

RVH

Royal Victoria
Regional Health Centre

Meals To Go





Our Menu

A healthy, balanced diet has never been easier! Our Meals To Go menu offers a wide variety of appetizing, affordable, home-style meals, inspired and freshly prepared by our Red Seal Chefs.

Based on Canada's Food Guide, our delicious meals, soups and desserts are planned to fuse nutritional value with great taste. To preserve freshness, our meals are quickly frozen and ready to be heated in the oven or microwave and enjoyed.

Our chefs prepare our meals using only the finest ingredients and highest standards. Our meals are prepared with controlled levels of sodium and fat and are appropriate for heart healthy and diabetic meal plans. On a special diet? We can accommodate a full range of therapeutic and texture-modified meals - anything from renal, vegetarian and gluten-free, to pureed and minced. Just let us know your restrictions and/or allergies and we will customize your meals to ensure any choice you make is both appropriate and satisfying. For your reference, nutritional labelling is displayed on each meal.

Supporting independence as well as nutritional, well-rounded diets, our Meals To Go menu is so easy, affordable and delicious, you are sure to find some favourites. Enjoy!

Entrée	\$ 5 95
Soup	\$ 1 50
Dessert	\$ 1 50
Meal Deal (Entrée + soup or dessert)	\$ 7 00
Take 5 (Any 5 entrées)	\$ 27 50

To order:

Call **705.728.9090 ext. 44428**

or

Email **mealstogo@rvh.on.ca**

An order form will be provided to ensure meals are prepared to meet any specific dietary requirements.



Heating your meal

For your convenience, meals can be heated in the oven or microwave. Please refer to cooking instructions on individual meal label for best results.

Entrées



Meatloaf

With gravy, mashed potatoes and baby carrots



Shepherd's Pie

With gravy and bistro mixed vegetables



Boneless Chicken Breast

With gravy, mashed potatoes and whole green beans



Homemade Lasagna

With garlic and cheese tea biscuits



Macaroni and Cheese

With stewed tomatoes and whole green beans



Roast Beef

With gravy, mashed potatoes and California mix



Roast Turkey

With gravy, mashed potatoes, dressing and peas



Roast Chicken

With gravy, parsley boiled potatoes and broccoli





Heart Healthy



Diabetic Friendly



Vegetarian



Gluten-Free

Baked Ham

With scalloped potatoes and corn



Rotini and Meat Sauce

With tri-coloured blend vegetables



Lemon Fish

With rice pilaf and baby carrots



Liver and Onions

With mashed potatoes and peas



Breaded Sole

With parsley boiled potatoes and broccoli



Turkey Stew

With herbed biscuit



Western Omelet

With hash brown potatoes and sausages



Harvest Chili

With cheese tea biscuits



Soups



Tomato Soup



Mushroom Soup



Chicken Rice Soup



Vegetable Soup



Carrot Soup



Desserts

Carrot Cake



Brownie



Date Square



Banana Cake



Butter Tart



For more information:

Patient Food Services
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705.728.9090 ext. 44428
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