinner Roll **ALTERNATES** Diced Pineapple	**MAIN** Beef Stew Green Peas & Corn Mashed Potatoes Maple Chocolate Cake 2% Milk WW Dinner Roll **ALTERNATES** Peach Slices	**MAIN** Roast Turkey w/ Poultry Gravy Mashed Potatoes Green & Wax Beans Caramel Cake 2% Milk WW Dinner Roll **ALTERNATES** Diced Cantaloupe

Our menus are designed using Canada's Food Guide for Healthy Eating Guidelines



** Soup and Crackers are available at Lunch and Dinner