

# ALL DAY BREAKFAST

## CEREAL

|                         |   |      |       |
|-------------------------|---|------|-------|
| Porridge                | ♥ | ❖1.5 |       |
| Weet-Bix                | ♥ | ❖1.5 |       |
| All Bran                | ♥ | ❖1.5 | GI    |
| Corn Flakes             | ♥ | ❖1.5 |       |
| Gluten Free Corn Flakes | ♥ | ❖1.5 | GF    |
| Special K               | ♥ | ❖1.5 |       |
| Gluten Free Muesli      | ♥ | ❖1.5 | GF GI |

## YOGHURTS

|                                    |   |      |       |
|------------------------------------|---|------|-------|
| Natural Yoghurt                    |   | ❖1   | GF GI |
| Mixed Berries ♦ Strawberry ♦ Mango | ♥ | ❖1   | GF GI |
| Vanilla                            | ♥ | ❖1.5 | GF GI |

## FRUITS

|                                    |   |      |       |
|------------------------------------|---|------|-------|
| <i>Fresh Fruit:</i> Apple, Orange, | ♥ | ❖1   | GF GI |
| Banana, Pear                       | ♥ | ❖2   | GF GI |
| Kiwi Fruit                         | ♥ | ❖0.5 | GF GI |
| Fruit Salad                        | ♥ | ❖1   | GF GI |
| <i>Stewed Fruits:</i>              |   |      |       |
| Apricot, Peaches, Pear             | ♥ | ❖1   | GF GI |
| Prunes                             | ♥ | ❖1.5 | GF GI |

## BAKERY *Toasted available*

|                                 |   |      |       |
|---------------------------------|---|------|-------|
| <i>Bread:</i> White, Wholemeal, | ♥ | ❖1   |       |
| <i>Bread:</i> Multigrain        | ♥ | ❖1   | GI    |
| Dinner Roll – White             | ♥ | ❖2   |       |
| Dinner Roll – Wholemeal         | ♥ | ❖1.5 |       |
| Gluten Free Bread               | ♥ | ❖1   | GF GI |

*Refer to Condiments section for Spreads*

## PASTRIES

|                          |  |      |  |
|--------------------------|--|------|--|
| Apple Danish ♦ Croissant |  | ❖1.5 |  |
|--------------------------|--|------|--|

## HOT BREAKFAST

|                           |   |      |       |
|---------------------------|---|------|-------|
| Pancakes                  |   | ❖2.5 |       |
| Bacon                     |   |      | GF    |
| Breakfast Chicken Sausage |   | ❖0.5 |       |
| Saute Mushrooms           | ♥ |      | GF    |
| Grilled Tomato            | ♥ |      | GF    |
| Potato Hash Brown         |   | ❖1   |       |
| Baked Beans               |   | ❖1   | GF GI |
| Spaghetti                 |   | ❖1.5 |       |

## EGGS *Serving of 1 or 2*

|                              |   |  |    |
|------------------------------|---|--|----|
| Poached ♦ Scrambled ♦ Boiled | ♥ |  | GF |
| Fried ♦ Over Easy            |   |  | GF |

## OMELETTES *Build your own*

|                             |   |  |    |
|-----------------------------|---|--|----|
| Plain                       | ♥ |  | GF |
| Ham ♦ Cheddar Cheese        |   |  | GF |
| Tomato ♦ Mushroom ♦ Spinach | ♥ |  | GF |
| Smoked Salmon               |   |  | GF |

*To place your room service order*

**CALL EXTENSION 3663 | 6.30AM - 7.00PM**

# MENU *from* 11AM - 7PM

## SOUPS

|                                      |   |      |    |
|--------------------------------------|---|------|----|
| Pumpkin Soup                         |   | ❖1   | GF |
| Cream of Tomato Soup                 |   | ❖1   | GF |
| Creamy Chicken Soup                  |   | ❖0.5 | GF |
| Noodle Soup: Chicken or Veg and Tofu |   | ❖0.5 | GF |
| Broth: Beef, Chicken or Vegetable    | ♥ |      | GF |

## SALADS

|                   |   |    |    |
|-------------------|---|----|----|
| Garden Salad      | ♥ |    | GF |
| Caesar Salad      |   | ❖1 |    |
| Add Chicken       | ♥ |    | GF |
| Add Smoked Salmon |   |    | GF |

## SANDWICHES AND WRAPS

|                          |   |    |       |
|--------------------------|---|----|-------|
| Bread: White, Wholemeal, | ♥ | ❖1 |       |
| Bread: Multigrain        | ♥ | ❖1 | GI    |
| Gluten Free Bread        | ♥ | ❖1 | GF GI |
| Wrap                     |   | ❖3 |       |

## FILLINGS *All Gluten free*

|                   |                   |
|-------------------|-------------------|
| Chicken ♥ GF      | Cream Cheese ♥ GF |
| Chopped Egg ♥ GF  | Swiss Cheese GF   |
| Egg & Mayo ♥ GF   | Avocado ♥ GF      |
| Ham GF            | Beetroot ♥ GF     |
| Roast Beef ♥ GF   | Carrot ♥ GF       |
| Smoked Salmon GF  | Cucumber ♥ GF     |
| Tuna & Mayo ♥ GF  | Lettuce ♥ GF      |
| Turkey GF         | Red Onion ♥ GF    |
| Cheddar Cheese GF | Tomato ♥ GF       |

# CONDIMENTS

## CONDIMENTS

|                   |                     |
|-------------------|---------------------|
| Salt, Pepper GF   | Lemon Wedges ♥ GF   |
| Sugar ❖0.5 GF     | Parmesan Cheese GF  |
| Brown Sugar ❖1 GF | Maple Syrup ❖1.5 GF |
| Sweetener ♥ GF    |                     |

## SPREADS

|                  |                        |
|------------------|------------------------|
| Butter GF        | Margarine ♥ GF         |
| Vegemite         | Strawberry Jam ❖0.5 GF |
| Honey ❖1 GF      | Marmalade ❖0.5 GF      |
| Peanut Butter GF | Raspberry Jam ❖0.5 GF  |

## SAUCES & DRESSINGS

|                            |                                 |
|----------------------------|---------------------------------|
| Mayonnaise                 | Cranberry Sauce ♥ ❖0.5 GF       |
| Aioli GF                   | Sweet Mustard Pickles GF        |
| Seeded Mustard GF          | Fruit Chutney GF                |
| French Mustard GF          | Mint Sauce ♥ ❖0.5               |
| Tomato Sauce GF            | Tartare Sauce GF                |
| Barbeque Sauce ❖0.5        | French Dressing ♥ GF            |
| Sweet Chilli Sauce ❖0.5 GF | Balsamic & Garlic Dressing ♥ GF |
| Soy Sauce GF               |                                 |

# MENU *from* 11AM - 7PM

## TOASTED FROM THE GRILL

|                  |  |      |  |
|------------------|--|------|--|
| BLT              |  | ❖2   |  |
| Steak Sandwich   |  | ❖2.5 |  |
| Beef Burger      |  | ❖2.5 |  |
| Chicken Burger   |  | ❖2.5 |  |
| Vegetable Burger |  | ❖3.5 |  |

*All burgers served with lettuce, onion and tomato*

## HOT MAINS

|                                     |   |      |    |
|-------------------------------------|---|------|----|
| <i>Asian Stir Fry:</i>              |   |      |    |
| Chicken, Beef or Veg with Tofu      | ♥ | ❖0.5 | GF |
| Beef Casserole                      | ♥ | ❖0.5 | GF |
| Gourmet Beef Pie                    |   | ❖3   |    |
| Gourmet Vegetarian Pie              |   | ❖3.5 |    |
| Penne: <i>Gluten free available</i> |   |      |    |
| - Bolognese or Napolitana           |   | ❖3.5 |    |
| Macaroni Cheese                     |   | ❖2.5 |    |

## PIZZA *Gluten free base available*

|                 |  |      |  |
|-----------------|--|------|--|
| Ham & Pineapple |  | ❖4   |  |
| Vegetarian      |  | ❖3.5 |  |

## GRILLS

|                                    |   |  |    |
|------------------------------------|---|--|----|
| Lamb Rump, Sirloin Steak           | ♥ |  | GF |
| Chicken Breast, Salmon, Barramundi | ♥ |  | GF |

## SAUCES

|                             |  |    |    |
|-----------------------------|--|----|----|
| Mushroom, Peppercorn, Gravy |  | ❖1 | GF |
| White Wine Cream            |  |    |    |

## SIDES

|                                     |   |      |       |
|-------------------------------------|---|------|-------|
| <i>Steamed Vegetables:</i>          |   |      |       |
| (broccoli florets, carrots & beans) | ♥ |      | GF    |
| Creamed Potato                      | ♥ | ❖1   | GF    |
| Mash Sweet Potato                   | ♥ | ❖1   | GF GI |
| Roast Potato                        | ♥ | ❖1   | GF    |
| Roast Pumpkin                       | ♥ | ❖0.5 | GF    |
| Potato Wedges                       |   | ❖1   |       |
| Steamed Rice                        | ♥ | ❖2.5 | GF    |
| Garden Salad                        | ♥ |      | GF    |

## DESSERTS

|                                       |   |      |       |
|---------------------------------------|---|------|-------|
| Apple and Cherry Strudel with Custard |   | ❖1.5 |       |
| Vanilla Pannacotta with Berries       |   | ❖2   |       |
| Persian Orange Cake with Orange Glaze |   | ❖1.5 | GF    |
| Chocolate Cake with Raspberry Coulis  |   | ❖2.5 |       |
| Fruit Salad                           | ♥ | ❖1   | GF GI |
| Vanilla Ice Cream                     |   | ❖1   | GF    |
| Chocolate Ice Cream                   |   | ❖1   |       |
| Low Fat Vanilla Ice Cream             | ♥ | ❖1   | GF    |
| Lemon Sorbet                          |   | ❖1.5 |       |
| Strawberry Frozen Yoghurt             |   | ❖1.5 | GF    |
| Jelly                                 |   | ❖1.5 | GF    |
| Diet Jelly                            | ♥ |      | GF    |
| Custard                               |   | ❖1   | GF GI |

# BEVERAGES

|                |   |      |    |
|----------------|---|------|----|
| Soda Water     | ♥ |      | GF |
| Lemonade       |   | ❖2.5 | GF |
| Diet Lemonade  | ♥ |      | GF |
| Dry Ginger Ale |   | ❖1.5 | GF |

## JUICE

|           |  |      |    |
|-----------|--|------|----|
| Orange    |  | ❖0.5 | GF |
| Apple     |  | ❖0.5 | GF |
| Pineapple |  | ❖1   | GF |
| Cranberry |  | ❖1   | GF |
| Prune     |  | ❖4   | GF |
| Tomato    |  | ❖0.5 | GF |

## CORDIAL

|                           |   |    |    |
|---------------------------|---|----|----|
| Lemon or Orange           |   | ❖1 | GF |
| Diet Lemon or Diet Orange | ♥ |    | GF |

## MILK *Hot Milk available*

|                               |   |      |       |
|-------------------------------|---|------|-------|
| Full Cream                    |   | ❖0.5 | GF GI |
| Skim                          | ♥ | ❖0.5 | GF GI |
| Soy                           |   | ❖0.5 | GF GI |
| Lite Soy                      | ♥ | ❖0.5 | GF GI |
| Rice                          | ♥ | ❖1   | GF    |
| Lactose Free                  |   | ❖0.5 | GF GI |
| Low Fat Lactose Free          | ♥ | ❖0.5 | GF GI |
| Flavoured Milk:               |   | ❖2   | GF    |
| Strawberry, Choc, Iced Coffee |   |      |       |

## HOT

|  |   |      |       |
|--|---|------|-------|
| Coffee, Decaf Coffee   | ♥ |      | GF    |
| Hot Chocolate  |   | ❖1.5 | GF GI |
| Milo   | ♥ | ❖1   | GI    |
| <i>Tea:</i> English Breakfast, Earl Grey, Green, Chamomile, Peppermint | ♥ |      | GF    |

# SNACKS *available all day*

## BISCUITS

|  |
|--|
| Almonds Eyes Biscuits ♥ ❖0.5 GF                  |
| Shortbread Mix ❖1 ♦ Gluten Free Shortbread ❖1 GF |
| Butternut Snap & Delta Cream ❖1                  |

## BARs

|   |
|---|
| Muesli Bar ♥ ❖1.5 GI ♦ Fruit and Nut Bar ♥ ❖1.5 GF GI |
|---|

## CAKES

|  |
|--|
| Mini Banana Bread ❖2 GF                |
| Polenta and Passionfruit Teacake ❖1 GF |

## OTHER

|   |
|---|
| Cheese GF ♦ Jatz ❖0.5 ♦ Water Crackers ♥ ❖0.5 |
| Mixed Nuts ♥ GF ♦ Chips: Plain ❖0.5 GF        |
| Rice Cakes ♥ ❖0.5 GF                          |

## FULL FLUID DIET

|                                    |   |      |       |
|------------------------------------|---|------|-------|
| Strained Porridge                  | ♥ | ⇨0.5 |       |
| Strained Creamy Chicken Soup*      |   | ⇨0.5 | GF    |
| Pumpkin Soup*                      |   | ⇨1   | GF    |
| Cream of Tomato Soup*              |   | ⇨1   | GF    |
| Broth: Beef, Chicken or Vegetable* | ♥ |      | GF    |
| Custard                            |   | ⇨1   | GF GI |
| Jelly                              |   | ⇨1.5 | GF    |
| Diet Jelly                         | ♥ |      | GF    |
| Vanilla Ice Cream                  |   | ⇨1   | GF    |
| Low Fat Vanilla Ice Cream          | ♥ | ⇨1   | GF    |
| Chocolate Ice Cream                |   | ⇨1   |       |
| Lemon Sorbet                       |   | ⇨1.5 |       |
| Vanilla Yoghurt                    | ♥ | ⇨1.5 | GF GI |
| Natural Yoghurt                    |   | ⇨1   | GF GI |

### BEVERAGES

|                                   |   |      |    |
|-----------------------------------|---|------|----|
| Ginger Ale                        |   | ⇨1.5 | GF |
| Lemonade                          |   | ⇨2.5 | GF |
| Diet Lemonade                     | ♥ |      | GF |
| Soda Water                        | ♥ |      | GF |
| Apple Juice ♦ Orange Juice        |   | ⇨0.5 | GF |
| Pineapple Juice ♦ Cranberry Juice |   | ⇨1   | GF |
| Cordial: Lemon or Orange          |   | ⇨1   | GF |
| Diet Cordial: Lemon or Orange     | ♥ |      | GF |

### HOT

|   |   |      |       |
|---|---|------|-------|
| Coffee, Decaf Coffee  | ♥ |      | GF    |
| Hot Chocolate   |   | ⇨1.5 | GF GI |
| Milo  | ♥ | ⇨1   | GF    |
| Tea: English Breakfast, Earl Grey, Green, Chamomile, Peppermint | ♥ |      | GF    |

### MILK *Hot Milk available*

|                               |   |      |       |
|-------------------------------|---|------|-------|
| Full Cream ♦ Lactose Free     |   | ⇨0.5 | GF GI |
| Skim ♦ Lite Soy               | ♥ | ⇨0.5 | GF GI |
| Soy                           |   | ⇨0.5 | GF GI |
| Lite Soy                      | ♥ | ⇨0.5 | GF GI |
| Rice                          | ♥ | ⇨1   | GF    |
| Lactose Free                  |   | ⇨0.5 | GF GI |
| Low Fat Lactose Free          | ♥ | ⇨0.5 | GF GI |
| Flavoured Milk:               |   | ⇨2   | GF    |
| Strawberry, Choc, Iced Coffee |   |      |       |

\* Only available after 11.00am

## CLEAR FLUID DIET

|                                    |   |      |    |
|------------------------------------|---|------|----|
| Broth: Beef, Chicken or Vegetable* | ♥ |      | GF |
| Jelly                              |   | ⇨1.5 | GF |
| Diet Jelly                         | ♥ |      | GF |
| Lemon Sorbet                       |   | ⇨1.5 |    |

### BEVERAGES

|                               |   |      |    |
|-------------------------------|---|------|----|
| Ginger Ale                    |   | ⇨1.5 | GF |
| Lemonade                      |   | ⇨2.5 | GF |
| Diet Lemonade ♦ Soda Water    | ♥ |      | GF |
| Apple Juice ♦ Orange Juice    |   | ⇨0.5 | GF |
| Cranberry Juice               |   | ⇨1   | GF |
| Cordial: Lemon or Orange      |   | ⇨1   | GF |
| Diet Cordial: Lemon or Orange | ♥ |      | GF |

### HOT

|   |   |  |    |
|---|---|--|----|
| Coffee, Decaf Coffee  | ♥ |  | GF |
| Tea: English Breakfast, Earl Grey, Green, Chamomile, Peppermint | ♥ |  | GF |

\* Only available after 11.00am

|    |   |
|----|---|
| ♥  | 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                    |

ALL MEALS ARE FRESHLY PREPARED AND CAN BE ORDERED AT YOUR CONVENIENCE AND DELIVERED TO YOUR ROOM.

**CALL EXTENSION 3663 | 6.30AM - 7.00PM**

VISITOR MEALS CAN BE ORDERED FOR \$22.00



## HOW TO PLACE AN ORDER

Please use the telephone at your bedside to call extension 3663 between 6.30am and 7.00pm 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 02 8382 3663 from outside the hospital between 6.30am 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 lower saturated fat/lower salt options ♥ lower glycaemic index carbohydrate choices GI and carbohydrate serves ⇨1. Gluten free options are available for many menu items GF. 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.

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

## CLEAR FLUID DIET

See back cover for Clear Fluid Diet

ALL MEALS ARE FRESHLY PREPARED AND CAN BE ORDERED AT YOUR CONVENIENCE AND DELIVERED TO YOUR ROOM.

**CALL EXTENSION 3663 | 6.30AM - 7.00PM**

VISITOR MEALS CAN BE ORDERED FOR \$22.00

## Room Service PATIENT MENU

ALL MEALS ARE FRESHLY PREPARED AND CAN BE ORDERED AT YOUR CONVENIENCE AND DELIVERED TO YOUR ROOM.

**CALL EXTENSION 3663 | 6.30AM - 7.00PM**

VISITOR MEALS CAN BE ORDERED FOR \$22.00

*To place your room service order*

**CALL EXTENSION 3663 | 6.30AM - 7.00PM**