

**WRHA NUTRITION & FOOD SERVICES  
FOOD PREFERENCE QUESTIONNAIRE**

**Name:** \_\_\_\_\_ **Rm:** \_\_\_\_\_  
**Diet:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Birthdate:** \_\_\_\_\_

*In order to provide you with satisfying meals, please complete the following form indicating your food preferences. Return the completed form to the nursing staff.*

My **FOOD INTOLERANCES** (foods that cause discomfort such as gas, nausea, skin irritation) are:

\_\_\_\_\_

My **FOOD ALLERGIES** (foods that cause immediate, life threatening or severe reaction) are:

\_\_\_\_\_

Describe a typical reaction: \_\_\_\_\_

I drink **MILK**? Yes  No  Specify meals \_\_\_\_\_

Which type of **MILK** do you prefer? Skim  2%  Whole

Which **HOT BEVERAGES** do you drink at:

**BREAKFAST:** Coffee  Decaff Coffee  Tea  Herbal Tea  None

**LUNCH:** Coffee  Decaff Coffee  Tea  Herbal Tea  None

**SUPPER:** Coffee  Decaff Coffee  Tea  Herbal Tea  None

If you drink a **HOT BEVERAGE** what do you take in your:

**COFFEE:** Sugar  Sweetener  Creamer  Black

**TEA:** Sugar  Sweetener  Creamer  Black

What type of **BREAD/ROLLS** do you prefer? Whole Wheat  White

I would like **GRAVY** with applicable meals? Yes  No

I will eat **SOUP**? Yes  No

I would like **CRACKERS** served with my soup? Yes  No

Is there anything else that WRHA Nutrition & Food Services should know about your meal preferences? (ie. food practices followed for religious or cultural reasons) \_\_\_\_\_

\_\_\_\_\_

**PLEASE TURN OVER**

## FOODS I WILL EAT:

<b>Breakfast</b>	Y	N	<b>Lunch/Supper</b>	Y	N	<b>Salads/Dressings</b>	Y	N
Cream of Wheat			Beef Roast / Beef & Cabbage			Tossed Salad		
Oatmeal			Salisbury Steak / Meatloaf			Coleslaw		
Bran Flakes			Tourtiere			Tomato Slices/Wedges		
Rice Chex			Meatballs – Beef/ Turkey			Carrot Sticks		
Special K			Sloppy Joe			Three Bean Salad		
Raisin Bran			Veal Pattie			Pickled Beets		
Corn Flakes			Beef & Macaroni Casserole			Potato Salad		
Multigrain Cheerios			Beef Lasagna/ Baked Spaghetti			Dill Pickle/ Cucumber		
French Toast			Hot Turkey Sandwich			Dressing –1000 Island		
Waffles/ Pancakes			Grilled Chicken Breast			Italian / Ranch / French		
Bagel Scrambler			Hot Beef/ Turkey Sandwich			<b>Vegetables</b>		
Scrambled Egg			Chicken-Cordon Blue / Broc & Cheese			Broccoli		
Boiled Egg/ Egg Patty			Chicken Fingers/ Tenders			Carrots		
Omelet			Chicken Sesame Teriyaki			Cauliflower		
Bacon/ Sausage Links			Turkey Stew			Brussel Sprouts		
Peanut Butter			Roast Turkey (Sliced/Tips)			Peas		
Cheddar Cheese Portion			Turkey Sausage (skinless)			Green/Wax Beans		
Cheese-Whiz/ Cream			Baked Ham/ Pork Roast			Zucchini		
Scones – W.Wheat Raisin /Blueberry Lemon/ W.Wheat Cranberry			Hot Dog			Niblet Corn		
			BBQ Pork Riblet			Turnip		
			Sweet & Sour Pork					
Muffins			Tilapia – Parmesan Crusted			<b>Fruit / Dessert</b>		
Bagel / Bagel Croissant			Haddock – Lemon/ Mediterranean			Applesauce		
All Bran Bar			Fish Sticks / Fish Cakes			Fruit Cocktail		
<b>Juice</b>			Salmon - Stuffed / Tomato Crusted			Peaches		
Apple Juice			Cabbage Rolls/ Perogies			Pineapple Tidbits		
Cranberry Juice			Pizza – Cheese / Pepperoni			Grapes		
Orange Juice			Mac & Cheese			Mango		
Pineapple Juice			Quiche-Lorraine/ Spinach & Feta			Orange (fresh, whole)		
Prune Juice			Omelet- Cheese/Ham & Cheese			Apple (fresh, whole)		
Tomato Juice			Chef's Salad Plate			Strawberries		
			Cottage Cheese Fruit Plate			Mixed Berries		
<b>Sandwiches</b>			Turkey Chili					
Beef – Sliced/Salad			<b>Potato/Rice/Pasta</b>			Yogurt		
Ham & Cheese Melt			Potato Au Gratin			Pudding / Custard		
Pork/ Ham – Sliced			Mashed Potato/Cubed Potato			Baked Desserts		
Turkey – Sliced/Salad			French Fries			Ice Cream		
Corned Beef on Rye			Mini Baker Potato			Sherbet		
Cheese			Sweet Potato-Mashed / Fries			Jello		
Tuna Salad/ Melt			Spudsters					
Salmon Salad			Rice / Rice Pilaf					
Egg Salad			Noodles					
			Baked Potato/ Stuffed Baked					

***Thank You for Your Help***