



Sample Inpatient Treatment Centre Menu

At Renascent, we believe nutrition is an important part of a person's recovery. We provide all inpatient clients with regular, delicious, and nutritious meals and snacks throughout their stay. Our cooks are happy to accommodate dietary requirements.

Breakfast at our inpatient treatment centres varies daily and typically includes eggs, bread/toast, a breakfast meat, or the choice of either pancakes or french toast, in addition to fresh fruit, yogurts, and breakfast pastries.

SUN

L: Roast Beef Sub, Roasted Sweet Potato, & Coleslaw

D: Chicken Teriyaki, Stir-Fry, & Rice

MON

L: Chicken Quesadilla, Corn Chowder, Sour cream, & Salsa

D: Beef Stew, Mashed Potatoes, & Puff Pastry Roll

TUES

L: Monte Cristo, Roasted Potato, & Coleslaw

D: Chicken Parmesan, Vegetable, Pasta & Garlic Bread

WED

L: Beef Burger, Coleslaw, Roasted Potato

D: Pork Loin, Vegetables, Mashed Potatoes, & Apple Sauce

THUR

L: Chicken Burger, Caesar Salad, & Fruit Salad

D: Baked Salmon, Vegetables, & Rice

FRI

L: Chicken Pie, Mashed Potatoes, & Puff Pastry Roll

D: Chicken Leg, Vegetables & Rice

SAT

L: Grilled Cheese with Bacon, Tomato Soup, & Fruit

D: Roasted Pork Shoulder, Corn Bread, & Sweet Mashed Potato



Learn more: renascent.ca