

Vancouver General Hospital



Week of Dec 16-20

Healthy Choices Available

MONDAY

ENTRÉE	Meat Lasagna Combo	\$7.99
ENTRÉE	Vegetarian Lasagna combo	\$7.99
ACTION STATION	Pad Thai	\$7.99
SOUP	Tomato Bisque	\$2.99/ \$3.49/\$4.59
	Creole Chicken Gumbo	\$2.99/ \$3.49/\$4.59
GRILL	California Burger	\$6.29



TUESDAY

ENTRÉE	Madras Chicken Combo	\$7.99
ENTRÉE	Samosa Combo	\$7.59
ACTION STATION	Burrito	\$7.99
SOUP	Split Pea and Ham	\$2.99/ \$3.49/\$4.59
	Cream of Broccoli	\$2.99/ \$3.49/\$4.59
GRILL	French Dip	\$6.29



WEDNESDAY

ENTRÉE	Beef or Chicken Taco Bowl	\$ 7.99
ENTRÉE	Bean Taco Bowl	\$ 7.99
ACTION STATION	Pad Thai	\$7.99
SOUP	Wicked Thai	\$2.99/ \$3.49/\$4.59
	Creamy Garden Vegetable	\$2.99/ \$3.49/\$4.59
GRILL	Apple Glazed Bacon Burger	\$ 6.29

We have lots of Healthy choice
Less than 100, 200, 300, 400 and 500 calories
<http://www.vgh.catertrax.com>



THURSDAY

ENTRÉE	Cuban Chicken Combo	\$ 7.99
ENTRÉE	Veggie Struddle Combo	\$7.99
ACTION STATION	Pasteria	\$7.99
SOUP	Creole Chicken Gumbo	\$2.99/ \$3.49/\$4.59
	Cream of Broccoli	\$2.99/ \$3.49/\$4.59
GRILL	Amazon Fried Chicken Wrap	\$6.29

WEEKLY DELI FEATURES

- Mediterranean chicken Panini
- Moroccan chicken Wrap
- Portobello Panini



WEEKLY SALAD FEATURES


- Spinach Salad \$6.49
- Caesar Salad \$6.49
- Julienne Salad \$6.49

Chicken Mykonos Salad

Omelet Bar 7:00 - 10:30 AM

Asian Noodle Shop 11:00 - 2:00 PM

Teriyaki Chicken Stir-Fry

 This represents Your Health Your Way

FRIDAY

ENTRÉE	Chili Lime Tilapia Combo	\$8.29
ENTRÉE	Zucchini Strata Combo	\$7.79
ACTION STATION	Greek Gyro	\$7.99
SOUP	Pasta Fagioli	\$2.99/ \$3.49/\$4.59
	Chicken Noodle Soup	\$2.99/ \$3.49/\$4.59
GRILL L	Asian Citrus Salmon Burger	\$6.99



HOURS OF OPERATION

MONDAY - FRIDAY

6:30 AM- 7:00 PM

WEEKENDS

DELI

11:00 AM-2:30PM

DINNER

4:00 PM-6:30 PM

Questions or Comments

Manager: Margaret Fleming

ph:604-875-4111 ext 61014

Cateringph:604-875-4111 x 61440

7:30 AM -7:00 PM

HOLIDAYS 8:30-6:30



fax:604-875-5141