

### 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..." are not included in menu items offered for allergy diets (gluten, peanuts, tree nuts, soy, egg, milk, sesame, fish and shellfish).

**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
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
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 • Zymil	GF ♥ GI	#0.5
Soy	GF ♥ GI	#1

# 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 (choose up to two)		
Porridge	♡	#1
Semolina	♡ <b>GI</b>	#2
Weetbix	♡	#1.5
Rice Bubbles		#1.5
Cornflakes	<b>GF</b> ♡	#1.5
Gluten free Weetbix	<b>GF</b> ♡	#1.5

## Assorted yoghurt

Low fat	<b>GF</b> ♡ <b>GI</b>	#1.5
Full fat	<b>GF</b> <b>GI</b>	#1

## Fruit Fresh fruit

Apple	<b>GF</b> ♡ <b>GI</b>	#1.5
Banana	<b>GF</b> ♡ <b>GI</b>	#2
Orange	<b>GF</b> ♡ <b>GI</b>	#1

## Stewed fruit

Peaches	<b>GF</b> ♡ <b>GI</b>	#1
Pears	<b>GF</b> ♡ <b>GI</b>	#1
Two fruits	<b>GF</b> ♡ <b>GI</b>	#1
Prunes	<b>GF</b> ♡ <b>GI</b>	#1.5

## Bakery

### Bread/toast

White	♡	#1
Wholemeal	♡	#1
Multigrain	♡ <b>GI</b>	#1
Gluten free	<b>GF</b> ♡	#1.5

### Spreads

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

### Pastries

Sweet muffin	#2
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## Hot menu

Shortcut bacon	<b>GF</b>	
Breakfast sausage	<b>GF</b>	
Sauté mushrooms	<b>GF</b> ♡	
Grilled tomato	<b>GF</b> ♡	
Breakfast potato	<b>GF</b> ♡	#1
Baked beans	<b>GF</b> <b>GI</b>	#1
Scrambled eggs	<b>GF</b> ♡	

# From 11 am

🕒 11 am to 7 pm 📞 Dial 3663

## Soups

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

## Build your own— Sandwich, salad or bowl

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

2. Protein (choose up to two)		
Egg and mayonnaise • Boiled egg	<b>GF</b> ♡	
Ham • Chicken breast		
Chickpeas <b>GF</b> ♡ • Beetroot hummus <b>GF</b> ♡		#1

3. Salad/vegetables (choose up to five)		
Cos lettuce • Tomato	<b>GF</b> ♡	
Cucumber	<b>GF</b> ♡	
Carrot • Beetroot • Onion	<b>GF</b> ♡	
Avocado	<b>GF</b> ♡	

### 4. Toppings – for bowls and salads only (choose up to three)

Bacon (diced)	<b>GF</b>	
Parmesan	<b>GF</b>	
Roasted cashews	<b>GF</b> ♡	
Croutons		#0.5
Pepitas	<b>GF</b> ♡	
Beetroot hummus	<b>GF</b> ♡	#0.5

## Hot Mains/Burgers/Pizza (choose one)

Asian stir fry (vegetarian <b>or</b> chicken <b>or</b> beef)	<b>GF</b>	#1
Shepherd’s pie		#1.5
Grilled chicken breast	<b>GF</b> ♡	
Grilled seasonal fish	<b>GF</b> ♡	
Roast of the day (not ♡ on Sunday, Tuesday, Friday)	<b>GF</b> ♡	
Butter chicken	♡	
Macaroni cheese		#2

## Burgers

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

All served with lettuce, tomato and onion.  
Gluten free bread available.

## Pizza

Roast pumpkin and feta	#3
Ham and pineapple	#2.5

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

## Sauces

Mushroom	<b>GF</b>	
Gravy	<b>GF</b>	
Olive oil and lemon juice	<b>GF</b> ♡	

## Sides (choose up to four)

Mashed potato	<b>GF</b> ♡	#1
Mashed sweet potato	<b>GF</b> ♡ <b>GI</b>	#1
Steamed vegetables	<b>GF</b> ♡	
Roast pumpkin	<b>GF</b> ♡	
Roast carrot	<b>GF</b> ♡	
Roast potato	<b>GF</b> ♡	#0.5
Steamed rice	<b>GF</b> ♡ <b>GI</b>	#2.5
Green beans	<b>GF</b> ♡	
Side salad	<b>GF</b> ♡	

## Desserts (choose one)

Chocolate brownie		#1.5
Orange and almond cake	<b>GF</b>	#1

### Dessert extras (choose up to two)

Jelly	<b>GF</b>	#1.5
Diet jelly	<b>GF</b> ♡	
Vanilla ice cream	<b>GF</b> ♡	#1
Lemon sorbet	<b>GF</b> ♡	#2
Custard	<b>GF</b> ♡	#1.5
Lactose free custard	<b>GF</b> ♡	#1.5
Soy custard	<b>GF</b> ♡	#1.5

## Dressings and condiments

All **GF**, except BBQ sauce

Italian • Balsamic ♡ • Caesar

Mayonnaise • Mustard ♡ • Tomato  
BBQ ♡ #0.5 • Sweet chilli #0.5 • Pickles

Salt • Pepper • Lemon wedges

# All day

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## Snack items

Plain sweet biscuit	♡	#0.5
Water crackers	♡	#0.5
Cheddar cheese		
Reduced fat cheddar cheese	♡	
Rice cakes	<b>GF</b> ♡	#1.5
Gluten free sweet biscuits	<b>GF</b> ♡	#1

## Beverages (choose up to two)

### Cold

Lemonade • Ginger ale	<b>GF</b>	#2
Soda water • Diet lemonade • Diet ginger ale	<b>GF</b>	

### Juice

Orange • Pear • Apple	<b>GF</b>	#1
Prune	<b>GF</b>	#2

### Milk

Full cream	<b>GF</b> <b>GI</b>	#0.5
Low fat • Skim • Zymil	<b>GF</b> ♡ <b>GI</b>	#0.5
Soy	<b>GF</b> ♡ <b>GI</b>	#1

### Hot

Coffee • Decaffeinated coffee	<b>GF</b>	
Tea	<b>GF</b>	
Hot chocolate	<b>GF</b> <b>GI</b>	#1.5
Milo	♡ <b>GI</b>	#1.5

### Milk

Full cream	<b>GF</b> <b>GI</b>	#0.5
Low fat • Skim • Zymil	<b>GF</b> ♡ <b>GI</b>	#0.5
Soy	<b>GF</b> ♡ <b>GI</b>	#1

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