

# Beverages Dial 3663

## Cold All GF

Lemonade ❖2 — Diet Lemonade — Soda Water — Ginger Ale ❖2  
Diet Ginger Ale — Cordial ❖1 — Diet Cordial

### Juice

Orange ❖1 — Apple ❖1.5 — Pear ❖1 — Prune ❖2 — Cranberry ❖1.5

### Milk All GI ❖0.5

Full cream — Low fat ♥ — Skim ♥ — Soy ♥ — Zymil™ ♥

### Flavoured Milk All ❖1.5

Chocolate — Strawberry — Coffee — Vanilla — Milo™ ♥ GI ❖1.5

## Hot All GF except Milo™

Coffee (decaffeinated available) — Hot Chocolate GI ❖1.5

Milo™ ♥ GI ❖1.5

### Tea

Regular — Earl Grey — English Breakfast  
Green — Chamomile — Peppermint

### Milk All GI ❖0.5

Full cream — Low fat ♥ — Skim ♥ — Soy ♥ — Zymil™ ♥

# Fluid Menus

## Clear Fluid Diet All GF

Consommé (Beef, Chicken or Vegetable) ♥ — Jelly ❖1.5 — Diet Jelly  
Lemon Sorbet ♥ ❖1

### Beverages

Apple Juice ❖1.5 — Cranberry ❖1.5 — Ginger Ale ❖2  
Lemonade ❖2 — Diet Lemonade — Tea — Coffee  
Cordial ❖1 — Diet Cordial — Diet Ginger Ale

## Free Fluid Diet All GF except Semolina and Milo™

Consommé (Beef, Chicken or Vegetable) ♥ — Pureed Soup ❖0.5  
Semolina ❖2 — Jelly ❖1.5 — Diet Jelly — Custard GI ❖1.5  
Vanilla Ice Cream ❖1 — Lemon Sorbet ♥ ❖1  
Low Fat Vanilla Yoghurt GI ❖1.5 — Full Fat Vanilla Yoghurt GI ❖1

### Beverages

Apple Juice ❖1.5 — Orange Juice ❖1 — Cranberry Juice ❖1.5  
Lemonade ❖2 — Diet Lemonade — Cordial ❖1 — Diet Cordial  
Tea — Coffee — Ginger Ale — Diet Ginger Ale

### Milk All GI ❖0.5

Full cream — Low fat ♥ — Skim ♥ — Soy ♥ — Zymil™ ♥

### Flavoured Milk All ❖1.5

Chocolate — Strawberry — Coffee — Vanilla

Mater Private Hospital Brisbane is pleased to offer Room Service. All meals are freshly prepared and can be ordered at your convenience and delivered to your room.

## How to place an order

Please use the telephone at your bedside to call extension 3663 between 6.30 am and 7 pm 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 07 3163 3663 from outside the hospital between 6.30 am and 7 pm. Your meal will be prepared and delivered to your room within 45 minutes of your request.

 Dial 3663

6.30 am – 7 pm

## Special dietary considerations

If you are on a diet that has special requirements, including preparation for a procedure, your menu choices may be modified or restricted. Our Room Service Representatives will assist you to make appropriate selections for your individual needs.

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 representative when placing your order.**

## For patients with diabetes

If you follow a diabetes or consistent carbohydrate meal plan, it is recommended that you eat three well balanced meals a day, with carbohydrate serves similar at each meal from day to day.

If you are carbohydrate counting to match insulin to each meal, carbohydrate serves are indicated 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.**



# Room Service Menu

 Dial 3663

6.30 am – 7 pm

## All Day Breakfast Dial 3663

6.30 am to 7 pm

### Continental

#### Cereal

Porridge ♥ ♦1 — Semolina ♥ GI ♦2 — Weetbix™ ♥ ♦1.5  
 All Bran™ ♥ GI ♦1.5 — Cornflakes™ ♥ ♦1.5  
 Rice Bubbles™ ♦1.5 — Special K™ ♥ GI ♦1.5  
 Gluten Free Cornflakes ♥ ♦1.5 — Gluten Free Weetbix™ ♥ ♦1.5

#### Assorted Yoghurts All GF GI

Low Fat ♥ ♦1.5 — Full Fat ♦1 — Natural Berry ♦2

#### Fruits All GF GI ♥

Fresh Fruit:

Apple ♦1.5, Banana ♦2, Fruit Salad ♦0.5, Orange ♦1

Stewed Fruit:

Apricots ♦1, Peaches ♦1, Pears ♦1, Prunes ♦1.5, Two Fruits ♦1

### Bakery

#### Bread/Toast

White ♥ ♦1 — Wholemeal ♥ ♦1 — Multigrain ♥ GI ♦1  
 Gluten Free Bread ♥ ♦1.5

#### Pastries

Sweet Muffin ♦3.5 — Apple Danish ♦1 — Croissant ♦1.5

### Hot Menu All GF except Pancakes

Pancakes ♦4 — Shortcut Bacon — Breakfast Sausage  
 Sauté Mushrooms ♥ — Grilled Tomato ♥  
 Breakfast Potato ♥ ♦1 — Baked Beans GI ♦1

#### Eggs

Poached ♥ — Scrambled ♥ — Fried

#### Omelettes—Build your own

Cheese ♥ — Capsicum ♥ — Mushroom ♥  
 Onion ♥ — Smoked Salmon — Ham  
 Egg White Omelettes available.

*For all sauces refer to Condiments and Dressings section.*

### Legend

Lower saturated fat/lower salt options ..... ♥  
 Lower glycaemic index carbohydrate choices ..... GI  
 One carbohydrate serve = 15 grams of carbohydrate ..... ♦1  
 Gluten free option available ..... GF

## From 11 am Dial 3663

### Soups All GF

Pumpkin ♦0.5 — Chicken and Corn ♦0.5  
 Consommé (Beef, Chicken or Vegetable) ♥

### Salads

Garden Salad ♥ GF  
 Add Chicken ♥ GF or Smoked Salmon GF

Caesar Salad ♦1

Add Chicken or Smoked Salmon

*Entrée and Main size options available.*

### Wraps and Sandwiches—Build your own

#### Bread

White ♥ ♦1 — Wholemeal ♥ ♦1 — Multigrain ♥ GI ♦1 — Wrap ♦2

White Bread Roll ♦1.5 — Gluten Free Bread ♥ ♦1.5

Gluten Free Wrap ♥ ♦3

#### Fillings All GF except Mayonnaise

Avocado — Beetroot ♥ — Carrot ♥ — Cucumber ♥

Egg and Mayonnaise ♥ — Lettuce ♥ — Cheese ♥ — Onion ♥

Tomato ♥ — Chicken ♥ — Ham — Silverside — Tuna ♥ — Turkey ♥

*For all sauces refer to Condiments and Dressings section.*

### From the Grill

#### Burgers and Sandwiches

Steak Sandwich ♥ ♦2.5 — Beef Burger ♦2

Chicken Burger ♥ ♦1.5 — Vegetable Burger ♥ ♦3

*All served with Lettuce, Tomato and Onion. Gluten Free Bread available.*

#### Pizza

Vegetarian (Capsicum, Mushroom and Onion) ♦3

Ham and Pineapple ♦2.5 — Chicken and Mushroom ♦3

*All served on a Herbed Tomato base. Gluten Free base available.*

*For all sauces refer to Condiments and Dressings section.*

## Condiments and Dressings

All items GF except Vegemite™, BBQ Sauce and Mayonnaise

- Milk — Sugar — Sweetener
- Butter — Margarine ♥ — Vegemite™ — Honey ♦0.5 — Peanut Butter  
Marmalade ♦0.5 — Strawberry Jam ♦0.5 — Maple Syrup ♦1.5
- Salt — Pepper — Lemon Wedges — Pickles — Chutney ♦0.5
- Mayonnaise — Mustard ♥ — Tomato Sauce — BBQ Sauce ♥ ♦0.5
- Sweet Chilli Sauce ♦0.5 — Cranberry Sauce ♥ ♦0.5
- Italian Dressing — Balsamic Dressing ♥ — French Dressing ♥

## From 11 am Dial 3663

### Hot Mains All GF except for Meatloaf and Macaroni Cheese

Asian Stir Fry ♦1

Vegetarian or Chicken or Beef

Home Baked Meatloaf ♦1 — Grilled Chicken Breast ♥

Grilled Salmon ♥ — Grilled Seasonal Fish ♥ — Grilled Sirloin Steak ♥

Roast of the Day ♥ (not on Sunday, Tuesday, Friday)

Beef Stroganoff ♥ — Macaroni Cheese ♦2

### Sauces All GF except Béarnaise

Mushroom — Peppercorn — Red Wine Jus

Gravy — Basil Pesto ♥ — Béarnaise — Olive Oil and Lemon Juice ♥

### Sides All GF except Wedges

Mashed Potato ♥ ♦1 — Mashed Sweet Potato ♥ GI ♦1

Steamed Vegetables ♥ — Roast Carrot ♥ — Roast Potato ♥ ♦0.5

Roast Pumpkin ♥ — Baked Potato Wedges ♦2.5

Steamed Rice ♥ GI ♦2.5

### Desserts

Mango and Coconut Cheesecake ♦1.5

Orange and Almond Cake ♦1 GF — Chocolate Brownie ♦1.5

Fresh Fruit Salad ♥ GF GI ♦0.5 — Jelly ♥ ♦1.5 GF — Diet Jelly ♥ GF

Vanilla Ice Cream ♥ GF ♦1 — Lemon Sorbet ♥ GF ♦1

Custard ♥ GF ♦1.5 — Lactose Free Custard ♥ ♦1.5

Soy Custard ♥ ♦1.5

*See All Day Breakfast menu for fruit selection.*

## Snack Items Dial 3663

6.30 am to 7 pm

Plain Sweet Biscuits ♥ ♦1 — Jatz™ ♦0.5 — Water Crackers ♥ ♦0.5

Cheddar Cheese — Reduced Fat Cheddar Cheese ♥

Forest Fruit Muesli Bar ♥ GI ♦1.5 — Fruit and Nut Snack Pack ♥ GF GI ♦1

Rice Cakes ♥ GF ♦1.5 — Gluten Free Sweet Biscuits ♥ GF ♦1

**Products with precautionary allergen statements such as “may contain traces of ...” may be included in menu items offered for allergy diets (gluten, nuts, soy, egg, milk and seafood). Please discuss with call centre staff any concerns regarding specific food allergies.**