



# STEAMPLICITY

- JUST FRESHLY COOKED -



...healthy eating and well balanced meal during your stay. You know you will enjoy the taste, variety and freshness of our menu items. If you have any comments about your food or service, please contact the Food Service Department.

## Your Menu, presented by Steamplicity...

The Food Services department is proud to provide your meals in the patented Steamplicity® technology.

Steamplicity is a way of cooking fresh and wholesome ingredients using the healthiest of all cooking methods — steam pressure. The system provides the ultimate flexibility with the food being cooked just minutes before service allowing us to give you the greatest possible choice of meals and menu selections.

### Using this menu

- This menu is to help you choose your meals.
- First, select a starter if you wish.
- Then choose one sandwich or a Steamplicity entrée for lunch or one of the delicious hot meals from Steamplicity for dinner.
- Then finish off with a dessert from our menu.
- Select a choice of beverages offered to accompany your meal.

### Legend

- HO** **Healthy Option**  
Fat 15g or less per serving; Sodium 650mg or less per serving
- NOGI** **No Gluten Containing Ingredients**  
These meals do not have any gluten containing ingredients
- LF** **Lactose Free**  
Suitable for those with severe lactose intolerance
- HF** **High Fibre**  
Fibre 4g or more per serving
- S** **Sustainable Seafood**  
This seafood product has been caught and/or farmed in a way that promotes long term health of the ecosystem

Freshly  
cooked for You

Regular Menu



## Restaurant-Style Menu

- Restaurant-style menu with choice of about 10 to 12 entrée options prior to mealtime
- Flexible options – a menu for all tastes
- Variety of hot entrees and sandwiches for each diet type
- Menu includes a choice of appetizer, dessert and beverage
- Patients make own meal selections at bedside
- Menu items coded to guide patients in selection
- Promotes health, healing, comfort and individual preferences



Eastern  
Health