

BEVERAGES

FROM 7.00AM 3663

Cold Drinks

Soda water			
Lemonade			#1
Diet lemonade			
Dry ginger ale			#1.5
Cordial – Lemon • Orange			#1
Diet cordial – Lemon • Orange			

Juice

Apple			#0.5
Orange			#0.5
Cranberry			#1
Pineapple			#1
Prune			#4

Milk

Full cream			#0.5	
Low fat				#0.5
Soy				#1
Lactose free				#0.5
Low fat lactose free				#0.5

Hot Drinks

Coffee • Decaffeinated			
Hot chocolate			#1.5
Milo			#1

Tea

English breakfast			
Green			
Chamomile			
Peppermint			

Milk for hot beverages

Full cream			
Low fat			
Soy			
Lactose free			
Low fat lactose free			

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:

- Lower saturated fat/lower salt options
- Lower glycaemic index carbohydrate choices
- #1 Carbohydrate serves
- 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

3663 7am–7pm

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

ALL DAY BREAKFAST

FROM 7.00AM 3663

Cereal

Porridge			#1.5
Corn Flakes			#1.5
GF Cornflakes			#1.5
Weet-Bix			#1.5
All-Bran			#1.5
Rice Bubbles			#1.5
Muesli			#1.5
Special K			#1.5

Yoghurts

Vanilla yoghurt				#1
Natural yoghurt				#1
Lemon yoghurt				#1
Passionfruit yoghurt				#1

Fruits

Fresh

Apple				#1
Banana				#2
Orange				#1
Pear				#2
Kiwi				#0.5
Fruit salad				#1.5

Bakery

Bread

White • Wholemeal				#1
Multigrain				#1
Gluten free bread				#1
Dinner roll – White • Wholemeal				#1

Toasted available

Pastries

Danish				#1.5
Croissant				#1

Hot breakfast

Pancakes (Serving of 1 or 2)				#2.5
Bacon				
Chicken sausage				
Sauté mushrooms				
Grilled tomato				
Potato hash brown				#1
Baked beans				#1

Eggs

Poached (Serving of 1 or 2)				
Scrambled				
Fried • Over easy (Serving of 1 or 2)				
Boiled (Serving of 1 or 2)				

Omelettes – 5 Options

Ham & Cheese				
Cheese and Tomato				
Cheese				
Capsicum, mushroom, onion, spinach				
Smoked Salmon				

FROM 11AM TO 7PM

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

Soups

Pumpkin		#1
Chicken and vegetable		#0.5
Broth (beef, chicken, vegetable)	GF ♥	

Noodle soups

With chicken	GF	#0.5
With vegetable and tofu	GF	#0.5

Salads

Garden salad	GF ♥	
<i>(Side garden salad available)</i>		
Add chicken	GF ♥	
Add smoked salmon	GF	
Caesar salad		#1
Add chicken		#1
Add smoked salmon		#1

Sandwiches and Wraps - Build your own

Bread

White • Wholemeal	♥	#1
Multigrain	♥ GI	#1
Wrap		#3
Gluten free bread	GF ♥	#1

Toasted available

Fillings

Chopped egg	GF ♥	
Egg & mayonnaise	GF ♥	
Chicken	GF ♥	
Ham	GF	
Roast beef	GF ♥	
Smoked salmon	GF	
Tuna & mayonnaise	GF ♥	
Turkey	GF	
Cheddar cheese	GF	
Swiss cheese	GF	
Cream cheese	GF ♥	
Avocado	GF ♥	
Beetroot	GF ♥	
Carrot	GF ♥	
Cucumber	GF ♥	
Lettuce	GF ♥	
Red onion	GF ♥	
Tomato	GF ♥	

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

For all sauces refer to Condiments and Dressings

Hot Mains

Asian stir fry		
Chicken	GF ♥	
Beef	GF ♥	
Vegetarian (tofu)	GF ♥	

Curry (garam masala base)		
Chicken	GF	#0.5
Beef	GF	#0.5
Vegetarian (chickpea)	GF GI	#1.5

Grilled chicken breast	GF ♥	
Grilled salmon	GF ♥	
Grilled barramundi	GF ♥	
Grilled lamb rump	GF ♥	
Grilled sirloin steak	GF ♥	
Beef casserole	GF ♥	#0.5

Penne pasta (GF pasta available)		
Bolognaise		#4
Napolitana	♥	#3.5

Sauces

Mushroom	GF	#1
Peppercorn	GF	#1
Gravy	GF	#1
White wine cream	GF	

Sides

Creamed potato	GF ♥	#1
Mash sweet potato	GF ♥ GI	#1
Steamed vegetables (broccoli florets, carrots & green beans)	GF ♥	
Roast potato	GF ♥	#1
Roast pumpkin	GF	#0.5
Potato wedges		#1
Steamed rice	GF ♥	#2.5

Desserts

Apple and cherry strudel with custard		#2
Pavlova with whipped cream, strawberries and passionfruit sauce	GF	#2
Panna cotta with berry compote and shortbread		#1.5
Fruit salad	GF ♥ GI	#1.5
Vanilla ice cream	GF	#1
Low fat vanilla ice cream	GF	#1
Jelly	GF	#1.5
Diet jelly	GF ♥	
Custard	GF	#1

Snacks

Cheese	GF	
Jatz		#0.5
Water crackers	♥	#0.5
Fruit and nut mix	GF ♥ GI	#1
Mixed nuts		
Chips – plain	GF	#0.5
Rice cakes	GF ♥	#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	♥ GI	#1.5

Condiments and Dressings

Spread

Butter	GF	
Margarine	GF ♥	
Vegemite		
Honey	GF	#1
Marmalade	GF	#0.5
Jam: Strawberry • Raspberry	GF	#0.5
Peanut butter	GF	
Maple syrup	GF	#1.5

Seasoning and Sauces

Salt • Pepper • Sugar	GF	
Brown sugar	GF	#1
Sweetener	GF	
Lemon wedges	GF ♥	
Mayonnaise		
Seeded Mustard	GF	
Tomato sauce	GF	
Cranberry sauce	GF ♥	#0.5
Sweet mustard pickles	GF	
Mint sauce		♥
Soy sauce	GF	
Tartare sauce	GF	
Italian dressing	GF ♥	
French dressing	GF ♥	
Balsamic vinegar	GF	
Parmesan cheese	GF	

FLUIDS MENU

FROM 7.00AM 3663

Clear Fluid Menu

Broth (beef, chicken, vegetable)	GF ♥	
Jelly	GF	#1.5
Diet jelly	GF ♥	

Beverages

Apple juice	GF	#0.5
Orange juice	GF	#0.5
Cranberry juice	GF	#1
Dry ginger ale	GF	#1.5
Lemonade	GF	#1
Diet lemonade	GF	
Soda water	GF ♥	
Cordial – Lemon • Orange	GF	#1
Diet cordial – Lemon • Orange	GF	
Coffee • Decaffeinated coffee	GF	

Tea

English breakfast • Green Chamomile • Peppermint

Full Fluid Menu

Breakfast: strained porridge	♥	#0.5
Broth (beef, chicken, vegetable)	GF ♥	
Pumpkin soup		#1
Chicken and vegetable		#0.5
Custard	GF	#1
Jelly	GF	#1.5
Diet jelly	GF ♥	
Vanilla ice cream	GF	#1
Low fat vanilla ice cream	GF ♥	#1
Vanilla yoghurt	GF ♥ GI	#1
Natural yoghurt	GF	#1
Lemon yoghurt	GF ♥ GI	#1
Passionfruit yoghurt	GF ♥ GI	#1

Beverages

Apple juice	GF	#0.5
Orange juice	GF	#0.5
Cranberry juice	GF	#1
Ginger ale	GF	#1.5
Lemonade	GF	#1
Diet lemonade	GF	
Soda water	GF ♥	
Cordial – Lemon • Orange	GF	#1
Diet cordial – Lemon • Orange	GF	
Coffee • Decaffeinated coffee	GF	

Tea

English breakfast • Green Chamomile • Peppermint

Hot chocolate	GF	#1.5
Milo	♥	#1

Milk

Full cream	GF	GI #0.5
Low fat	GF ♥	GI #0.5
Soy	GF ♥	GI #1
Lactose free	GF	GI #0.5
Low fat lactose free	GF ♥	GI #0.5