

### 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.

To assist you in making a healthier meal choice, there are symbols throughout the menu to indicate:

- ♥ Lower saturated fat/lower salt options
- GI Lower glycaemic index carbohydrate choices
- #1 Carbohydrate serves
- GF Gluten free options are available for many menu items.

**Our room service representatives will assist you to make appropriate selections for your individual needs.**

### Food allergy concerns

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 any concerns regarding specific food allergies with your room service representative.**

Patients on most diets are also able to order via their bedside terminal. Please be mindful there are limits on the number of items able to be ordered—if there are any questions about this process, please call the Room Service Call Centre on 3663.

At times the Room Service Call Centre experiences a high volume of calls. During these busy times, patients are able to request a call back. Please listen to the prompts and press the "\*" key during the prompt and wait to hear the confirmation message to enable this feature and one of our team will return your call as soon as possible.

### Seasonal produce

At Mater, we believe producing quality, nourishing food, while also giving back to our community and the environment is paramount. We constantly endeavour to use fresh, locally grown seasonal produce to create nutritionally balanced meals for the wellbeing of our patients.

## Fluid menus

🕒 6.30 am to 7 pm 📞 Dial 3663

### Clear fluid diet

Consommé (beef <b>or</b> chicken <b>or</b> vegetable)	GF ♥	
Lemon sorbet	GF ♥	#2
Jelly	GF	#1.5
Diet jelly	GF	

### Beverages

Apple juice	GF	#1.5
Lemonade	GF	#2
Ginger ale	GF	#2
Diet ginger ale •		
Diet lemonade • Diet cordial	GF	
Cordial	GF	#1

### Free fluid diet

Consommé (beef <b>or</b> chicken <b>or</b> vegetable)	GF ♥	
Pureed soup (from 11 am)	GF	#0.5
Semolina		#2
Jelly	GF	#1.5
Diet jelly	GF	
Custard	GF GI	#1.5
Vanilla ice cream	GF	#1
Lemon sorbet	GF ♥	#2
Low fat vanilla yoghurt	GF GI	#1.5
Full fat vanilla yoghurt	GF GI	#1

### Beverages

Apple juice	GF	#1.5
Orange juice	GF	#1
Lemonade	GF	#2
Ginger ale	GF	#2
Diet ginger ale •		
Diet lemonade • Diet cordial	GF	
Cordial	GF	#1

### Milk

Full cream	GF GI	#0.5
Low fat • Skim • Soy • Zymil	GF ♥ GI	#0.5

# Room service menu

Mater is pleased to offer room service. All meals are freshly prepared and can be ordered at your convenience and delivered to your room within 45 minutes of your request.

### How to place an order

Please use the telephone at your bedside to call extension **3663**.

A family member or carer can place an order on your behalf by calling **07 3163 3663** from outside the hospital.

Orders can be placed between **6.30 am** and **7 pm**.

📞 Dial 3663

🕒 6.30 am – 7 pm

# All day breakfast

🕒 6.30 am to 7 pm 📞 Dial 3663

## Continental

Cereal			
Porridge	♥		#1
Semolina	♥	GI	#2
Weetbix	♥		#1.5
Rice Bubbles			#1.5
Cornflakes	GF	♥	#1.5
Gluten free Weetbix	GF	♥	#1.5

## Assorted yoghurt

Low fat	GF	♥	GI	#1.5
Full fat	GF		GI	#1

## Fruit

Fresh fruit				
Apple	GF	♥	GI	#1.5
Banana	GF	♥	GI	#2
Orange	GF	♥	GI	#1

## Stewed fruit

Peaches	GF	♥	GI	#1
Pears	GF	♥	GI	#1
Two fruits	GF	♥	GI	#1
Prunes	GF	♥	GI	#1.5

## Bakery

Bread/toast				
White		♥		#1
Wholemeal		♥		#1
Multigrain		♥	GI	#1
Gluten free	GF	♥		#1.5

## Spreads

Butter • Margarine ♥ • Vegemite • Honey #0.5  
Marmalade #0.5 • Strawberry jam #0.5  
Peanut butter

## Pastries

Sweet muffin				#3.5
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## Hot menu

Shortcut bacon	GF			
Breakfast sausage	GF			
Sauté mushrooms	GF	♥		
Grilled tomato	GF	♥		
Breakfast potato	GF	♥		#1
Baked beans	GF		GI	#1
Scrambled eggs	GF	♥		

# From 11 am

🕒 11 am to 7 pm 📞 Dial 3663

## Soups

Pumpkin	GF		#0.5
Chicken and corn	GF		#0.5
Consommé (beef <b>or</b> chicken <b>or</b> vegetable)	GF	♥	

## Build your own— Sandwich, salad or bowl

1. <b>Base</b> (choose one)			
Bread: White • Wholemeal			#1
Bread: Multigrain		GI	#1
White bread roll			#1.5
Gluten free bread	GF	♥	#1.5
Wild rice	GF	♥	#1

2. <b>Protein</b> (choose up to two)			
Egg and mayonnaise • Boiled egg	GF	♥	
Ham • Chicken breast			
Black beans	GF	♥	
Beetroot hummus	GF	♥	

3. <b>Salad/vegetables</b>			
Cos lettuce • Tomato	GF	♥	
Cucumber • Corn	GF	♥	
Carrot • Beetroot • Onion	GF	♥	

4. <b>Toppings (all GF, except croutons)</b>			
Bacon (diced)			
Parmesan			
Roasted cashews		♥	
Croutons			#0.5
Avocado		♥	
Pepitas		♥	
Beetroot hummus		♥	#0.5

For all sauces refer to *dressings and condiments*.

## Burgers

Beef burger			#2
Chicken burger		♥	#1.5
Vegetable burger		♥	#3

All served with lettuce, tomato and onion.  
Gluten free bread available. For all sauces refer to *dressings and condiments*.

## Pizza

Roast pumpkin and feta			#3
Ham and pineapple			#2.5

All served on a herbed tomato base.  
Gluten free base available.

## Hot mains (choose one)

Asian stir fry (vegetarian <b>or</b> chicken <b>or</b> beef)	GF		#1
Shepherd's pie			#1
Grilled chicken breast	GF	♥	
Grilled seasonal fish	GF	♥	
Roast of the day (not ♥ on Sunday, Tuesday, Friday)	GF	♥	
Beef korma	GF	♥	
Macaroni cheese			#2

## Sauces

Mushroom	GF		
Gravy	GF		
Olive oil and lemon juice	GF	♥	

## Sides

Mashed potato	GF	♥	#1
Mashed sweet potato	GF	♥	GI #1
Steamed vegetables	GF	♥	
Roast pumpkin	GF	♥	
Roast carrot	GF	♥	
Roast potato	GF	♥	#0.5
Steamed rice	GF	♥	GI #2.5
Green beans	GF	♥	
Side salad	GF	♥	

## Desserts

Chocolate brownie			#1.5
Orange and almond cake	GF		#1
Jelly	GF		#1.5
Diet jelly	GF	♥	
Vanilla ice cream	GF	♥	#1
Lemon sorbet	GF	♥	#2
Custard	GF	♥	#1.5
Lactose free custard		♥	#1.5
Soy custard		♥	#1.5

See *all day breakfast* for fruit selection.

## Dressings and condiments

All GF, except BBQ sauce  
Italian • Balsamic ♥ • Caesar #0.5  
Mayonnaise • Mustard ♥ • Tomato  
BBQ ♥ #0.5 • Sweet chilli #0.5 • Pickles  
Salt • Pepper • Lemon wedges

# All day

🕒 6.30 am to 7 pm 📞 Dial 3663






## Snack items

Plain sweet biscuits		♥	#1
Water crackers		♥	#0.5
Cheddar cheese			
Reduced fat cheddar cheese		♥	
Rice cakes	GF	♥	#1.5
Gluten free sweet biscuits	GF	♥	#1

## Beverages

Cold			
Lemonade • Ginger ale	GF		#2
Soda water • Diet lemonade • Diet ginger ale	GF		

Juice			
Orange • Pear • Apple	GF		#1
Prune	GF		#2

Milk			
Full cream			#0.5
Low fat • Skim • Soy • Zymil	 		#0.5

Hot

Coffee • Decaffeinated coffee GF

Tea GF

Hot chocolate GF GI #1.5

Milo GF GF #1.5

Milk				
Full cream	GF		GI	#0.5
Low fat • Skim • Soy • Zymil	GF	♥	GI	#0.5

Sugar • Sweetener

## Legend

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