



媽媽家園

Mi Mi  
GARDENS

## *Mi Mi Garden's Healthy Selections*

This menu has been approved and analyzed by Registered Dietitians at Sandwich Community Health Centre's Diabetes Programme Windsor-Essex. All servings are weighed and measured.

### Appetizers:

#### **Soups:**

#### **Servings from Canada's Food Guide**

Chicken Mushroom Soup.....	1/2 serving of protein
Wonton Soup.....	1/2 serving of grains and starches
Vegetable Soup.....	1/2 serving of vegetables

#### **Rolls:**

Shrimp Roll.....	1-2 servings of grains and starches, 1/2 serving of protein
Noodle Roll.....	1-2 servings of grain

### Dinners:

All dinners provide 2-3 servings of grains and starches, 1 serving of protein and 4 servings of vegetables, according to Canada's Food Guide.

### Sauces:

Sauces used for all dinner selections are lower in fat and salt than MiMi's original menu. Sauces will add up to 1/2 servings of grains and starches and 1-2 servings of fat (Cashew sauce will have additional protein and fat).

The Sandwich Community Health Centre Inc. is committed to providing the community with primary care, health promotion and disease prevention. Its endorsement of certain food choices is based on scientific evidence. However, this endorsement is not intended to be a substitute for a physician's advice, diagnosis or treatment of any medical condition, including diabetes. You should consult your physician for specific information on personal health matters. The Sandwich community Health Centre Inc. assumes no responsibility or liability arising from any use of the endorsements contained herein.



Diabetes  
Programme  
pour diabétiques

Windsor-Essex



媽媽家園  
Mi Mi  
GARDENS

## *Mi Mi Garden's Healthy Selections*

This menu has been approved and analyzed by Registered Dietitians at Sandwich Community Health Centre's Diabetes Programme Windsor-Essex. All servings are weighed and measured.

### Appetizers:

#### **Soups:**

Chicken Mushroom.....	2.75
Wonton.....	1.95
Vegetable.....	1.95

#### **Rolls:**

Shrimp Roll.....	1.50
Noodle Roll.....	1.25

### Dinners:

All dinners are served with mixed vegetables on noodles or rice.

#### Choose one of the following:

Pork.....	8.75
Chicken.....	8.75
Beef.....	8.75
Tofu.....	8.75
Squid.....	11.75
Shrimp.....	11.75

#### Choose your sauce:

#### ***Spicy sauces (can be made mild)***

Yellow Curry  
Sate (hoisin sauce with chili peppers)  
Roti (garlic and pepper)  
Chili (chili with lemon grass)

#### ***On the milder side***

Light Garlic  
Black Bean  
Cashew

The Sandwich Community Health Centre Inc. is committed to providing the community with primary care, health promotion and disease prevention. Its endorsement of certain food choices is based on scientific evidence. However, this endorsement is not intended to be a substitute for a physician's advice, diagnosis or treatment of any medical condition, including diabetes. You should consult your physician for specific information on personal health matters. The Sandwich community Health Centre Inc. assumes no responsibility or liability arising from any use of the endorsements contained herein.