

Nov-17



Interior Health

Dinners at



Home

PRH Food Services Department invites you to take advantage of its program **Dinners at Home**.

This program provides you with nutritious, well-balanced meals. **Dinners at Home** are available for pick up at Ashcroft Hospital
250-453-1924

To ensure Quality & Food Safety of your Dinners at Home, always use an insulated bag or cooler to transport your entrees & soups home. On very hot days, the use of ice packs will help maintain a frozen state. Frozen foods must remain thoroughly frozen during transport.

Dinners at Home

- Can be heated in your microwave or oven.
- Can be easily stored in your freezer.
- Recently discharged patients can take these meals home to help ease recovery.
- Are a balanced nutritious alternative to cooking at home.

SPECIAL NUTRITIONAL NEEDS

Each meal is labeled with reheating instructions (times may vary).

A summarized nutritional analysis is available upon request.

Dinners at Home Meal Selection

BEEF:

Hearty Beef Vegetable Stew with Mashed Potatoes and Cheese Scone.

Swedish Meatballs served with Egg Noodles and Mixed Vegetables.

Roast Beef served with Yorkshire Pudding, Mashed Potatoes, Julienne Carrots, Green Beans and Gravy.

Cabbage Casserole with Mashed Potatoes, California Mixed Vegetables. **(GF)**

Shepherd's Pie with Mashed Potatoes, Peas, Carrots and Gravy.

Meat Loaf served with Mushroom Gravy, Mashed Potatoes, Cut Green Beans and Corn.

Liver with Mashed Potatoes, Squash, Peas and Onion Gravy.

PORK:

Baked Ham served with Scalloped Potatoes, Corn and Peas.

Roast Pork Loin served with Mashed Potatoes, Whole Green Beans, Cauliflower and Gravy.

CHICKEN:

Oriental Sweet & Sour Chicken served with Plain Rice and Cut Green Beans.

Chicken a la King with Rice Pilaf and Mixed Vegetables.

Butter Chicken (Indian Cuisine Item) served with Plain Rice and Prince Edward Mixed Vegetables. **(GF)**

Chicken Breast in Mushroom Sauce served with Mashed Potatoes and Northwest Mixed Vegetables.

TURKEY:

Roast Turkey served with Bread Dressing, Mashed Potatoes, Julienne Carrots, Brussel Sprouts and Gravy.

SEAFOOD:

Filet of Sole Neptune with Rice Pilaf, Broccoli and Carrot Coins.

Filet of Salmon in Lemon Dill Sauce served with Roasted Potatoes and California Mixed Vegetables. **(GF)**

VEGETARIAN SELECTION:

Tomato Vegetable Lasagna served with Green Beans and Garlic Toast.

Macaroni & Cheese with Garlic Toast and Broccoli.

Mexican Fiesta Bean & Rice Casserole served with Mexican Tomato Rice and Corn. **(GF)**

Lentil Barley Stew with Roasted Potatoes and California Mixed Vegetables.

Broccoli Cheese Quiche served with Mashed Potatoes and Carrot Coins.

SOUPS:

Chicken Noodle Soup

Green Pea Soup

Meatball Noodle Soup

Minestrone Soup

Beef and Barley Soup

Borscht Soup

Please note these soup sizes are equivalent to 2 portion / container.

Regular Entrees	\$ 5.75 each
Soups	\$ 1.75 each