BEVERAGES

PROM 7.00AM C 3663

Cold Drinks

Soda water Lemonade Diet lemonade Dry ginger ale Cordial – Lemon • Orange Diet cordial – Lemon • Orange	ti ti ti ti ti ti ti ti ti ti ti ti ti t	#1 #1.5 #1
Juice Apple Orange Cranberry Pineapple Prune	67 67 67 67 67 67 67 67 67 67 67 67 67 6	#0.5 #0.5 #1 #1 #4
Milk Full cream Low fat Soy Lactose free Low fat lactose free	6F (10) 6F (10) 6F (10) 6F (10) 6G (10	#0.5 #0.5 #1 #0.5 #0.5

Hot Drinks

Coffee • Decaffeinated Hot chocolate Milo	GF GF	\bigcirc		#1.5 #1
Tea English breakfast Green Chamomile Peppermint	G G G G G			
Milk for hot beverages				
Full cream	GF		GI	
Low fat	GF	\heartsuit	GI	
Soy	GF	\heartsuit	GI	
Lactose free	GF		GI	
Low fat lactose free	GF	\heartsuit	GI	

How to place an order

Please use the telephone at your bedside to call extension 3663 between 7am and 7pm to place your room service order. If you would like a family member or carer to place an order on your behalf they can telephone 03 9411 7842 from outside the hospital between 7am and 7pm. Your meal will be prepared and delivered to your room within 45 minutes of your request. Meals can also be ordered in advance for delivery at a specific time.

Visitor meals

Visitor meals can be ordered through our Room Service. The cost of visitor meals is \$22.00 per tray/meal and will be added to your hospital account.

Special Dietary considerations

If you are on a diet that has special requirements, including preparation for a procedure, or after surgery, your menu choices may be modified or restricted. Our Room Service Assistants will assist you to make appropriate selections for your individual needs. We can also cater for cultural needs such as Kosher and Halal, please speak to your Nurse or Room Service Assistant.

To assist you in making a healthier meal choice, there are symbols throughout the menu to indicate:

 \bigcirc Lower saturated fat/lower salt options

G Lower glycaemic index carbohydrate choices

- #1 Carbohydrate serves
- GF Gluten free options

Please ask your Room Service Assistant when placing your order.

For patients with Diabetes

If you follow a diabetic diet or consistent carbohydrate meal plan, it is recommended that you eat three well balanced meals a day, with similar serves of carbohydrate at each meal. If you are on insulin and matching carbohydrates you can be guided by the carbohydrate serves on the menu. One carbohydrate serve - #1 = 15 grams of carbohydrate.

Monitoring blood sugars and administering medications must be timed with food intake in order to be most effective. Please inform your nurse when you order a meal so they are able to monitor your blood glucose or administer your diabetes medication appropriately.





MATERNITY ROOM SERVICE MENU



All meals are freshly prepared and can be ordered at your convenience and delivered to your room within 45 minutes



ALL DAY BRE	Ał	<f< th=""><th>A</th><th>ST</th></f<>	A	ST
FROM 7.00AM	33	866	3	
Cereal Porridge Corn Flakes GF Cornflakes Weet-Bix All-Bran Rice Bubbles Muesli Special K	œ	00 00000	G) G)	#1.5 #1.5 #1.5 #1.5 #1.5 #1.5 #1.5 #1.5
Yoghurts Vanilla yoghurt Natural yoghurt Lemon yoghurt Passionfruit yoghurt	6 6 6	$\begin{array}{c} \bigcirc \\ \bigcirc $	G G G G	#1 #1 #1 #1
Fruits Fresh Apple Banana Orange Pear Kiwi Fruit salad	8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8 8	000000		#1 #2 #1 #2 #0.5 #1.5
Bakery Bread White • Wholemeal Multigrain Gluten free bread Dinner roll – White • Wholemeal <i>Toasted available</i>	GF	0000	G	#1 #1 #1 #1
Pastries Danish Croissant				#1.5 #1
Hot breakfast Pancakes (Serving of 1 or 2) Bacon Chicken sausage Sauté mushrooms Grilled tomato	G G G	\odot		#2.5
Potato hash brown Baked beans Eggs	GF		G	#1 #1
Poached (Serving of 1 or 2) Scrambled Fried • Over easy (Serving of 1 or 2) Boiled (Serving of 1 or 2)	6 6 6 6	\odot		
Omelettes – 5 Options Ham & Cheese Cheese and Tomato Cheese Capsicum, mushroom, onion, spinach	G G G G	\heartsuit		
Smoked Salmon	GF			

FROM 11AM TO 7PM

Soups

Pumpkin Chicken and vegetable Broth (beef, chicken, vegetable) Noodle soups With chicken With vegetable and tofu Salads Garden salad	6F ♡ 6F	#1 #0.5 #0.5 #0.5
(Side garden salad available) Add chicken Add smoked salmon Caesar salad Add chicken Add smoked salmon	(F)	#1 #1 #1
Sandwiches and Wraps - E Bread White • Wholemeal Multigrain	Build your	#1
Wrap Gluten free bread <i>Toasted available</i>	GF ♡	#3 #1
Fillings Chopped egg Egg & mayonnaise Chicken Ham Roast beef Smoked salmon Tuna & mayonnaise Turkey	₩ ₩ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$ \$	
Cheddar cheese Swiss cheese Cream cheese	(F) (F) (F)	
Avocado Beetroot Carrot Cucumber Lettuce Red onion Tomato	i i i i i i i i i i i i i i i i i i i	

From the Grill

BLT sandwich	GF AVAIL	#2
Steak sandwich		#2.5
Beef burger		#3
Vegetable burger		#4.5

All served with lettuce, onion and tomato

GF bun available

All meals are freshly prepared and can be ordered at your convenience and delivered to your room within 45 minutes

For all sauces refer to Condiments and Dressings

Hot Mains				
Asian stir fry Chicken Beef Vegetarian (tofu)	GF GF GF	$\bigcirc \bigcirc \bigcirc \bigcirc$		
Curry (garam masala base) Chicken Beef Vegetarian (chickpea)	G G G		GI	#0.5 #0.5 #1.5
Grilled chicken breast Grilled salmon Grilled barramundi Grilled lamb rump Grilled sirloin steak Beef casserole	55555	\bigcirc		#0.5
Penne pasta (🕞 pasta available) Bolognaise Napolitana		\heartsuit		#4 #3.5
Sauces Mushroom Peppercorn Gravy White wine cream	6666			#1 #1 #1
Sides				
Creamed potato Mash sweet potato Steamed vegetables (broccoli florets, carrots & green bea	GF GF GF	$\mathop{\bigotimes}\limits_{\bigcirc}$	G	#1 #1
Roast potato Potato wedges Steamed rice	GF GF GF	\odot		#1 #0.5 #1 #2.5
Desserts		Ţ		
Apple and cherry strudel with custa Pavlova with whipped cream, strawberries and passionfruit sauce	GF			#2 #2
Panna cotta with berry compote				#1.5
and shortbread Fruit salad Vanilla ice cream Low fat vanilla ice cream Jelly Diet jelly	5555	\odot \bigcirc	G	#1.5 #1 #1 #1.5
Custard	GF			#1

Snacks				
Cheese	GF			
Jatz				#0.5
Water crackers		\heartsuit		#0.5
Fruit and nut mix	GF	\bigcirc	GI	#1
Mixed nuts				
Chips – plain	GF			#0.5
Rice cakes	GF	\heartsuit		#0.5
Sweet Biscuits				
Tim Tam				#1
Scotch finger and Nice				#2
Choc Chip and Butternut Snap				#1
Citrus & White Chocolate	GF			#0.5
Fruit and nut muesli bar		\heartsuit	GI	#1.5

Condiments and Dressin	gs	
Spread		
Butter	GF	
Margarine	GF 🛇	
Vegemite		
Honey	GF	#1
Marmalade	GF	#0.5
Jam: Strawberry • Raspberry	6 6 6 6 6 6 6 6 6 6 6	#0.5
Peanut butter	GF	
Maple syrup	GF	#1.5
Seasoning and Sauces		
Salt • Pepper • Sugar	GF	
Brown sugar	67 67 67 67	#1
Sweetener	GF	
Lemon wedges	GF 🛇	
Mayonnaise		
Seeded Mustard	GF	
Tomato sauce	GF	
Cranberry sauce	GF GF GF	#0.5
Sweet mustard pickles	GF	
Mint sauce	\bigcirc	
Soy sauce	GF	
Tartare sauce	69 69 09 09 00 00 00 00 00 00 00 00 00 00 00	
Italian dressing	Gf 💛	
French dressing	Gf 💛	
Balsamic vinegar		
Parmesan cheese	GF	

FLUIDS MENU

PROM 7.00AM 3663

Clear Fluid Menu

Broth (beef, chicken, vegetable) (e) (f) (f) (f) (f) (f) (f) (f) (f) (f) (f	Clear Fluid Menu	-			
Diet jellyGP \bigcirc Beverages#0.5Apple juiceGP#0.5Orange juiceGP#1Dry ginger aleGP#1LemonadeGP#1Diet lemonadeGP#1Soda waterGP#1Cordial – Lemon \bullet OrangeGP#1Diet cordial – Lemon \bullet OrangeGP#1Diet seakfast \bullet GreenGP#1Chamomile \bullet Peppermint#1Pumpkin soup#1CuistardGP#1JellyGP#1JellyGP#1JellyGP#1Vanilla ice creamGP#1Low fat vanilla ice creamGP#1Low fat vanilla ice creamGP#1Lemon yoghurtGPGP#1Passionfruit yoghurtGPGP#1Soda waterGP#1Ginger aleGP#1LemonadeGP#1Diet lemonadeGP#1Diet lemonadeGP#1Diet cordial – Lemon \bullet OrangeGP#1LamonadeGP#1Diet cordial – Lemon \bullet OrangeGP#1Corfiee \bullet Decaffeinated coff	Broth (beef, chicken, vegetable)	GF	\bigcirc		
BeveragesApple juice(a) $\#0.5$ Orange juice(a) $\#1.5$ Cranberry juice(a) $\#1.5$ Lemonade(a) $\#1.5$ Lemonade(a) $\#1.5$ Diet lemonade(a) $\#1.5$ Soda water(a) $\#1.5$ Cordial - Lemon \bullet Orange(a) $\#1.5$ Cordial - Lemon \bullet Orange(a) $\#1.5$ Coffee \bullet Decaffeinated coffee(a) $\#1.5$ Page Statast: strained porridge(a) $\#1.5$ Broth (beef, chicken, vegetable)(a) $\#1.5$ Pumpkin soup $\#1.5$ (a) $\#1.5$ Custard(a) $\#1.5$ (a)Jelly(a)(a) $\#1.5$ Diet jelly(a) $\#1.5$ (a)Vanilla ice cream(a) $\#1.5$ Low fat vanilla ice cream(a) $\#1.5$ Vanilla yoghurt(a) $\#1.5$ Diet jelly(a) $\#1.5$ Vanilla yoghurt(a) $\#1.5$ Diet juice(a) $\#1.5$ Orange juice(a) $\#1.5$ Orange juice(a) $\#1.5$ Cordial - Lemon \bullet Orange(a) $\#1.5$ Diet lemonade(a) $\#1.5$ Diet lemonade(a) $\#1.5$ Cordial - Lemon \bullet Orange(a) $\#1.5$ Diet lemonade(a) $\#1.5$ Cordial - Lemon \bullet Orange(a) $\#1.5$ Diet cordial - Lemon \bullet Orange(a) $\#1.5$ Diet cordial - Lemon \bullet Orange <td>Jelly</td> <td>GF</td> <td></td> <td></td> <td>#1.5</td>	Jelly	GF			#1.5
Apple juice(a)#0.5Orange juice(a)#0.5Cranberry juice(a)#1Dry ginger ale(a)#1Lemonade(a)#1Diet lemonade(a)#1Soda water(a)(a)Cordial - Lemon • Orange(a)#1Diet cordial - Lemon • Orange(a)#1Diet cordial - Lemon • Orange(a)(a)Coffee • Decaffeinated coffee(a)#1Diet cordial - Lemon • Orange(a)#1Diet cordial - Lemon • Orange(a)(a)Coffee • Decaffeinated coffee(a)#1Pumpkin soup(a)#1Chicken and vegetable(a)#1Jelly(a)#1Jelly(a)#1Low fat vanilla ice cream(a)#1Lemon yoghurt(a)#1Passionfruit yoghurt(a)#1Beverages(a)#1Apple juice(a)#1Cordial - Lemon • Orange(a)#1Diet lemonade(a)#1Diet lemonade(a)#1Diet lemonade(a)#1Diet lemonade(a)#1Cordial - Lemon • Orange(a)#1Diet lemonade(a)#1Diet lemonade(a)#1Diet lemonade(a)#1Diet lemonade(a)#1Diet lemonade(a)#1Diet cordial - Lemon • Orange(a)Co	Diet jelly	(GF)	\bigcirc		
Orange juice(a)#0.5Cranberry juice(a)#1Dry ginger ale(a)#1Lemonade(a)#1Diet lemonade(a)#1Odd water(a)(a)Cordial - Lemon • Orange(a)#1Diet cordial - Lemon • Orange(a)(a)Coffee • Decaffeinated coffee(a)(a)Tea(a)(a)(a)Coffee • Decaffeinated coffee(a)(a)Pumpkin soup(a)(a)(a)Pumpkin soup(a)(a)(a)Chicken and vegetable(a)(a)Diet jelly(a)(a)(a)Uavilla ice cream(a)(a)(a)Lemon yoghurt(a)(a)(a)Nanilla yoghurt(a)(a)(a)Diet jelly(a)(a)(a)Vanilla yoghurt(a)(a)(a)Beverages(a)(a)(a)Apple juice(a)(a)(a)Cordial - Lemon • Orange(a)(a)Diet lemonade(a)(a)(a)Diet lemonade(a)(a)(a)Cordial - Lemon • Orange(a)(a)Cordial - Lemon • Orange(a)(a)Diet cordial - Lemon • Orange(a)(a)Diet cordial - Lemon • Orange(a)(a)Cordial - Lemon • Orange(a)(a)Diet cordial - Lemon • Orange(b)(a)Cordial - Lemon • Orange(b)	Beverages				
Cranberry juice(a)(b)#1Dry ginger ale(c)#1.5Lemonade(c)#1Diet lemonade(c)#1Soda water(c)(c)Cordial - Lemon • Orange(c)#1Diet cordial - Lemon • Orange(c)(c)Coffee • Decaffeinated coffee(c)(c)Tea(c)(c)(c)English breakfast • Green(c)(c)Chamomile • Peppermint(c)(c)Full Fluid Menu(c)(c)Breakfast: strained porridge(c)(c)Pumpkin soup(c)(c)Custard(c)(c)Jelly(c)(c)Vanilla ice cream(c)(c)Vanilla ice cream(c)(c)Vanilla yoghurt(c)(c)Natural yoghurt(c)(c)Natural yoghurt(c)(c)Beverages(c)(c)Apple juice(c)(c)Orange juice(c)(c)Cordial - Lemon • Orange(c)Diet cordial - Lemon • Orange(c)Diet cordial - Lemon • Orange(c)Diet cordial - Lemon • Orange(c)Cordial - Lemon • Orange(c)Diet cordial - Lemon • Orange(c)Cordial - Lemon • Orange(c)Diet cordial - Lemon • Orange(c)	Apple juice				#0.5
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Diet cordial – Lemon • Orange GP Coffee • Decaffeinated coffee GP Tea GP English breakfast • Green Chamomile • Peppermint Full Fluid Menu #0.5 Broth (beef, chicken, vegetable) GP Pumpkin soup #1 Chicken and vegetable #0.5 Custard GP Jelly GP Vanilla ice cream GP Low fat vanilla ice cream GP GP #1 Lemon yoghurt GP Vanilla yoghurt GP QP GP Passionfruit yoghurt GP Beverages #1 Apple juice GP Cordial – Lemon • Orange GP Goad water GP Cordial – Lemon • Orange GP Diet cordial – Lemon • Orange GP Coffee • Decaffeinated coffee GP Taa GP #1.5 Lemonade GP #1 Diet cordial – Lemon • Orange GP #1 Diet cordial – Lemon • Orange GP		GF	\bigcirc		
Coffee • Decaffeinated coffee(F)Tea(F)English breakfast • Green Chamomile • Peppermint#0.5Full Fluid Menu(F)Breakfast: strained porridge(F)Broth (beef, chicken, vegetable)(F)Pumpkin soup#1Chicken and vegetable(F)Custard(F)Ually(F)Diet jelly(F)Vanilla ice cream(F)Low fat vanilla ice cream(F)Vanilla voghurt(F)Natural yoghurt(F)BeveragesApple juice(F)Orange juice(F)Orange juice(F)Cordial – Lemon • Orange(F)Diet cordial – Lemon • Orange(F)Diet cordial – Lemon • Orange(F)Tea(F)Coffee • Decaffeinated coffee(F)Tea(F)Coffee • Decaffeinated coffee(F)Tea(F)Milo(F)Milk(F)Full cream(F)Cow fat(F)MilkFull cream(F)Cow fat(F)Cow fat(F)Cow fat(F)Cow fat(F)Cow fat(F)Cow fat(F)Cow fat(F)Com fat(F)Com fat(F)Com fat(F)Com fat(F)Com fat(F)Com fat(F)Com fat(F)Com fat(F) <td></td> <td>GF</td> <td></td> <td></td> <td>#1</td>		GF			#1
Tea (i) English breakfast • Green (ii) Chamomile • Peppermint #0.5 Breakfast: strained porridge (ii) #0.5 Broth (beef, chicken, vegetable) (ii) #1 Pumpkin soup #1 Custard (iii) #1 Jelly (iii) #1 Jelly (iii) #1 Jelly (iii) #1 Low fat vanilla ice cream (iii) #1 Low fat vanilla ice cream (iii) #1 Vanilla yoghurt (iii) #1 Natural yoghurt (iii) #1 Lemon yoghurt (iii) (iii) #1 Passionfruit yoghurt (iii) (iii) #1 Beverages (iii) #1 #1 Ginger ale (iii) #1 #1 Ginger ale (iii) #1 #1 Diet lemonade (iii) #1 #1 Diet cordial – Lemon • Orange (iii) #1 #1 Diet cordial – Lemon • Orange (iii) #1	-				
English breakfast \circ Green Chamomile \circ Peppermint \vee \vee Breakfast: strained porridge Broth (beef, chicken, vegetable) \bigcirc \Downarrow \Downarrow Pumpkin soup \Downarrow \Downarrow \blacksquare \blacksquare Chicken and vegetable \Downarrow \blacksquare \blacksquare \blacksquare Chicken and vegetable \blacksquare \blacksquare \blacksquare \blacksquare Custard \bigcirc \blacksquare \blacksquare \blacksquare \blacksquare Jelly \bigcirc \bigcirc \blacksquare \blacksquare \blacksquare Low fat vanilla ice cream \bigcirc \bigcirc \blacksquare \blacksquare Natural yoghurt \bigcirc \bigcirc \bigcirc \blacksquare \blacksquare Vanilla yoghurt \bigcirc \bigcirc \bigcirc \blacksquare \blacksquare Natural yoghurt \bigcirc \bigcirc \bigcirc \blacksquare \blacksquare Natural yoghurt \bigcirc \bigcirc \bigcirc \blacksquare \blacksquare Passionfruit yoghurt \bigcirc \bigcirc \bigcirc \blacksquare \blacksquare Beverages \bigcirc \blacksquare \blacksquare \blacksquare \blacksquare \blacksquare Cordiage ale \bigcirc \bigcirc \blacksquare \blacksquare <td< td=""><td></td><td>GF</td><td></td><td></td><td></td></td<>		GF			
Chamomile • PeppermintFull Fluid MenuBreakfast: strained porridge \bigcirc #0.5Broth (beef, chicken, vegetable) \bigcirc #1Chicken and vegetable#0.5Custard \bigcirc #1Jelly \bigcirc #1Jelly \bigcirc #1Jelly \bigcirc #1Low fat vanilla ice cream \bigcirc #1Low fat vanilla ice cream \bigcirc #1Vanilla yoghurt \bigcirc \bigcirc #1Natural yoghurt \bigcirc \bigcirc #1Lemon yoghurt \bigcirc \bigcirc #1Peverages \bigcirc \bigcirc #1Apple juice \bigcirc \bigcirc #1Ginger ale \bigcirc #1Lemonade \bigcirc #1Diet lemonade \bigcirc #1Diet lemonade \bigcirc #1Diet cordial – Lemon • Orange \bigcirc #1Milo \checkmark #1Milo \checkmark #1Milo \bigcirc #1Milo \bigcirc #1.5Milo \bigcirc #1.5Soy \bigcirc \bigcirc Cordial – Lemon • Orange \bigcirc \bigcirc Cordial – Lemon • Orange \bigcirc \bigcirc Cordial – Lemon • Orange \bigcirc \bigcirc <td></td> <td>GF</td> <td></td> <td></td> <td></td>		GF			
Full Fluid MenuBreakfast: strained porridge Broth (beef, chicken, vegetable) \checkmark #0.5Broth (beef, chicken, vegetable) \bigcirc \checkmark Pumpkin soup#1Chicken and vegetable $\#0.5$ Custard \bigcirc \bigcirc #1Jelly \bigcirc \bigcirc #1Jelly \bigcirc \bigcirc #1Jelly \bigcirc \bigcirc #1Natural vanilla ice cream \bigcirc \bigcirc #1Low fat vanilla ice cream \bigcirc \bigcirc \bigcirc #1Vanilla yoghurt \bigcirc \bigcirc \bigcirc #1Natural yoghurt \bigcirc \bigcirc \bigcirc #1Lemon yoghurt \bigcirc \bigcirc \bigcirc #1Passionfruit yoghurt \bigcirc \bigcirc \bigcirc #1Beverages \bigcirc \bigcirc #1Apple juice \bigcirc \bigcirc #1Granberry juice \bigcirc \bigcirc #1Ginger ale \bigcirc \bigcirc #1Lemonade \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc \bigcirc \bigcirc \bigcirc #1Diet cordial – Lemon \bullet Orange \bigcirc	0				
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