

Hot menu

Pancakes		#4
Maple syrup		#1.5
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 • Capsicum • Mushroom • Onion	GF	♥
Smoked trout • Ham	GF	

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

Beverages

Cold

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

Juice

Orange • Pear • Apple	GF	#1
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 • Strawberry • Iced coffee	GF	#1.5
Milo	♥	GF #1.5

Hot

Coffee • Decaffeinated coffee	GF	
Hot chocolate	GF	GF #1.5
Milo	♥	GF #1.5

Tea

Regular	GF	
Earl grey	GF	
English breakfast	GF	
Green	GF	
Chamomile	GF	
Peppermint	GF	

Sugar • Sweetener

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
- GF Lower glycaemic index carbohydrate choices
- #1 One carbohydrate serve = 15 grams of carbohydrate
- GF Gluten free options are available for many menu items.

Our Room Service Call Centre 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 the Room Service Call Centre on 3663.

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.

Room service menu

Mater Health 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**.

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
Rice Bubbles		#1.5
Cornflakes	GF	♥ #1.5
Gluten free Weetbix	GF	♥ #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

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

Spreads

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

Pastries

Sweet muffin	#3.5
Passionfruit danish	#1.5
Croissant	#1.5



From 11 am

🕒 11 am to 7 pm 📞 Dial 3663

Build your own— Sandwich, salad or bowl

1. Base (choose one)

Bread: White • Wholemeal	#1
Bread: Multigrain	^{GI} #1
White wrap	#2
White bread roll	#1.5
Gluten free bread	^{GF} ♥ #1.5
Gluten free wrap	^{GF} ♥ #3
Wild rice	^{GF} ♥ #1

2. Protein (choose up to two)

Egg and mayonnaise • Boiled egg	^{GF} ♥
Ham • Smoked trout • Chicken breast	
Black beans ^{GF} ♥ • Beetroot hummus ^{GF} ♥	

3. Salad/vegetables

Cos lettuce • Tomato	^{GF} ♥
Cucumber • Corn	^{GF} ♥
Carrot • Beetroot • Onion	^{GF} ♥

4. Toppings (all ^{GF}, except croutons)

Bacon (diced)	
Parmesan	
Roasted cashews	♥
Croutons	#0.5
Avocado	♥
Pepitas	♥
Beetroot hummus	♥ #0.5

Dressings and condiments

All ^{GF}, except BBQ sauce

Italian • Balsamic ♥ • Caesar	#0.5
Green Goddess • Japanese soy and sesame	
Mayonnaise • Mustard ♥ • Tomato • BBQ ♥	#0.5
• Sweet chilli #0.5 • Pickles	
Salt • Pepper • Lemon wedges	

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

Soups

Pumpkin	^{GF}	#0.5
Chicken and corn	^{GF}	#0.5
Consommé (beef or chicken or vegetable)	^{GF} ♥	

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 *dressings and condiments*.

Pizza

Roast pumpkin and feta	#3
Ham and pineapple	#2.5
Smokey beef and chipotle	#3

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

Hot mains (choose one)

Asian stir fry (vegetarian or chicken or beef)	^{GF}	#1
Shepherd's pie		#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 korma	^{GF} ♥	
Macaroni cheese		#2

Sauces

Mushroom	^{GF}	
Red wine jus	^{GF}	
Gravy	^{GF}	
Olive oil and lemon juice	^{GF} ♥	
Basil pesto	^{GF} ♥	
Béarnaise		

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.



Ask our call centre about our chef's specials

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
Sweet potato fries		#2.5
Steamed rice	^{GF} ♥ ^{GI}	#2.5
Green beans	^{GF} ♥	
Side salad	^{GF} ♥	

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} ♥	#2
Custard	^{GF} ♥	#1.5
Lactose free custard	♥	#1.5
Soy custard	♥	#1.5

See *all day breakfast* for fruit selection.

Snack items

🕒 6.30 am to 7 pm 📞 Dial 3663

Plain sweet biscuit	♥	#1
Water crackers	♥	#0.5
Cheddar cheese		
Reduced fat cheddar cheese	♥	
Muesli bar	♥ ^{GI}	#1.5
Fruit and nut snack pack	♥ ^{GI}	#1.5
Rice cakes	^{GF} ♥	#1.5
Gluten free sweet biscuits	^{GF} ♥	#1

Fluid menus

🕒 6.30 am to 7 pm 📞 Dial 3663

Clear fluid diet

Consommé (beef or chicken or vegetable)	^{GF} ♥	
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 (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
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