

RECIPES TO INTEGRATE INTO Healthcare Menus (STAFF – PATIENTS)



According to trends in the market, it appears that, for several cost-effective and labour-shortage reasons, fully cooked foods used by foodservices when preparing ready-to-eat recipes will be the norm.

To add pleasure and diversity to the long-term care sector and staff cafeterias, it is possible to integrate themes throughout the year. As far as the acute care hospital sector is concerned, changing the often cyclical 7-day menu is more difficult. However, during the annual menu review, recipe ideas that you can integrate to your new menu will be available at your disposal.

This is also the reason why you have two recipe choices in the following table: recipes using uncooked meats and recipes using cooked meats. Below are suggestions for recipes that have been tested and appreciated by both children and adults alike.

RECIPES containing uncooked meat choices	RECIPES containing cooked meat choices
Sunny Pork Meatballs (No. 4)*	Greek Chicken Pizza (No. 1)
Turkey Meatballs (No. 5)	Succulent Chicken Rolls (No. 2)
Turkey Roast with Apples (No. 6)	Healthy Chicken Wrap (No. 3)
Pork Chops with Salsa (No. 7)	Chicken and Cranberry Pasta Salad (No. 8)
Turkey Meatloaf (No. 10)	Ham and Sweet Potatoes au Gratin (No. 9)
Exquisite Turkey Stew (No. 11)	Chicken Broccoli Lasagna (No. 12)
Ground Pork and Eggplant (No. 13)	Comforting Chicken Meal-in-a-Bowl (No. 16)
Chicken Breasts with Mint (No. 14)	Asian Chicken (No. 18)
Indian-Style Pork Cubes (No. 15)	Turkey Roast Ratatouille (No. 20)
Nutritious Hamburger (No. 17)	Chicken Submarine (No. 23)
Sunny Chicken (No. 19)	Multigrain Chicken Nuggets and Sweet Potatoes (No. 24)
Pot-au-Feu (No. 21)	
Fancy Chicken Legs with Fruit (No. 22)	
Turkey Sausage and Grilled Vegetables Penne Pasta (No. 25)	
Sweet and Sour Diced Turkey Breasts (No. 26)	
Easter Pork Tarts (No. 27)	
Halloween Hamburger (No. 28)	

**Refer to the recipe cards included in your binder*

Enjoying every tasty bite encourages prompt recovery !

Enjoy !