

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

Strawberry, Blueberry, Natural	♥	❖0.5	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
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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,	♥	❖2	
Bread: Multigrain	♥	❖2	GI
Gluten Free Bread	♥	❖2	GF GI
Wrap		❖3	

FILLINGS

Chicken ♥ GF	Cream Cheese ♥ GF
Chopped Egg ♥ GF	Swiss Cheese GF
Egg & Mayo ♥ GF	Avocado ♥ GF
Ham GF	Beetroot ♥ GF ❖0.5
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 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 <i>GF available</i>	Cranberry Sauce ❖0.5 GF
Aioli GF	Sweet Mustard Pickles ❖0.5 GF
Seeded Mustard GF	Fruit Chutney ❖0.5 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 <i>GF available</i>	

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>Stir Fry Noodle:</i>		
Beef, Chicken or Tofu	❖2	GF
<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 Bolognese <i>GF available</i>	❖3.5	
Penne Napolitana <i>GF available</i>	♥ ❖3.5	
Macaroni Cheese	❖2.5	

**Small serves available for some items*

PIZZA *GF base available*

Ham & Pineapple	❖4.5	
Vegetarian	❖4.5	

GRILLS

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

SAUCES

Mushroom, Gravy	❖0.5	GF
White Wine Cream		GF
Peppercorn	❖1	GF

SIDES

<i>Steamed Vegetables:</i>		
(broccoli florets, carrots & beans)	♥	GF
Asian Greens	♥	GF
Creamed Potato	♥ ❖1	GF
Mash Sweet Potato	♥ ❖1	GF GI
Roast Potato	♥	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	❖1.5	
Persian Orange Cake with Orange Glaze	❖2	GF
Chocolate Cake with Raspberry Coulis	❖2.5	
Fruit Salad	♥	❖1 GF GI
Vanilla Ice Cream	❖1.5	GF
Chocolate Ice Cream	❖1	
Low Fat Vanilla Ice Cream	♥	❖1 GF
Lemon Sorbet	❖1	GF
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	GF

JUICE

Orange		❖0.5	GF
Apple		❖0.5	GF
Pineapple		❖1	GF
Cranberry		❖1	GF
Prune		❖3.5	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
<i>Flavoured Milk:</i> Strawberry, Choc		❖2	GF
Iced Coffee		❖2	

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

Triple Choc Fudge Cookie	❖1	
Butternut Snap & Delta Cream	❖1	
Gluten Free Melting Moment	❖1	GF
Gluten Free Shortbread	❖1	GF

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 ❖0.5 ♦ Chips: Plain ❖0.5 GF
Rice Cakes ♥ ❖1.5 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	GF
Lemonade		⇨2.5	GF
Diet Lemonade	♥		GF
Soda Water	♥		GF
Apple Juice ♦ Orange Juice		⇨0.5	GF
Pineapple Juice ♦ Cranberry Juice		⇨1	GF
Prune Juice		⇨3.5	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: Strawberry, Choc, Iced Coffee		⇨2	GF

* 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	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



Room Service PATIENT MENU

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

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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

to place your room service order

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CLEAR FLUID DIET

See back cover for Clear Fluid Diet

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