

Bruce the Great goes on an epic quest to find the magical cape that gives him the ability to conquer anything. Along his journey he meets all of his new friends...Billy the Goat, Buckie the Birdwatcher and Patches the Puffin.

Bruce searches over the mountains, under the trees and in the lakes but could never find the magical cape. Bruce's friends encourage him to conquer his fears without a cape and that the most powerful thing he could be is himself.

After some thought, he realizes that he doesn't need the cape to conquer his challenges and that he's strong all on his own. The strength was found within the journey itself.



With Steamplicity, you get simple, wholesome ingredients cooked in a simple, nutrition-forward way. Unlike traditional cooking methods, our unique steaming process keeps more key vitamins in, so you get more out of every meal. Every dish of our feel-good-food is cooked fresh, tailored to your nutrition needs, and just like a gentle puff of steam, served at the perfect temperature.

Adjustments may be made to this menu according to the diet that has been ordered by your healthcare team. A nutrition associate will guide you through the ordering process. **If you have any allergies or food sensitivities, please inform your nurse.**

We want your dining experience to be excellent! If you have any comments, please ask to speak with the nutrition services department.



AWESOME MAC MEALS



MENU SELECTION

Using the Menu

- 1) Select your breakfast choices: choose a cereal, protein, baked good, fruit and beverages of choice.
- 2) For lunch and dinner, select a starter if you wish. Then choose one delicious sandwich or a Steamplicity entrée.
- 3) Then finish off with a delicious dessert from our extensive menu.
- 4) Select a choice of beverage and condiments to accompany your meals.

*We attempt to provide nutrition and ingredient information that is as complete as possible. Products may change without our knowledge and menu items are prepared in close proximity to other ingredients that may result in cross-contact with ingredients not listed, including allergens.

Legend

- Healthy Option** ● Fat 20g or less per serving; Sodium 750mg or less per serving
- High Fibre** ● Fibre 4g or more per serving
- Sustainable Seafood** ● This seafood product has been caught and/or farmed in a way that promotes long term health of the ecosystem
- Halal** ● Dishes that meet halal dietary requirements
- [g CHO]:** Grams of carbohydrates in food item

**MCMASTER UNIVERSITY MEDICAL CENTRE
MEAL SELECTION**
BREAKFAST: 2:30 PM - NEXT DAY
LUNCH: 9-10 AM
DINNER: 9-10 AM
PLEASE KEEP THIS MENU FOR THE DURATION OF YOUR STAY

3B2:
BREAKFAST: 2:30 PM - NEXT DAY
LUNCH: 9-10 AM NEXT DAY
DINNER: 9-10 AM NEXT DAY

BREAKFAST

Baked Goods

Muffin of the Day (Blueberry, Apple Spice, Cranberry Lemon, Bran, Carrot Spice) [22/22/23/18/22g CHO]
Toast (Whole Wheat or White) [13g CHO]
English Muffin [26g CHO]
Plain Bagel [32g CHO]
Scone (plain or cheese) [20/19g CHO]
Pancake [13g CHO]
French Toast [31g CHO]
Waffle [15g CHO]
Gluten Free Rice Cake [7g CHO]

Fruits

Apple Slices [6g CHO]
Banana [33g CHO]
Canned Fruit Cup (Diced Peaches, Mandarin Oranges, Fruit Cocktail) [12g/11g/11g CHO]

Cereal

Oatmeal Instant Package [16g CHO]
Corn Flakes [22g CHO]
Rice Krispies [17g CHO]
Cheerios [13/15g CHO]
Special K [15g CHO]
Fibre One [10g CHO]
Fruit Loops [22g CHO]
Frosted Flakes [32g CHO]
Rice Chex [15g CHO]

Beverages

Milk
Plain 125 mL (Skim, 2%, 3.25%) [6g CHO]
Chocolate 125mL [13.5g CHO]
Soy Milk 125mL [4g CHO]
Lactose Free Milk 125mL [6g CHO]

Juice
Apple [12g CHO]
Orange [12g CHO]
Cranberry [17g CHO]
Grape Juice [18g CHO]

LUNCH AND DINNER

Salad

Green Salad [2g CHO]
Baby Carrots [3g CHO]
Cucumber Slices [1g CHO]
Choice of salad dressing [1g CHO]
Ranch, French, Italian

Plates

Hummus and Vegetable Plate with Pita [52g CHO]
Hummus Dip [5g CHO]
Pita Bread [42g CHO]

Sandwiches

Egg Salad [29g CHO]
Peanut Butter and Jam [38g CHO]
Chicken Salad [30g CHO]
Cheddar Cheese [29g CHO]
Grilled Cheese [27g CHO]
Peanut Butter and Jam Uncrustable [32g CHO]

Soup

Chicken Noodle Soup [6g CHO]
Tomato Soup [20g CHO]
Broth Soup [1g CHO]
(Chicken, Vegetable)

Protein

Scrambled Eggs [1g CHO]
Boiled Eggs [1g CHO]
Cheddar Cheese [0g CHO]
Peanut Butter [7g CHO]
Cottage Cheese [3g CHO]
Greek Yogurt (Plain, Vanilla, coconut and strawberry) [4/11/13 g CHO]
Assorted Fruit Yogurt [14g CHO]
Cream Cheese [0g CHO]

Condiments

Jams (strawberry, Grape) [7g CHO]
Peanut Butter [7g CHO]
Margarine [0g CHO]
White or Brown Sugar [3g CHO]
Pepper/Salt [0g CHO]
Table Syrup [32g CHO]

Alternatives

Macaroni and Cheese [60g CHO] ●
Our signature cheese sauce is tossed with conchiglie pasta and shredded cheddar cheese to create this traditional dish, served with fresh broccoli florets and baby carrots.

Cheese Cannelloni [33g CHO] ● ●
Cheese stuffed rolled pasta served in a vine ripened tomato sauce with our signature pasta vegetable blend of fresh sweet bell red peppers and garden green peas.

Cheese Pizza [58g CHO]

Home-Style Omelet [4g CHO]

Fish

Citrus Peppercorn ● ● ●
Tilapia [26g CHO]
Citrus glazed tilapia loins are beautifully caramelized for rich flavour, accompanied by a fragrant barley quinoa pilaf and finished with whole green beans and baby carrots smothered in herb butter.

Beef

Meatloaf [23g CHO] ●
Our classic beef meatloaf is topped with gravy over creamy, roasted garlic mashed potatoes, finished with fresh broccoli florets and tender squash.

Tender Beef in Gravy ● ●
[25g CHO]

Tender, braised, diced beef smothered in rich gravy, accompanied by red skin potato wedges fresh broccoli florets, and baby carrots.

Beef Lasagna [43g CHO] ● ●
Layers of cheese, meat, noodles and tomato sauce baked together with fresh broccoli florets and sliced sweet bell red peppers.

Pasta with Meatballs ●
[44g CHO]
Homestyle beef meatballs tossed with rotini pasta and vine ripened marinara sauce along with fresh diced sweet red bell peppers and garden green peas

Beef Burger on a Bun [22g CHO]

Poultry

Boneless Chicken Thigh [15g CHO] ●
Boneless, seasoned chicken thigh over creamy, roasted garlic mashed potatoes topped with a herb lemon sauce is paired with whole green beans and baby carrots tossed in herb butter.

Teriyaki Chicken [49g CHO] ● ●
Grilled chicken strips tossed in a sweet teriyaki glaze over fluffy rice and a bouquet of stir-fried vegetables.

Chicken Breast [34g CHO] ●
Tender, boneless, grilled chicken breast is on a bed of savoury rice pilaf paired with garden green peas and tender squash.

Chicken Burger on a Bun [34g CHO]

Chicken Fingers (4) [18g CHO]

Roast Turkey [12g CHO] ● ●
Traditional roast turkey covered in gravy, served with creamy, whipped, roasted garlic mashed potatoes paired with fresh cauliflower florets, garden green peas and carrots topped with herb butter.

Pork

Sausage and Mash [45g CHO] ●
Two skinless, country-style pork sausages are served on a bed of whipped, creamy roasted garlic mashed potatoes, with a side of fresh red and green sliced bell peppers and homestyle baked beans.

Beverages

Milk
Skim, 2%, 3.25% [6g CHO]
Lactose Free Milk [6g CHO]
Soy Milk [6 g CHO]
Almond (Vanilla) [15 g CHO]
Chocolate [26 g CHO]

Juice [12-17g CHO]
Apple, Orange, Grape, Cranberry

Condiments/Sides

Rice [20g CHO]
Noodles [27g CHO]
French Fries [23g CHO]
Mashed Potatoes [12g CHO]
Crackers [4g CHO]
Gravy [4g CHO]
Margarine [0g CHO]
Lemon Juice/Vinegar [0g CHO]
Ketchup/Mustard [3g/0.5g CHO]
Tartar Sauce/Relish [1g/2.5g CHO]
Mayonnaise [2g CHO]
Plum Sauce [5g CHO]
Salt/Pepper [0g HCO]

Desserts

Dessert of the Day
Pudding Cup (Choc [25g CHO], Butterscotch [16g CHO], Vanilla [22g CHO], Banana [16g CHO])
Jell-o (Orange, Lemon) [18g CHO]
Fresh Fruit (Apple, Banana) [6/33g CHO]
Canned Fruit Cup (Diced Peaches, Mandarin Oranges, Fruit Cocktail) [12g/11g/11g CHO]
Applesauce (Plain, Strawberry, Blueberry) [11g CHO]
Ice Cream (Vanilla, Butterscotch, Chocolate) [10g/16g/16g CHO]
Orange Sherbet [28g CHO]
Cookies (Oreos, Social Teas, Strawberry Turnover, Digestive) [15.5g/5g/16g/15g CHO]
Chocolate 2 Bite Brownies [21g CHO]
Mini Butter Tarts [32g CHO]
Mini Lemon Tarts [25g CHO]
Rice Krispie Square [17g CHO]
Chocolate 2 Bite Cupcakes [30g CHO]
Vanilla 2 Bite Cupcakes [27g CHO]