



ST JOHN OF GOD
Health Care

ROOM SERVICE

Menu





At your request

We know that while you are in hospital, meals are an important part of your stay and recovery.

We also know that you may feel hungry outside of typical meal times, so we have tailored our food service to meet your needs.

Simply order what you like from our Room Service menu, and your meal and snacks will be freshly prepared and delivered to your room.

Please note: there may be times that restrictions are placed on your diet due to medical requirements, please contact your nursing caregivers for details

Your dietary needs will always be considered and catered for during your stay with us. Special diet and allergy specific options are included within this menu.

The following dietary considerations are indicated on the menu:

🌾 Gluten free

🌱 Vegan

🍷 Diabetic

👄 Easy chew

↓ Low fibre

Our environmental impact is important to us, which is why we embed sustainable practices into our hospital kitchens including shortening the supply chain where possible, food waste and disposal, recycling and we proudly partner with suppliers who promote and supply sustainable packaging.

How to order

- Use your bedside phone and call #789
- Place your meal order with our room service call centre caregivers
- To order from mobile or outside phone call: 03 5434 3890 and please state ward, bed number and full name

Menu available all day from 6.30am to 8pm.



Continental Breakfast

BAKERY

Breads *(toast optional)*

- White 𠄎 ↓ 𠄎
- Wholemeal 𠄎 𠄎
- Multigrain 𠄎
- Sourdough 𠄎 ↓
- Fruit
- Banana 𠄎
- 𠄎 𠄎 available

PASTRIES AND MUFFINS

- Assorted Flavours
- 𠄎 ↓ available

FRUITS 𠄎 𠄎 𠄎

Compotes 𠄎

- Prunes
- Peaches ↓
- Mixed berries

Whole

- Apple
- Banana ↓ 𠄎
- Orange
- Pear

Fresh sliced 𠄎

- Fruit salad
- Watermelon ↓

CEREALS AND GRAINS

Warm 𠄎 𠄎

- Porridge (↓ option)
- Semolina ↓
- 𠄎 available

Cold 𠄎

- Weetbix 𠄎
- All Bran 𠄎
- Rice Bubbles ↓ 𠄎 (𠄎 option)
- Muesli (𠄎 option)
- Cornflakes ↓ 𠄎 (𠄎 option)
- Sultana Bran

DAIRY

Milks 𠄎 𠄎 ↓ 𠄎

- Low fat
- Full cream
- Soy 𠄎
- Almond 𠄎
- Low lactose

Yoghurt 𠄎 𠄎 𠄎 (𠄎, ↓ option)

- Assorted Flavours

SPECIAL DIETARY CONSIDERATIONS

- 𠄎 Gluten free
- 𠄎 Vegan
- 𠄎 Diabetic
- 𠄎 Easy chew
- ↓ Low fibre

Hot Breakfast

CROISSANT

Create your own

Plain ↓

Ham ↓

Cheese ↓

Tomato

PANCAKES ↓ ☒

OMELETTES 🌿

Create your own

Plain ↓ ☒ ☐

Ham ↓ ☒

Cheese ↓ ☒ ☐

Tomato ☒ ☐

Mushroom ☐

Onion ↓ ☐

EGGS HOLLANDAISE ↓

Served on sourdough toast

Ham

Bacon

Smoked salmon

EGGS 🌿 ☐ ↓

Scrambled ☒

Poached ☒

Fried

BREAKFAST SIDES

Bacon 🌿 ↓

Beef chipolatas

Smoked salmon 🌿 ☐ ↓ ☒

Baked beans 🌿 ☒ ☐ ☒

Hash brown 🌿 ☒ ↓

Tinned spaghetti ☐ ↓ ☒

Grilled tomato 🌿 ☒ ☐

Avocado mash 🌿 ☒ ☐ ↓ ☒

Sautéed mushrooms 🌿 ☒ ☐

CONDIMENTS ☒

Butter ↓

Margarine ☒ ☐ ↓

Vegemite ☒ ☐ ↓

Honey ☐ ↓

Strawberry jam ☒ ☐ ↓

Orange marmalade ☒ ☐ ↓

Hollandaise sauce ↓

Tomato sauce ☒ ☐ ↓

BBQ sauce ☒ ☐ ↓

Tomato relish ☒ ☐

Maple syrup ☒ ☐ ↓

Mayonnaise ☐ ↓

Cream cheese ↓

Mustard ☒ ☐ ↓

Aioli ↓

Sweet chilli ☒ ☐

Tartare ☐

Hommus ☒ ☐

Sour cream ☐ ↓

Sriracha ☒ ☐

Lemon wedge ☒ ☐ ↓

All 🌿 except Vegemite and hollandaise sauce

READY TO ORDER?

See page 1 of this menu for details on how to place your order.
Menu available all day from 6.30am to 8pm.

Main Meals

Please choose one main,
your side and vegetables.

CLASSIC MAINS

Shepherd's pie
Beef stroganoff
Beef massaman curry
Butter chicken ↓
Green curry (available)
Vegetarian chilli con carne
Mixed vegetables and bean hot pot
Roast of the day ↓
Grilled barramundi ↓
Grilled salmon ↓
Grilled beef fillet ↓
Grilled chicken breast ↓
All except beef stroganoff

SAUCES

Gravy ↓
Mushroom
Pepper
Hollandaise
Apple ↓
Cranberry ↓
Mint jelly ↓
Creamy white wine ↓
Napolitano ↓
All except hollandaise and creamy white wine

SIDES

Naan bread ↓
Pappadums
Potato wedges
Rice ↓
Fried rice
Side salad

CLASSIC PASTAS

Beef lasagne ↓
Vegetarian lasagne
Chicken tortellini carbonara
Macaroni cheese ↓
Spaghetti bolognese ↓ (available)
All except vegetarian lasagne

VEGETABLES

Roast vegetables

Potato
Sweet potato
Carrot
Pumpkin

Potatoes

Mashed potato
Roast potato
available

Mixed vegetables

Carrot, broccoli, cauliflower, beans

Steamed greens

Broccoli, green beans, sugar snap peas

SPECIAL DIETARY CONSIDERATIONS

Gluten free Vegan Diabetic Easy chew Low fibre



FROM THE WOK 🍴 🍲

Each stir-fry includes carrot, capsicum and broccoli

↓ available

Protein

Chicken

Beef

Tofu 🍴

Noodle/ Rice

Hokkien noodles

Rice noodles 🍴 🍴

Plain rice 🍴 🍴

Sauces

Soy glaze 🍴 🍴

Satay 🍴 🍴

BURGERS

Served on a ciabatta roll (🍴 available)

All served with lettuce, tomato, red onion and cheddar cheese (🍴 available)

Sauces: see condiment section

Steak 🍴 🍲 ↓

Beef patty

Grilled chicken breast 🍴 🍲 ↓

Vegetable patty 🍴 🍴

SOUP 🍴 🍲 🍵

Served with an optional dinner roll (🍴 available)

Smooth ↓

Pumpkin 🍴

Potato and leek

Chicken

Classic soup

Chicken and corn

Vegetable minestrone 🍴

Consommé ↓

(clear soup)

Beef

Chicken

Vegetable 🍴

SALADS entree or main serve

Served with an optional dinner roll (🍴 available)

Garden salad 🍴 🍴 🍲

Caesar salad

Pumpkin and quinoa 🍴 🍴 🍲

Add 🍴 🍲

Grilled chicken

Smoked salmon

Cheddar cheese

Boiled egg

Dressings 🍴

French

Balsamic

Caesar

Olive oil 🍲

Lemon wedge 🍲

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Small Bites

SANDWICHES

Create your own

Toasted available

Breads (GF V available)

White ☐ ↓

Multigrain

Wholemeal ☐

Protein (GF) ↓

Cheese ☐ (V available)

Egg ☐

Chicken ☐

Turkey

Tuna ☐

Smoked salmon

Roast beef

Ham

All GF except ham

Salad (GF V GF)

Lettuce

Tomato

Cucumber

Carrot

Red onion

Avocado ☐ ↓

Condiments

See condiments section in Hot Breakfast

SAVOURY SNACKS

Cheese plate ↓ (GF V available)

Rice cakes (GF) GF ↓

Mini pie ↓

Quiche lorraine ↓

Mini spinach and ricotta roll

Potato wedges (GF) V

Plain crisps (GF) V ↓

Vegie sticks and hommus (GF) GF V

SWEET SNACKS

Scones with jam and cream ↓

Banana bread (GF)

Assorted sweet biscuits (GF) GF ↓

Raspberry friand (GF)

Muesli bar GF V

Yoghurt selection (GF) GF ☐ ↓

Custard (GF) ☐ ↓

SPECIAL DIETARY CONSIDERATIONS



Gluten free



Vegan



Diabetic



Easy chew



Low fibre



Desserts

BAKED

Apple pie
Chocolate mud cake 🍴🍷↓
Carrot cake 🍴
Berry cheesecake ↓
Chocolate brownie 🍴

CREAMY

Chocolate mousse 🍴🍷↓
Custard 🍴↓
Crème brulee 🍴↓
Tiramisu 🍷↓

LIGHT

Fruit salad 🍴🍴🍴
Fruit pavlova
Jelly 🍴🍴🍷↓

FROZEN

Ice cream 🍴🍴🍷↓
Sorbet 🍴🍴↓

CONDIMENTS

Whipped cream ↓
Raspberry coulis 🍴
Chocolate sauce ↓
Ice cream 🍴🍴🍴↓ (🍴 available)
Custard 🍴↓
Lemon sorbet 🍴🍴↓

INBETWEEN MEAL SNACKS

Please don't forget to order your Morning Tea, Afternoon Tea and Supper. We have a range of snacks available for you to order between meals with a hot or cold beverage of your choice.

Please be advised that Room Service is only available to patients and paying boarders.

READY TO ORDER?

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Drinks

COLD 🌿🌱

(note - carbonated beverages may not be available on your ward)

Bottled water
Sparkling water
Lemonade *(diet available)*
Ginger ale
Coke *(diet available)*

JUICES 🌿🌱

Apple
Orange
Cranberry
Pineapple
Prune
Tomato
All ↓ except prune

FLAVOURED MILKS 🌿↓

Iced coffee
Chocolate milk

MILKSHAKES 🌿↓

Strawberry
Spearmint
Vanilla
Chocolate

SMOOTHIES 🌿

Banana ↓
Berry 🌱
Green 🌱

HOT 🌿↓

Percolated coffee
Hot chocolate
Chamomile
Green tea
Peppermint
English breakfast
Lemongrass and ginger
All 🌱🌿 except hot chocolate

MILK 🌿🌿↓

Full cream
Low fat
Low lactose
Soy 🌱
Almond 🌱





Kosher/ Halal

KOSHER

The below menu items are certified Kosher pre-made meals. There are other suitable menu items available within our standard menu. Our call centre caregivers can assist you when placing your order. Please note that the Kosher meals all come with cutlery packs that include utensils, napkins, KA certificate, mezanot bread roll (not 🌿) and non-dairy margarine.

BREAKFAST

Hot breakfast

Egg cakes 🌿 🍷

LUNCH AND DINNER

Soup 🍷

Vegetable soup
Clear chicken soup 🌿

Main meals 🌿 🍷

Roast chicken and thyme sauce
Beef shepherd's pie
Baked fish
Lamb casserole
Vegetarian patties
Vegetarian pasta

Dessert

Apple crumble 🍷
Chocolate cake
Carrot cake

HALAL

The below menu items are certified Halal pre-made meals. There are other suitable menu items available within our standard menu. Our call centre caregivers can assist you when placing your order.

LUNCH AND DINNER 🍷

Hickory beef
Roast beef 🌿
Chicken cajun creole
Chicken chasseur 🌿
Lamb in plum sauce
Red curry chicken 🌿
Satay lamb 🌿

READY TO ORDER?

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SPECIAL DIETS

Menu

SPECIAL DIETS AND ALLERGIES

During your stay you may be on a special diet due to your medical condition, which may mean that not all menu items will be suitable.

Our menu office will be able to advise you of suitable menu items for your special dietary requirements and will assist you in making appropriate menu choices.

The following dietary considerations are indicated on the menu:

🌾 Gluten free

🌱 Vegan

If you are on a texture modified diet, please refer to the texture modified section of the special diets menu.

If you have a food allergy, our call centre caregivers will be able to advise you of suitable items; please ensure that the nursing caregivers are aware of your allergy prior to ordering food.

If you have a dislike or an intolerance to a particular food item, please advise the menu office when ordering and we can inform you of the ingredient is in the dish.

PATIENTS WITH DIABETES

It is generally recommended that patients with diabetes consume three well balanced meals with consistent carbohydrate serves across the day.

You may also need your blood sugar levels monitored; please inform your Nurse when your meal has been delivered so that this can be attended to.

FOOD AND MEDICATIONS

Often certain medications will need to be timed according to food consumption. If you require medications with, or around your meals, please inform your nurse when your meal arrives so that your medication can be administered appropriate.



SMOOTH/PUREED


Breakfast

All items will be prepared to meet requirements of the diet texture.

CEREALS AND GRAIN

Porridge
Semolina
available

HOT BREAKFAST

Scrambled eggs  ↓

DAIRY

Yoghurt
Assorted flavours

Milks
Full cream
Low fat
Low lactose
Soy *available*
Almond *available*

PUREED FRUITS

Apple
Peach and apple
Prunes

SPECIAL DIETARY CONSIDERATIONS


 Gluten free  Vegan  Diabetic ↓ Low fibre

SMOOTH/PUREED


Lunch and Dinner

All items will be prepared to meet requirements of the diet texture.


CLASSIC MAIN MEALS

Beef
Chicken
Pork
Lamb
Baked fish
Scrambled egg
All  except baked fish
Vegetarian option available




VEGETABLES

Mashed potato
Carrot
Broccoli
Pumpkin
Beans
Peas
 Available





SOUP

Pumpkin 
Potato and leek
Chicken

SAUCES

Gravy
Mushroom
Pepper
Hollandaise
Apple 
Creamy white wine
Napolitano 
All  except hollandaise and creamy white wine

CONDIMENTS

Mayonnaise
Hollandaise
Tomato sauce 
BBQ sauce 
Sour cream
Margarine 
Butter
Maple syrup 

READY TO ORDER?

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MINCED AND MOIST

Breakfast

All items will be prepared to meet requirements of the diet texture.

CEREALS AND GRAIN

Porridge
Semolina
available

HOT BREAKFAST

Scrambled eggs 

BREAKFAST SIDES

Baked beans *available*
Tinned spaghetti
Avocado mash *available*

DAIRY

Yoghurt
Assorted flavours

Milks
Full cream
Low fat
Low lactose
Soy *available*
Almond *available*

PUREED FRUITS *available*

Apple
Peach and apple
Prunes



MINCED AND MOIST

Lunch and Dinner

All items will be prepared to meet requirements of the diet texture.

CLASSIC MAINS

Shepherd's pie
Beef stroganoff
Beef massaman curry
Butter chicken
Mixed vegetables and bean hot pot
Roast of the day
Barramundi
Salmon
Beef fillet
Chicken breast
Scrambled eggs
All except beef stroganoff

VEGETABLES

Mashed potato
Carrot
Broccoli
Cauliflower
Pumpkin
Sweet potato
available

SIDES

Rice

CLASSIC PASTAS

Macaroni cheese
Spaghetti bolognese (available)

SOUP

Pumpkin
Potato and leek
Chicken

SAUCES

Gravy
Mushroom
Pepper
Hollandaise
Apple
Mint jelly
Creamy white wine
Napolitano

All except hollandaise and creamy white wine

CONDIMENTS

Mayonnaise
Hollandaise
Tomato sauce
BBQ sauce
Hommus
Sour cream
Margarine
Butter
Honey
Maple syrup
All except hollandaise

READY TO ORDER?

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SOFT AND BITE SIZED

Breakfast

All items will be prepared to meet requirements of the diet texture.


CEREALS AND GRAIN

Porridge
Semolina
available

HOT BREAKFAST

Scrambled eggs
Cheese omlette
Plain omlette

BREAKFAST SIDES

Baked beans *available*
Tinned spaghetti
Avocado mash *available*
Smoked salmon 

DAIRY


Yoghurt
Assorted flavours

Milks
Full cream
Low fat
Low lactose
Soy *available*
Almond *available*

PUREED FRUITS *available*

Apple
Peach and apple
Prunes

SPECIAL DIETARY CONSIDERATIONS

 Gluten free  Vegan  Diabetic  Low fibre

Lunch and Dinner


All items will be prepared to meet requirements of the diet texture.

CLASSIC MAINS

Shepherd's pie
Beef stroganoff
Beef massaman curry
Butter chicken
Mixed vegetables and bean hot pot
Roast of the day
Barramundi
Salmon
Beef fillet
Chicken breast
Scrambled eggs

All  except beef stroganoff



VEGETABLES

Mashed potato
Carrot
Broccoli
Cauliflower
Pumpkin
Sweet potato
 available

SIDES


Rice 

CLASSIC PASTAS




Beef lasagne
Macaroni cheese
Spaghetti bolognese (  available)

SOFT AND BITE SIZED

SOUP








Pumpkin 
Potato and leek
Chicken

SAUCES

Gravy
Mushroom
Pepper
Hollandaise
Apple 
Mint jelly 
Creamy white wine
Napolitano 

All  except hollandaise and creamy white wine

CONDIMENTS

Mayonnaise
Hollandaise
Tomato sauce 
BBQ sauce 
Hommus 
Tartare
Aioli
Tomato relish 
Sweet chilli 
Sour cream
Margarine 
Butter
Honey
Maple syrup 

All  except hollandaise

READY TO ORDER?

See page 1 of this menu for details on how to place your order.
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SMOOTH/PUREED | MINCED AND MOIST | SOFT AND BITE SIZED

Dessert and Sweet Snacks

All items will be prepared to meet requirements of the diet texture.

DESSERT

Chocolate mousse 🌿
Custard 🌿 ☞
Crème caramel 🌿
Chocolate crème 🌿 ☞
Vanilla crème 🌿 ☞
Jelly 🌿 ☞
Tiramisu (soft only)

FROZEN DESSERT

Ice cream 🌿 ☞ (🌿 available)
Sorbet 🌿 ☞ 🌿

SWEET SNACKS 🌿 ☞ (🌿 available)

Custard
Chocolate crème
Yoghurt selection
Pureed fruit selection

INBETWEEN MEAL SNACKS

Please don't forget to order your Morning Tea, Afternoon Tea and Supper. We have a range of snacks available for you to order between meals with a hot or cold beverage of your choice.

Please be advised that Room Service is only available to patients and paying boarders.

SPECIAL DIETARY CONSIDERATIONS

🌿 Gluten free 🌿 Vegan ☞ Diabetic ↓ Low fibre



SMOOTH/PUREED | MINCED AND MOIST | SOFT AND BITE SIZED

Beverages

These beverages are for patients on thin fluids.

COLD 🍷 🍹 🍺

- Bottled water
- Sparkling water
- Lemonade *(diet option available)*
- Ginger ale
- Coke *(diet option available)*

JUICES 🍷 🍺

- Apple
- Orange
- Cranberry
- Pineapple
- Prune
- Tomato

FLAVOURED MILKS 🍷

- Iced coffee
- Chocolate milk

MILKSHAKES 🍷

- Strawberry
- Spearmint
- Vanilla
- Chocolate

SMOOTHIES 🍷

- Banana
- Green 🍺

HOT 🍷 🍹

- Percolated coffee
- Hot chocolate
- Chamomile
- Green tea
- Peppermint
- English breakfast
- Lemongrass and ginger
- All 🍺 except hot chocolate*

MILK 🍷 🍹

- Full cream
- Low fat
- Low lactose
- Soy 🍺
- Almond 🍺

You may be required to have fluids of a certain thickness. Please note not all fluids on this menu will be suitable for you. Your call centre caregiver will be able to assist you with making suitable beverage choices.

READY TO ORDER?

See page 1 of this menu for details on how to place your order.
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FLUID DIETS

Clear Fluids

CONSOMMÉ

(clear soup)

Beef
Chicken
Vegetable 

JELLY


Orange
Lemon
Lime

SORBET

Lemon

BEVERAGES

(note - carbonated beverages may not be available on your ward)

Bottled water
Apple juice
Lemonade  available)
Ginger ale
High protein drink

HOT BEVERAGES

Black only
Percolated coffee
Chamomile
Green tea
Peppermint
English breakfast
Lemongrass and ginger

Full Fluids

(all 🍴)

CEREALS AND GRAIN

Thin porridge
Thin semolina
🌀 available

CONDIMENTS

Honey
Maple syrup 🌀

SOUP 🌿

Pumpkin 🌀
Potato and leek
Chicken

CONSOMMÉ 🌿

(clear soup)
Beef
Chicken
Vegetable 🌀

DESSERT 🌿

Chocolate mousse
Custard
Chocolate crème
Vanilla crème
Ice cream (🌀 available)
Sorbet 🌀
Jelly
Yoghurt (assorted flavours)
add chocolate sauce 🌿

FLUID DIETS

BEVERAGES

Water and juices 🌿 🌀

Bottled water
Apple
Orange
Cranberry
Pineapple
Tomato

Milk and flavoured milk 🌿

Full cream
Low fat
Low lactose
Soy 🌀
Almond 🌀

High protein milkshakes 🌿

Strawberry
Spearmint
Vanilla
Chocolate

Smoothie


Banana 🌿

HOT BEVERAGES 🌿

Percolated coffee
Hot chocolate
Chamomile
Green tea
Peppermint
English breakfast
Lemongrass and ginger
(all 🌀 except hot chocolate)

READY TO ORDER?

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About St John of God Health Care

St John of God Health Care is a leading Catholic not-for-profit provider of high-quality health care and community services in Australia and New Zealand.

As a not-for-profit health care provider, we return all surpluses to the communities we serve by updating and expanding our facilities and technology, developing new services, investing in people, and providing our social outreach services to those experiencing disadvantage.

Our Mission

To continue the healing mission of Jesus.

Our Vision

We are recognised for care that provides healing, hope and a greater sense of dignity, especially to those most in need.