

*This menu has been specifically designed to provide you with balanced and tasty meals incorporating a wide variety of nutritious foods.*

All meals are prepared for you every day by qualified chefs using the highest quality ingredients. Choose from our all day breakfast, soups, main meals or build your own grill or sandwich from our choice of ingredients. A beverage and snack service will also be offered between meals.

A Food Service Representative will visit you throughout the day to assist you with your menu selections. Your family or carer are welcome to make your choices for you. If you are unable to order, a suitable choice will be selected. Please ensure you notify your nurse or Food Service Representative if you have any special dietary requirements.

While in hospital you may be placed on a special diet to assist your recovery. If you require a clear fluid or full fluids diet please select from our choices on the back cover.

On occasion, your diet order may need to be changed for medical reasons. This may mean that the meal you ordered is no longer suitable for you and an appropriate meal will be provided. Please let your nurse know if you require assistance to:

- Consume your meals
- Open food packages
- Get ready for your meal ie. Sit up and/or out of bed

The comfort and well-being of every one of our patients is our primary concern. For these reasons, we cannot accept responsibility for food that is prepared outside the hospital and brought in for patients. Should you feel home cooked meals are necessary, please speak to a member of your healthcare team.

**BREAKFAST 8.00<sup>AM</sup>**

**LUNCH 12<sup>NOON</sup>**

**DINNER 5.30<sup>PM</sup>**

MORNING AND AFTERNOON TEA AVAILABLE.  
VISITOR MEALS CAN BE ORDERED FROM RECEPTION.

## FLUID DIET

See back cover for Fluid Diet

## FULL FLUID DIET

### STRAINED SOUP OF THE DAY *Please ask your Kitchen Assistant*

Beef or chicken broth	♥		GF	
Strained porridge	♥	❖0.5		
Custard	♥	❖1	GF	GI
Jelly		❖1.5	GF	
Diet jelly	♥		GF	
Vanilla ice cream		❖1	GF	
Low fat vanilla ice cream	♥	❖1	GF	
Vanilla yoghurt	♥	❖1	GF	GI
Lemon crème yoghurt	♥	❖1	GF	GI
Passionfruit yoghurt	♥	❖1	GF	GI

### BEVERAGES

Apple juice		❖1	GF	
Orange juice		❖1	GF	
Pineapple juice		❖2	GF	
Mineral water	♥		GF	
Lemonade		❖1	GF	
Diet lemonade	♥		GF	
Ginger ale		❖1.5	GF	
Full cream milk		❖0.5	GF	GI
Skim milk	♥	❖0.5	GF	GI
Soy milk		❖1	GF	GI
Milo	♥	❖0.5		GI
Milo - on milk		❖1		GI
Coffee	♥		GF	
Tea - Black, Green	♥		GF	

## CLEAR FLUID DIETS

Beef or chicken broth	♥		GF	
Jelly		❖1.5	GF	
Diet jelly	♥		GF	

### BEVERAGES

Apple juice		❖1	GF	
Orange juice		❖1	GF	
Mineral water	♥		GF	
Lemonade		❖1	GF	
Diet lemonade	♥		GF	
Ginger ale		❖1.5	GF	
Coffee	♥		GF	
Tea - Black, Green	♥		GF	



# PATIENT MENU

ALL MEALS ARE FRESHLY PREPARED ON SITE

**BREAKFAST 8.00<sup>AM</sup> | LUNCH 12<sup>NOON</sup> | DINNER 5.30<sup>PM</sup>**

MORNING AND AFTERNOON TEA AVAILABLE

# ALL DAY BREAKFAST

## CEREAL

Porridge	♥	❖1.5		
Corn Flakes	♥	❖1.5		
GF Cornflakes	♥	❖1.5	GF	
Weet-Bix	♥	❖1.5		
Sultana Bran	♥	❖1.5		

## YOGHURT

Vanilla yoghurt	♥	❖1	GF	GI
Lemon crème yoghurt	♥	❖1	GF	GI
Passionfruit yoghurt	♥	❖1	GF	GI

## FRUIT

Apple	♥	❖1	GF	GI
Banana	♥	❖2	GF	GI
Orange	♥	❖1	GF	GI
Fruit salad	♥	❖1	GF	GI
Stewed peaches	♥	❖1	GF	
Stewed prunes	♥	❖1.5	GF	GI

## BAKERY *Toasted available*

<i>Bread:</i> White or Wholemeal	♥	❖1		
<i>Bread:</i> Multigrain	♥	❖1		GI
<i>Bread:</i> Gluten free	♥	❖1	GF	
<i>Dinner Roll:</i> White	♥	❖1		

## HOT BREAKFAST

Bacon			GF	
Sausage		❖0.5		GI
Grilled tomato	♥		GF	
Baked beans		❖1	GF	GI
Scrambled eggs	♥		GF	
Fried egg <i>Serving of 1 or 2</i>			GF	
Boiled egg <i>Serving of 1 or 2</i>	♥		GF	

## OMELETTES *Build your own*

Plain	♥		GF	
Mushrooms	♥		GF	
Tomato	♥		GF	
Ham			GF	
Cheese			GF	

# FLUID DIET

See back cover for Fluid Diet

♥	Lower saturated fat/lower salt options
GI	Lower glycaemic index carbohydrate choices
❖1	1 carbohydrate serve = 15 grams of carbohydrate
GF	Gluten free option available

# LUNCH & DINNER

## SOUPS

Soup of the day	♥		GF	
Beef or chicken broth	♥		GF	

## SALAD

Garden salad	♥		GF	
Garden salad - <i>add chicken</i>	♥		GF	
Caesar salad		❖1		
Caesar salad - <i>add chicken</i>		❖1		
Side garden salad	♥		GF	

## SANDWICHES

### BREAD

White or Wholemeal	♥	❖1.0		
Multigrain	♥	❖1.0		GI
Gluten free bread	♥	❖1.0	GF	

### FILLINGS

Egg & mayonnaise	♥	GF	GF	
Chicken	♥		GF	
Ham			GF	
Roast beef	♥		GF	
Corned beef silverside			GF	GI
Turkey			GF	
Cheddar cheese			GF	
Avocado	♥		GF	
Beetroot	♥		GF	
Carrot	♥		GF	
Cucumber	♥		GF	
Lettuce	♥		GF	
Red onion	♥		GF	
Tomato	♥		GF	

## HOT MAINS

### CHEFS SPECIALS & VEGETABLE DISHES OF THE DAY

*Please ask your Kitchen Assistant*

Grilled chicken breast	♥		GF	
Grilled barramundi	♥		GF	
Roast beef	♥		GF	

### SAUCES

Mushroom sauce		❖1.0	GF	
Gravy		❖0.5	GF	
Fresh tomato sauce		❖0.5	GF	GI
Lemon pepper spice			GF	

### SIDES *Please ask your Kitchen Assistant for vegetables of the day*

Creamed potato	♥	❖1	GF	
Roast potato	♥	❖1	GF	
Steamed rice	♥	❖2.5	GF	
Hot chips		❖2	GF	

# DESSERTS

## DESSERT OF THE DAY *Please ask your Kitchen Assistant*

Fruit salad	♥	❖1	GF	GI
Vanilla ice cream		❖1	GF	
Low fat vanilla ice cream	♥	❖1	GF	
Jelly		❖1.5	GF	
Diet jelly	♥		GF	
Custard	♥	❖1	GF	GI
Vanilla yoghurt	♥	❖1	GF	GI
Lemon crème yoghurt	♥	❖1	GF	GI
Passionfruit yoghurt	♥	❖1	GF	GI

## SNACKS & BISCUITS

Oatmeal Biscuits		❖1		
Morning Slice Biscuit	♥	❖1.5		
GF Shortbread		❖1	GF	
Cheese			GF	
Jatz		❖0.5		

## BEVERAGES

Apple juice		❖1	GF	
Orange juice		❖1	GF	
Pineapple juice		❖2	GF	
Mineral water	♥		GF	
Lemonade		❖1	GF	
Diet lemonade	♥		GF	
Dry ginger ale		❖1.5	GF	
Full cream milk		❖0.5	GF	GI
Skim milk	♥	❖0.5	GF	GI
Soy milk	♥	❖1	GF	GI
Milo	♥	❖0.5		GI
Milo - on milk		❖1		GI
Coffee	♥		GF	
Tea - Black, Green	♥		GF	

## CONDIMENTS

Salt, Pepper GF  
 Sugar ❖0.5 GF  
 Sweetener ♥ GF  
 Lemon wedges ♥ GF

## SAUCES & DRESSINGS

Mayonnaise GF  
 Cranberry sauce ♥ ❖0.5 GF  
 Tomato sauce GF  
 Sweet pickles mustard GF  
 Barbeque sauce ❖0.5  
 Tartare sauce GF  
 Sweet chilli sauce GF  
 French dressing ♥ ❖1.5 GF  
 Caesar dressing ❖0.5 GI

## SPREADS

Butter GF  
 Margarine ♥ GF  
 Vegemite  
 Honey ❖1 GF  
 Peanut butter GF  
 Strawberry jam ❖0.5 GF  
 Marmalade ❖0.5 GF