

ROOM SERVICE





At your request

We know that while you are in hospital, meals are an important part of your stay and recovery.

We also know that you may feel hungry outside of typical meal times, so we have tailored our food service to meet your needs.

Simply order what you like from our Room Service menu, and your meal and snacks will be freshly prepared and delivered to your room.

Please note: there may be times that restrictions are placed on your diet due to medical requirements, please contact your nursing caregivers for details

Your dietary needs will always be considered and catered for during your stay with us. Special diet and allergy specific options are included within this menu.

The following dietary considerations are indicated on the menu:

- Gluten free
- Vegan
- & Diabetic
- □ Easy chew
- ↓ Low fibre

Our environmental impact is important to us, which is why we embed sustainable practices into our hospital kitchens including shortening the supply chain where possible, food wastage and disposal, recycling and we proudly partner with suppliers who promote and supply sustainable packaging.

How to order

- Use your bedside phone and call #789
- Place your meal order with our room service call centre caregivers
- To order from mobile or outside phone call: 03 5434 3890 and please state ward, bed number and full name

Menu available all day from 6.30am to 8pm.



Continental Breakfast

BAKERY

Breads (toast optional)

White 🖶 ↓ 😡

Wholemeal $\clubsuit \square$

Multigrain 🖧

Sourdough & ↓

Fruit

Banana &

& available

PASTRIES AND MUFFINS

Assorted Flavours

& ↓ available

FRUITS & Ø &

Compotes \square

Prunes

Peaches ↓

Mixed berries

Whole

Apple

Banana ↓ □

Orange

Pear

Fresh sliced □

Fruit salad

Watermelon \downarrow

CEREALS AND GRAINS

Warm ⊕ 🕽

Porridge (↓ option)

Semolina ↓

O available

Cold 🖧

Weetbix \square

All Bran

□

Rice Bubbles $\downarrow \square$ (\$\sigma\$ option)

Muesli (& option)

Cornflakes $\downarrow \square$ (& option)

Sultana Bran

DAIRY

Milks & 品↓ □

Low fat

Full cream

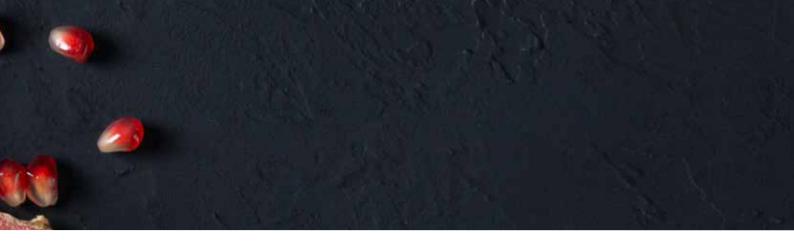
Soy @

Almond *₢*

Low lactose

Yoghurt $\& \ \Box \ \Box \ (\mathcal{O}, \ \lor \ \text{option})$

Assorted Flavours



Hot Breakfast

CROISSANT

Create your own

Plain ↓

Ham ↓

Cheese ↓

Tomato

PANCAKES ↓ □

OMELETTES &

Create your own

Plain ↓ \(\Pi \) \(\text{\tinte\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\tint{\text{\tint{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\text{\tiliex{\text{\texi}}\\ \text{\text{\text{\text{\text{\text{\text{\texi}\text{\text{\texi}\tiliex{\text{\text{\texi}\tint{\text{\texi}}}\tint{\text{\text{\text{\text{\text{\texi}\text{\texi}\text{\text{\tex

Ham ↓ □

Cheese $\downarrow \square \Rightarrow$

Tomato

□ &

Mushroom &

Onion ↓ &

EGGS HOLLANDAISE \downarrow

Served on sourdough toast

Ham

Bacon

Smoked salmon

EGGS & A ↓

Scrambled \square

Poached \square

Fried

BREAKFAST SIDES

Bacon **&** ↓

Beef chipolatas

Smoked salmon **\$** ♣ ↓ □

Baked beans \$ ∅ ♣ □

Hash brown **&** *∅* ↓

Tinned spaghetti $\mathbb{A} \downarrow \Omega$

Grilled tomato \$ € €

Avocado mash $\& O \Leftrightarrow \downarrow \Box$

Sautéed mushrooms & O &

CONDIMENTS □

Butter ↓

Margarine $\mathscr{O} \mathrel{\stackrel{.}{\hookrightarrow}} \downarrow$

Vegemite $\mathcal{O} \stackrel{\triangle}{\to} \downarrow$

Honey & ↓

Strawberry jam $\mathcal{O} \oplus \downarrow$

Orange marmalade $\mathcal{O} + \downarrow$

Hollandaise sauce \downarrow

Tomato sauce $\mathcal{O} \mathrel{\mathrel{\oplus}} \downarrow$

BBQ sauce $\mathcal{O} \stackrel{\triangle}{\to} \downarrow$

Tomato relish $\mathscr{O} \stackrel{\mbox{\scriptsize th}}{\Box}$

Maple syrup $\mathscr{O} \hspace{.1cm} \hspace{.$

Cream cheese ↓

Mustard $\mathcal{O} \mathrel{\&} \downarrow$

Aioli ↓

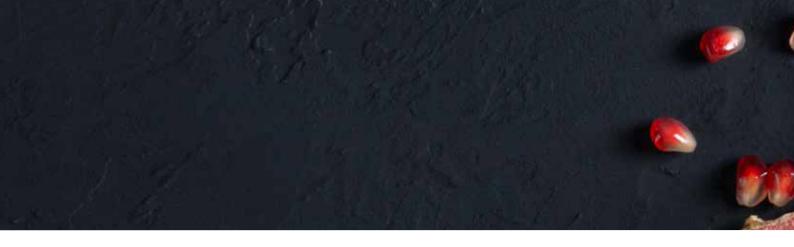
Tartare ₼

Hommus *∅* &

Sriracha 🗸 🖶

Lemon wedge $\mathcal{O} \oplus \downarrow$

All & except Vegemite and hollandaise sauce



Main Meals

Please choose one main, your side and vegetables.

CLASSIC MAINS & □

Shepherd's pie

Beef stroganoff

Beef massaman curry

Butter chicken ↓

Green curry (@ available)

Vegetarian chilli con carne ${\mathscr O}$

Mixed vegetables and bean hot pot $\ensuremath{\mathscr{O}}$

Roast of the day $\boldsymbol{\downarrow}$

Grilled barramundi \downarrow

Grilled salmon ↓

Grilled beef fillet ↓

Grilled chicken breast \downarrow

All & except beef stroganoff

SAUCES C

Gravy ↓ &

Mushroom &

Pepper &

Hollandaise

Apple $\mathcal{O} \downarrow \mathbb{B}$

Cranberry $\mathcal{O} \downarrow \mathbb{A}$

Mint jelly $\mathcal{O} \downarrow \mathbb{A}$

Creamy white wine \downarrow

Napolitano $\mathcal{O} \downarrow \mathbb{A}$

All & except hollandaise and creamy white wine

SIDES

Naan bread $\mathcal{O} \downarrow$

Pappadums Ø ♦ 🖶 ↓

Potato wedges @ &

Rice 🕏 🖶 ↓ 🛱

Fried rice $\mathscr{O} \, \Leftrightarrow$

Side salad Ø 🕸 🖧

CLASSIC PASTAS

Beef lasagne & ↓

Vegetarian lasagne &

Chicken tortellini carbonara

Macaroni cheese ↓

Spaghetti bolognaise $\Box \downarrow (\emptyset \& available)$

All □ except vegetarian lasagne

VEGETABLES Ø **♣** 品↓

Roast vegetables \square

Potato

Sweet potato

Carrot

Pumpkin

Potatoes □

Mashed potato

Roast potato

@ available

Mixed vegetables \square

Carrot, broccoli, cauliflower, beans

Steamed greens

Broccoli, green beans, sugar snap peas



FROM THE WOK & ₼

Each stir-fry includes carrot, capsicum and broccoli

↓ available

Protein

Chicken

Beef

Tofu Ø

Noodle/Rice

Hokkien noodles Rice noodles \mathscr{D} Plain rice \mathscr{D}

Sauces

Soy glaze & O Satay & O

BURGERS

Served on a ciabatta roll (& available)

All served with lettuce, tomato, red onion and cheddar cheese (@ available)

Sauces: see condiment section

SOUP & 品口

Served with an optional dinner roll (& available)

Smooth \downarrow

Pumpkin \mathcal{O}

Potato and leek

Chicken

Classic soup

Chicken and corn

Vegetable minestrone ∅

Consommé \downarrow

(clear soup)

Beef

Chicken

Vegetable @

SALADS entree or main serve

Served with an optional dinner roll (& available)

Garden salad **№** Ø &

Caesar salad

Pumpkin and guinoa & O &

Add & 品

Grilled chicken

Smoked salmon

Cheddar cheese

Boiled egg

Dressings &

French

Balsamic

Ceasar

Olive oil &

Lemon wedge &



Small Bites

SANDWICHES

Create your own

Toasted available

Breads (₩ Ø 🕸 available)

White $\Box \downarrow$

Multigrain

Wholemeal \square

Protein **&** ↓

Cheese □ (@ available)

 $\operatorname{Egg}\, \square$

Chicken \square

Turkey

Tuna □

Smoked salmon

Roast beef

Ham

All & except ham

Salad & O &

Lettuce

Tomato

Cucumber

Carrot

Red onion

Avocado $\Box \downarrow$

Condiments

See condiments section in Hot Breakfast

SAVOURY SNACKS

Cheese plate ↓ (\(\text{\alpha}\) \(\text{\alpha}\) available)

Rice cakes **\$** ♣ Ø ↓

Mini pie ↓

Quiche Iorraine ↓

Mini spinach and ricotta roll

Potato wedges **₺** Ø

Plain crisps & $\mathcal{O} \downarrow$

SWEET SNACKS

Scones with jam and cream \downarrow

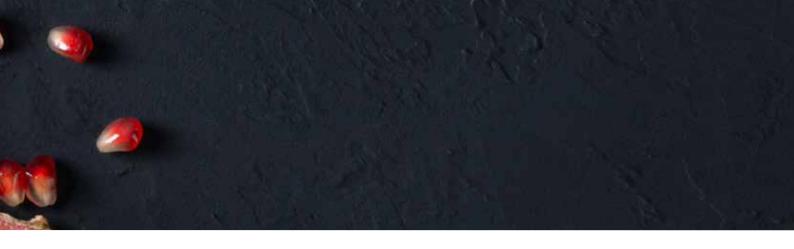
Banana bread &

Raspberry friand &

Muesli bar $\mathbb{A} \mathscr{O}$

Yoghurt selection & $\triangle \Box \downarrow$

Custard & $\square \downarrow$



Desserts

BAKED

Apple pie Chocolate mud cake $\mathscr{O} \ \square \ \downarrow$ Carrot cake \mathscr{O} Berry cheesecake \downarrow Chocolate brownie &

CREAMY

Chocolate mousse & $\Box \downarrow$ Custard $\oplus \downarrow$ Crème brulee & \downarrow Tiramisu $\Box \downarrow$

LIGHT

Fruit salad $\& \& \varnothing$ Fruit pavlova

Jelly $\& \& \Box \lor$

FROZEN

Ice cream $\& \, \Box \, \Box \, \downarrow$ Sorbet $\Box \, \mathcal{O} \, \downarrow$

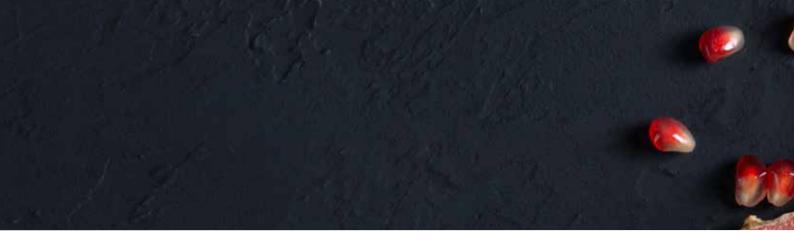
CONDIMENTS

Whipped cream \downarrow Raspberry coulis $\mathscr O$ Chocolate sauce \downarrow Ice cream $\mathrel{\hbox{$\mathbb{B}$}}\;\; \mathscr B \downarrow \;\; (\mathscr O \;\; available)$ Custard $\mathrel{\hbox{$\mathbb{B}$}}\;\; \downarrow$ Lemon sorbet $\mathrel{\hbox{$\mathbb{B}$}}\;\; \mathscr O \downarrow$

INBETWEEN MEAL SNACKS

Please don't forget to order your Morning Tea, Afternoon Tea and Supper. We have a range of snacks available for you to order between meals with a hot or cold beverage of your choice.

Please be advised that Room Service is only available to patients and paying boarders.



Drinks

COLD & O

(note - carbonated beverages may not be available on your ward)

Bottled water

Sparkling water

Lemonade (diet available)

Ginger ale

Coke (diet vailable)

JUICES & O

Apple

Orange

Cranberry

Pineapple

Prune

Tomato

All ↓ except prune

FLAVOURED MILKS & \downarrow

Iced coffee

Chocolate milk

MILKSHAKES & ↓

Strawberry

Spearmint

Vanilla

Chocolate

SMOOTHIES &

Banana \downarrow

Berry *∅*

Green €

HOT &↓

Percolated coffee

Hot chocolate

Chamomile

Green tea

Peppermint

English breakfast

Lemongrass and ginger

All $\mathcal{O} \Leftrightarrow$ except hot chocolate

MILK & B ↓

Full cream

Low fat

Low lactose

Soy @

Almond @



Kosher/Halal

KOSHER

The below menu items are certified Kosher pre-made meals. There are other suitable menu items available within our standard menu.

Our call centre caregivers can assist you when placing your order. Please note that the Kosher meals all come with cutlery packs that include utensils, napkins, KA certificate, mezanot bread roll (not *) and non-dairy margarine.

BREAKFAST

Hot breakfast

Egg cakes & 品

LUNCH AND DINNER

Soup &

Vegetable soup Clear chicken soup &

Main meals & 🖧

Roast chicken and thyme sauce Beef shepherd's pie Baked fish Lamb casserole Vegetarian patties Vegetarian pasta

Dessert

Apple crumble & Chocolate cake Carrot cake

HALAL

The below menu items are certified Halal pre-made meals. There are other suitable menu items available within our standard menu. Our call centre caregivers can assist you when placing your order.

LUNCH AND DINNER &

Hickory beef
Roast beef &
Chicken cajun creole
Chicken chasseur &
Lamb in plum sauce
Red curry chicken &
Satay lamb &



SPECIAL DIETS



SPECIAL DIETS AND ALLERGIES

During your stay you may be on a special diet due to your medical condition, which may mean that not all menu items will be suitable.

Our menu office will be able to advise you of suitable menu items for your special dietary requirements and will assist you in making appropriate menu choices.

The following dietary considerations are indicated on the menu:

If you are on a texture modified diet, please refer to the texture modified section of the special diets menu.

If you have a food allergy, our call centre caregivers will be able to advise you of suitable items; please ensure that the nursing caregivers are aware of your allergy prior to ordering food.

If you have a dislike or an intolerance to a particular food item, please advise the menu office when ordering and we can inform you of the ingredient is in the dish.

PATIENTS WITH DIABETES

It is generally recommended that patients with diabetes consume three well balanced meals with consistent carbohydrate serves across the day.

You may also need your blood sugar levels monitored; please inform your Nurse when your meal has been delivered so that this can be attended to.

FOOD AND MEDICATIONS

Often certain medications will need to be timed according to food consumption. If you require medications with, or around your meals, please inform your nurse when your meal arrives so that your medication can be administered appropriate.



SMOOTH/PUREED



All items will be prepared to meet requirements of the diet texture.

CEREALS AND GRAIN riangle

Porridge

Semolina

 ${\mathcal O}$ available

HOT BREAKFAST

Scrambled eggs & \downarrow

DAIRY & &

Yoghurt

Assorted flavours

Milks

Full cream

Low fat

Low lactose

Soy ∅

Almond $\mathcal O$

PUREED FRUITS & Ø &

Apple

Peach and apple

Prunes



Lunch and Dinner

All items will be prepared to meet requirements of the diet texture.

CLASSIC MAIN MEALS \oplus

Beef

Chicken

Pork

Lamb

Baked fish

Scrambled egg

All **⋬** except baked fish

Vegetarian option available

VEGETABLES & . . .

Mashed potato

Carrot

Broccoli

Pumpkin

Beans

Peas

SOUP & &

Pumpkin @

Potato and leek

Chicken

SAUCES &

Gravy

Mushroom

Pepper

Hollandaise

Apple ∅

Creamy white wine

Napolitano *𝗸*

All & except hollandaise and creamy

white wine

CONDIMENTS &

Mayonnaise

Hollandaise

Tomato sauce $\mathcal O$

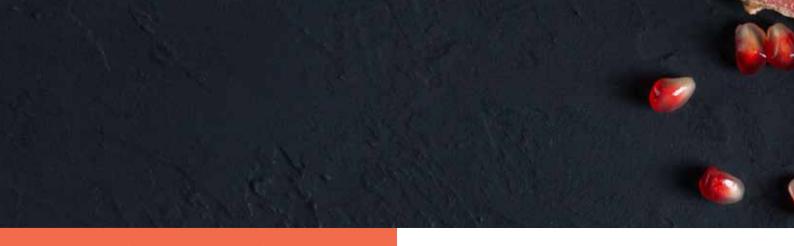
BBQ sauce ${\mathscr O}$

Sour cream

Margarine @

Butter

Maple syrup ∅



MINCED AND MOIST



All items will be prepared to meet requirements of the diet texture.

CEREALS AND GRAIN riangle

Porridge

Semolina

O available

HOT BREAKFAST

Scrambled eggs hinspace hinspace

BREAKFAST SIDES

Baked beans $\mathcal O$ Tinned spaghetti Avocado mash $\mathcal O$

DAIRY & &

Yoghurt

Assorted flavours

Milks

Full cream

Low fat

Low lactose

Soy @

Almond @

PUREED FRUITS @ &

Apple

Peach and apple

Prunes



MINCED AND MOIST

Lunch and Dinner

All items will be prepared to meet requirements of the diet texture.

CLASSIC MAINS &

Shepherd's pie

Beef stroganoff

Beef massaman curry

Butter chicken

Mixed vegetables and bean hot pot

Roast of the day

Barramundi

Salmon

Beef fillet

Chicken breast

Scrambled eggs

All & except beef stroganoff

VEGETABLES ⊗ ∴

Mashed potato

Carrot

Broccoli

Cauliflower

Pumpkin

Sweet potato

 ${\mathcal O}$ available

SIDES &

 $\operatorname{Rice} \mathscr{O}$

CLASSIC PASTAS A

Macaroni cheese

Spaghetti bolognaise (available)

SOUP **& ⊕**

Pumpkin @

Potato and leek

Chicken

SAUCES &

Gravy

Mushroom

Pepper

Hollandaise

Mint jelly ${\mathcal O}$

Creamy white wine

Napolitano *∅*

All & except hollandaise and creamy

white wine

CONDIMENTS

Mayonnaise

Hollandaise

Tomato sauce $\mathcal O$

BBQ sauce $\mathcal O$

Hommus $\mathcal O$

Sour cream

Margarine *𝑉*

Butter

Honey

Maple syrup *𝑉*

All & except hollandaise



SOFT AND BITE SIZED

Breakfast

All items will be prepared to meet requirements of the diet texture.

CEREALS AND GRAIN &

Porridge Semolina

 \mathcal{O} available

Scrambled eggs Cheese omlette Plain omlette

Fiairi Offiictto

BREAKFAST SIDES &

Baked beans *∅*Tinned spaghetti
Avocado mash *∅*Smoked salmon &

DAIRY & &

Yoghurt

Assorted flavours

Milks

Full cream

Low fat

Low lactose

Soy O

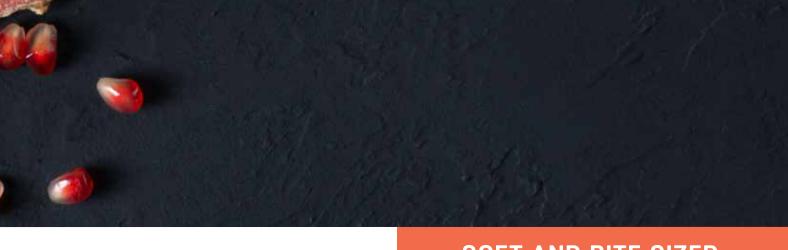
Almond $\mathcal O$

PUREED FRUITS & Ø &

Apple

Peach and apple

Prunes



Lunch and Dinner

All items will be prepared to meet requirements of the diet texture.

CLASSIC MAINS &

Shepherd's pie

Beef stroganoff

Beef massaman curry

Butter chicken

Mixed vegetables and bean hot pot

Roast of the day

Barramundi

Salmon

Beef fillet

Chicken breast

Scrambled eggs

All & except beef stroganoff

VEGETABLES 🕸 品

Mashed potato

Carrot

Broccoli

Cauliflower

Pumpkin

Sweet potato

 \mathcal{O} available

SIDES &

Rice Ø

CLASSIC PASTAS &

Beef lasagne

Macaroni cheese

Spaghetti bolognese (\$\vartheta \tau available)

SOFT AND BITE SIZED

SOUP & &

Pumpkin @

Potato and leek

Chicken

SAUCES &

Gravy

Mushroom

Pepper

Hollandaise

Apple ∅

Mint jelly ${\mathscr O}$

Creamy white wine

Napolitano @

All & except hollandaise and creamy

white wine

CONDIMENTS

Mayonnaise

Hollandaise

Tomato sauce \mathscr{O}

BBQ sauce *₫*

Hommus \mathscr{O}

Tartare

Aioli

Tomato relish $\mathcal O$

Sweet chilli @

Sour cream

Margarine \mathscr{O}

Butter

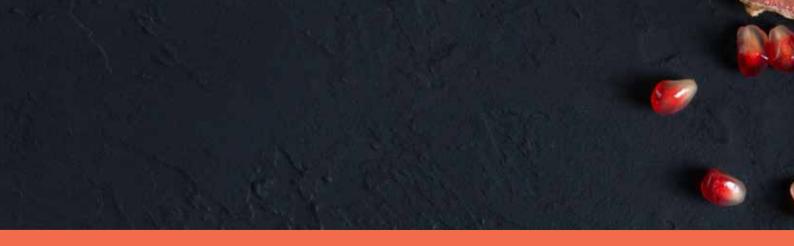
Honey

Maple syrup *𝑉*

All & except hollandaise

READY TO ORDER?

See page 1 of this menu for details on how to place your order. Menu available all day from 6.30am to 8pm.



SMOOTH/PUREED | MINCED AND MOIST | SOFT AND BITE SIZED

Dessert and Sweet Snacks

All items will be prepared to meet requirements of the diet texture.

DESSERT

Chocolate mousse & Custard & & Crème caramel & Chocolate crème & & Vanilla crème & & Lelly & & Tiramisu (soft only)

FROZEN DESSERT

Ice cream & \bigtriangleup (\mathscr{O} available) Sorbet & \hookrightarrow \mathscr{O}

SWEET SNACKS & & (@ available)

Custard
Chocolate crème
Yoghurt selection
Pureed fruit selection

INBETWEEN MEAL SNACKS

Please don't forget to order your Morning Tea, Afternoon Tea and Supper. We have a range of snacks available for you to order between meals with a hot or cold beverage of your choice.

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SMOOTH/PUREED | MINCED AND MOIST | SOFT AND BITE SIZED

Beverages

These beverages are for patients on thin fluids.

COLD & & O

Bottled water

Sparkling water

Lemonade (diet option available)

Ginger ale

Coke (diet option available)

JUICES & O

Apple

Orange

Cranberry

Pineapple

Prune

Tomato

FLAVOURED MILKS &

Iced coffee

Chocolate milk

MILKSHAKES &

Strawberry

Spearmint

Vanilla

Chocolate

SMOOTHIES &

Banana

Green @

HOT & ⊞

Percolated coffee

Hot chocolate

Chamomile

Green tea

Peppermint

English breakfast

Lemongrass and ginger

All @ except hot chocolate

MILK & &

Full cream

Low fat

Low lactose

Sov @

Almond @

You may be required to have fluids of a certain thickness. Please note not all fluids on this menu will be suitable for you. Your call centre caregiver will be able to assist you with making suitable beverage choices.



FLUID DIETS

Clear Fluids

(clear soup)

Beef

Chicken

 $\text{Vegetable } \mathscr{O}$

JELLY &

Orange

Lemon

Lime

SORBET &

Lemon

BEVERAGES & O

(note - carbonated beverages may not be available on your ward)

Bottled water

Apple juice

Lemonade (& available)

Ginger ale

High protein drink

HOT BEVERAGES

Black only

Percolated coffee

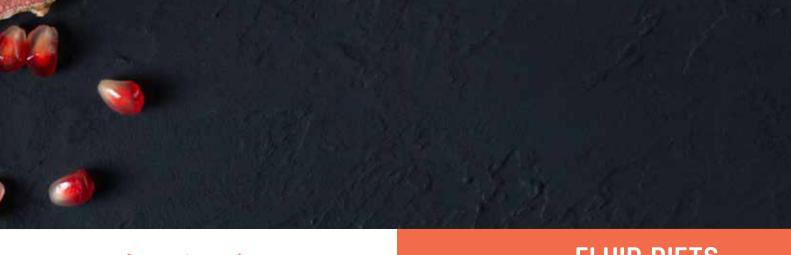
Chamomile

Green tea

Peppermint

English breakfast

Lemongrass and ginger



Full Fluids

(all hinspace hinspace +)

CEREALS AND GRAIN

Thin porridge

Thin semolina

@ available

CONDIMENTS

Honey

Maple syrup ∅

SOUP &

Pumpkin @

Potato and leek

Chicken

CONSOMMÉ &

(clear soup)

Beef

Chicken

Vegetable \mathscr{O}

DESSERT &

Chocolate mousse

Custard

Chocolate crème

Vanilla crème

Ice cream (@ available)

Sorbet ∅

Jelly

Yoghurt (assorted flavours)

add chocolate sauce &

FLUID DIETS

BEVERAGES

Water and juices **⋬** ∅

Bottled water

Apple

Orange

Cranberry

Pineapple

Tomato

Milk and flavoured milk &

Full cream

Low fat

Low lactose

Soy Ø

Almond $\mathcal O$

High protein milkshakes &

Strawberry

Spearmint

Vanilla

Chocolate

Smoothie

Banana &

HOT BEVERAGES &

Percolated coffee

Hot chocolate

Chamomile

Green tea

Peppermint

English breakfast

Lemongrass and ginger

(all ∅ except hot chocolate)

About St John of God Health Care St John of God Health Care is a leading Catholic not-for-profit provider of high-quality health care and community services in Australia and New Zealand. As a not-for-profit health care provider, we return all surpluses to the communities we serve by updating and expanding our facilities and technology, developing new

Our Mission

To continue the healing mission of Jesus.

Our Vision

We are recognised for care that provides healing, hope and a greater sense of dignity, especially to those most in need.

services, investing in people, and providing our social outreach services to those experiencing disadvantage.

