

Hot menu

Pancakes		#4
Shortcut bacon	GF	
Breakfast sausage	GF	
Sauté mushrooms	GF	♥
Grilled tomato	GF	♥
Breakfast potato	GF	♥ #1
Baked beans	GF	GF #1

Eggs

Poached • Scrambled	GF	♥
Fried	GF	

Omelettes – build your own

Cheese	GF	♥
Capsicum	GF	♥
Mushroom	GF	♥
Onion	GF	♥
Smoked salmon	GF	
Ham	GF	

Egg white omelettes available.
For all sauces refer to *condiments and dressings* section.



Beverages

Cold

Lemonade • Ginger ale	GF	#2
Soda water • Diet lemonade • Diet ginger ale • Diet cordial	GF	
Cordial	GF	#1

Juice

Orange • Pear	GF	#1
Apple • Cranberry	GF	#1.5
Prune	GF	#2

Milk

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

Flavoured milk

Chocolate	GF	#1.5
Strawberry	GF	#1.5
Iced coffee	GF	#1.5
Vanilla	GF	#1.5
Milo	♥	GF #1.5

Baby Friendly Options

Baby rice cereal	
Pureed apple	
Pureed vegetables	
Pureed grilled chicken or steak	
Well-cooked steamed vegetables	
Diced grilled chicken or steak	



Special dietary considerations

If your child is on a diet that has special requirements, including preparation for a procedure, 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
- GF 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 child's 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.

For patients with diabetes

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

If your child is 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

Mater Children's Private Brisbane is pleased to offer room service. All meals are freshly prepared and can be ordered at your convenience and delivered to your child's 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

mater.org.au

All day breakfast

6.30 am to 7 pm Dial 3663

Continental

Cereal

Porridge	♥	#1
Semolina	♥ GF	#2
All Bran	♥ GF	#1.5
Special K	♥ GF	#1.5
Weetbix	♥	#1.5
Cornflakes	♥	#1.5
Gluten free Cornflakes	♥	#1.5
Gluten free Weetbix	♥	#1.5
Rice Bubbles		#1.5

Assorted yoghurt

Low fat	GF	♥	GF	#1.5
Full fat	GF		GF	#1
Natural berry	GF		GF	#2

Fruit

Fresh fruit

Apple	GF	♥	GF	#1.5
Banana	GF	♥	GF	#2
Orange	GF	♥	GF	#1
Fruit salad	GF	♥	GF	#0.5

Stewed fruit

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

Bakery

Bread/toast

White	♥	#1
Wholemeal	♥	#1
Multigrain	♥ GF	#1
Gluten free	GF	♥ #1.5

Pastries

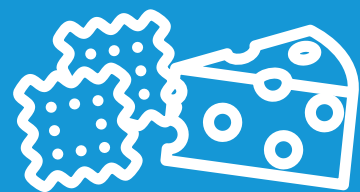
Sweet muffin	#3.5
Apple danish	#1
Croissant	#1.5



Snack items

🕒 6.30 am to 7 pm 📞 Dial 3663

Plain sweet biscuits	♡	#1
Jatz		#0.5
Water crackers	♡	#0.5
Cheddar cheese		
Reduced fat cheddar cheese	♡	
Forest fruits museli bar	♡	#1.5
Fruit and nut snack pack	GF ♡	#1.5
Rice cakes	GF ♡	#1.5
Gluten free sweet biscuits	GF ♡	#1



Condiments and dressings

All items GF except Vegemite, BBQ sauce and mayonnaise

Milk • Sugar • Sweetener

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

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



From 11 am

🕒 11 am to 7 pm 📞 Dial 3663

Soups

Pumpkin	GF	#0.5
Chicken and corn	GF	#0.5
Consommé (beef or chicken or vegetable)	GF ♡	

Salads

Garden salad	GF ♡	
Add chicken	GF ♡	
Add smoked salmon	GF	
Caesar salad		#1
Add chicken	GF ♡	
Add smoked salmon	GF	

Entrée and main size options available.

Wraps and sandwiches – build your own

Bread

White • Wholemeal	♡	#1
Multigrain	♡ GI	#1
White wrap		#2
White bread roll		#1.5
Gluten free bread	GF ♡	#1.5
Gluten free wrap	GF ♡	#3

Fillings all GF except mayonnaise

Avocado	♡	Beetroot ♡	Carrot ♡	Cucumber ♡
Cheese ♡	Chicken ♡	Lettuce ♡	Ham	
Onion ♡	Tomato ♡	Turkey ♡		
Silverside	Tuna ♡	Egg and mayonnaise ♡		

For all sauces refer to condiments and dressings.

Burgers and sandwiches

Steak sandwich	♡	#2.5
Beef burger		#2
Grilled chicken burger	♡	#1.5
Vegetable burger	♡	#3

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

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.



Hot mains

Asian stir fry (vegetarian or chicken or beef)	GF	#1
Home baked meatloaf		#1
Grilled chicken breast	GF ♡	
Grilled salmon	GF ♡	
Grilled seasonal fish	GF ♡	
Grilled sirloin steak	GF ♡	
Roast of the day (not on Sunday, Tuesday, Friday)	GF ♡	
Beef stroganoff	GF ♡	
Macaroni cheese		#2

Sauces

Mushroom	GF	
Peppercorn	GF	
Red wine jus	GF	
Gravy	GF	
Olive oil and lemon juice	GF ♡	
Basil pesto	GF ♡	
Béarnaise		



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
Baked potato wedges		#2.5
Steamed rice	GF ♡ GI	#2.5

Desserts

Mango and coconut cheesecake		#1.5
Chocolate brownie		#1.5
Orange and almond cake	GF	#1
Fresh fruit salad	GF ♡ GI	#0.5
Jelly	GF	#1.5
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 for fruit selection.



Ask our call centre about our chef's specials

Fluid menus

🕒 6.30 am to 7 pm 📞 Dial 3663

Clear fluid diet

Consommé (beef or chicken or vegetable)	GF ♡	#1
Lemon sorbet	GF ♡	#1
Jelly	GF	#1.5
Diet jelly	GF	

Beverages

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

Free fluid diet

Consommé (beef or chicken or vegetable)	GF ♡	
Pureed soup	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 ♡	#1
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
Cranberry juice	GF	#1.5
Lemonade	GF	#2
Ginger ale	GF	#2
Diet ginger ale • Diet lemonade • Diet cordial	GF	
Cordial	GF	#1
Tea • Coffee	GF	

Milk

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

Flavoured milk

Chocolate	GF	#1.5
Strawberry	GF	#1.5
Iced coffee	GF	#1.5
Vanilla	GF	#1.5

