

BEVERAGES

6.30am to 7pm



COLD

Juice

Apple | Orange | Pear | Cranberry | Prune | **All** **GF**

Milk

Full Cream | Trim | Zymil | Soy | Rice | **All GF** *Add Milo

Flavoured Milk

Chocolate | Strawberry | Iced Coffee | **All GF**

Other

Lemonade | Diet Lemonade | Ginger Ale | Soda Water | Orange Cordial | **All** **GF**

HOT

Tea

English Breakfast | Chamomile | Peppermint | Green Grey | Earl Grey | Black | **All** **GF**

Coffee

Long Black | Flat White | Cappuccino | Decaf | **All GF**

Flavoured Milk

Hot Chocolate **GF** | Milo |

ALL DAY SNACK ITEMS

6.30am to 7pm

SNACKS

Jatz | Water Crackers | Cheddar Cheese **GF** | Scotch Finger & Nice Biscuit | Arrowroot Biscuits | Gluten Free Biscuits **GF** | Rice Cakes **GF** | Fruit & Nut Snack Pack | Chocolate Brownie | Pear & Raspberry Slice **GF** |

KIDS'S CORNER

Crumbed Fish | Chicken Nuggets | Potato Wedges | Steamed Vegetables **GF** | Penne Pasta: Bolognese **GF** | Napolitana Sauce **GF** | Cheese Toasted Sandwich | Vegemite Sandwich | Carrot & Cucumber Sticks **GF** |

GF bread available. Hot options available from 11am.

Vegan Healthier Choice **GF** Gluten free



Special Dietary Considerations

This menu has been created with the expertise of Food Services and Nutrition Departments, with choices designed to meet nutritional requirements and standards. During your stay, you may notice that your menu choices have been modified or restricted. The CBORD Patient App or our Dining Hosts will be able to assist you in making appropriate menu options.

The following dietary considerations are indicated on the menu to provide you with assistance on making appropriate menu choices:

Healthier Choice Vegan **GF** Gluten Free

For patients on a modified texture diet, please refer to the Modified Texture section which will assist you navigating the menu.

For patients with diabetes, if you require blood glucose monitoring or the administration of diabetes medication, please inform your nurse when you order a meal.

Food Allergy and Intolerances

If you have a food allergy, please ensure you advise your Nurse prior to ordering. Our Dining hosts will be able to advise you of suitable menu selections.



Room Service Menu



HOW TO ORDER



Use your phone or smart device to **Scan the QR code** and download the **CBORD PATIENT app**. Please input your Facility ID: TWH, DOB and MRN.



APPLE



ANDROID



or Dial **7070** from your bedside telephone.



or Family can place an order on your behalf through the **CBORD PATIENT app** or by calling **07 3232 7070**.

All meals are freshly prepared to order between 6.30am and 7pm, and delivered to your room within 45 minutes.



ALL DAY BREAKFAST

6.30am to 7pm

CONTINENTAL

Cereal

Porridge | Cornflakes **GF** | Weetbix | Rice Bubbles | Natural Muesli | All Bran | Rice Pops **GF** | GF Weetbix **GF** |

Assorted Yoghurt

Vanilla | Fruit | Greek | Coconut | **All** **except coconut. All GF**

FRUIT

Apple | Banana | Fruit Salad | Peaches | Prunes | Two Fruits | **All** **GF**

BAKERY

Bread / Toast

White | Wholemeal | Multigrain | Fruit | Gluten Free **GF** |

Pastries

Croissant | Sweet Muffin |

HOT MENU

Pikelets | Shortcut Bacon **GF** | Beef Sausage **GF** | Hash Brown | Grilled Tomato **GF** | Sauté Mushrooms **GF** | Baked Beans **GF** | Smashed Avocado **GF** |

Eggs

Poached | Scrambled | Fried | **All GF**

Omelettes

Plain | Cheese | Ham/Cheese | Cheese/Tomato |

CONDIMENTS & DRESSINGS

Sugar **GF** | Sweetener **GF** |

Butter **GF** | Nuttalex **GF** | Vegemite | Honey **GF** | Peanut Butter **GF** | Maple Syrup **GF** | Orange Marmalade **GF** | Strawberry Jam **GF** | Berry Compote **GF** | Salt **GF** | Pepper **GF** |

Mayonnaise | Mustard **GF** | Tomato Sauce **GF** | BBQ Sauce | Sweet Chilli Sauce **GF** | Tartare Sauce **GF** |

Italian Dressing **GF** | Balsamic Dressing **GF** | Olive Oil **GF** |

Hummus **GF** | Parmesan Cheese **GF** | Croutons | Lemon Wedges **GF** |

Vegan Healthier Choice **GF** Gluten free

FROM 11am

11.00am to 7pm

SOUPS

Hearty Pumpkin & Sweet Potato | Ginger, Lemon & Chicken | Clear Soups: Beef, Chicken, Vegetable | All GF

SALADS

Garden Salad | Caesar Salad | Add Chicken | Smoked Salmon | Egg |

All GF except Caesar Salad

WRAPS & SANDWICHES

~ Build your own ~

Breads:

White | Wholemeal | Multigrain | White Wrap | Gluten Free Bread GF | Gluten Free Wrap GF | All except GF bread

Fillings:

Chicken | Ham | Silverside | Smoked Salmon | Tuna & Mayonnaise | Egg & Mayonnaise | Cheese | Avocado | Carrot | Cucumber | Tomato | Iceberg Lettuce | Red Onion | All GF

Spreads:

Butter | Nuttelex | Hummus | All GF

For all sauces refer to condiments and dressings

BURGERS & TOASTED SANDWICHES

Burgers

Beef | Chicken | Lentil & Vegetable | All GF

All burgers are served with lettuce, tomato & cheese and your choice of BBQ or tomato sauce. GF bun available.

Toasted Sandwiches

Ham & Cheese | Ham, Cheese & Tomato | Cheese & Tomato |

Breads: White | Wholemeal | Gluten Free GF |

PIZZA

Ham & Pineapple | Vegan: Onion, Fire Roasted Capsicum, Mushroom, Spinach & Cheese |

Served on a herbed tomato base. GF base available.

Vegan Healthier Choice GF Gluten free

FROM 11am

11.00am to 7pm

HOT MAINS

Butter Chicken Curry | Vegetable Korma | Asian Stir Fry: Chicken | Beef | Tofu | Cottage Pie | Mac & Cheese | Lamb & Rosemary Casserole | Penne Pasta: Bolognese | Napolitana Sauce |

All GF except Butter Chicken Curry, Mac & Cheese, and Pasta

FROM THE GRILL

Chicken Breast | Beef Steak | Barramundi | Salmon | All GF

SAUCES

Mushroom | Peppercorn | Beef Jus | Parsley & Cream Sauce | Bearnaise | Napolitana | All GF

SIDES

Mashed Potato | Mashed Sweet Potato | Roast Potato | Roast Diced Pumpkin | Potato Wedges | Steamed Rice | Broccoli | Carrots | Beans | Cauliflower | Side Salad | Steamed Vegetable Medley |

All GF except Potato Wedges

Dinner Roll: White | Wholemeal |



DESSERTS

Maple & Coconut Chia Seed Pudding | Tiramisu with Cream | Chocolate Crème | Orange & Almond Cake with Berry Compote & Cream | Vanilla Bean Panna Cotta | Fresh Fruit Salad | Vanilla Custard | Soy Custard | Vanilla Ice Cream | Orange Jelly | Lemon Sorbet |

All GF except Maple & Coconut Chia Seed Pudding and Tiramisu. See all day breakfast for fruit selection.

MODIFIED TEXTURE

11.00am to 7pm

In addition to other compliant menu options the following items are designed specifically for our patients requiring texture modified meals.

Roast Beef | Roast Chicken | Fish Fillet | Salmon | Butter Chicken Curry | Vegetable Dahl | Lamb & Rosemary Casserole | Cottage Pie | Mac & Cheese | Macaroni Pasta | Bolognese or Napolitana Sauce |

All GF except Mac & Cheese, Pasta, Bolognese (for pureed diet). *For sauces refer to Condiments & Dressings section.

SIDES

Pumpkin | Broccoli | Carrots | Beans | Cauliflower | Steamed Rice | Mashed Potato | Mashed Sweet Potato | All GF

FLUID MENUS

6.30am to 7pm

CLEAR FLUID DIET

Clear Soup (from 11am)

Beef | Chicken | Vegetable | All GF

Desserts

Lemon Sorbet | Orange Jelly | All GF

Beverages

Apple Juice | Soda Water | Ginger Ale | Lemonade | Diet Lemonade | Orange Cordial | Black Tea | Black Coffee | All GF

FREE FLUID DIET

Clear Soup (from 11am)

Beef | Chicken | Vegetable | All GF

Strained Soup (from 11am)

Hearty Pumpkin & Sweet Potato | Ginger, Lemon & Chicken | All GF

Desserts

Vanilla Ice Cream | Vanilla Custard | Soy Custard | Vanilla Bean Panna Cotta | Chocolate Crème | Orange Jelly | Lemon Sorbet | Vanilla Yoghurt | Fruit Yoghurt | Greek Yoghurt | Coconut Yoghurt | All GF

*All other beverages included, please see beverages section

THICKENED FLUIDS

Water | Watermelon Water | Apple Juice | Lime Cordial | Lemon Lime | Apple Berry | Sun Juice | Caramel | Chocolate | Iced Coffee | All GF

Vegan Healthier Choice GF Gluten free

