



Place your meal order by the CBORD app or contact  
Room Service on 6368 (MENU) 6.30am–7pm

## Special Dietary Conditions

If you are on a diet that has special requirements, your menu choices may be modified or restricted.

Our Room Service Support Team will assist you to make appropriate selections for your individual needs.

## For Patients with Diabetes

Please inform your nurse when you order a meal so they are able to monitor your blood glucose level or administer your diabetes medication appropriately. Carbohydrate content of meal items are available on request for patients with diabetes.

## How to place your meal order using the 'CBORD Patient' App.

Download 'CBORD Patient' for free from the Apple Store or Google Play Store on your smart device.

Enter your patient ID number (your UR or MRN number – found on your wristband), date of birth and facility ID (tpch). You can create an account if you wish to make logging in quicker for next time, or you can choose to skip this step.

The App offers a selection of our most popular menu items. If there is an item you wish to order that is not available on the App; or if you need any assistance using the App, call our friendly Room Service Team on 3139 6368.



Android



iPhone

## How to place your meal order via phone:

Please use the telephone at your bedside to call extension 6368 between 6.30am and 7pm to place your room service order.

If you would like a family member or carer to place an order on your behalf they can telephone 3139 6368 from outside the hospital between 6.30am and 7pm.



# Room Service

The Prince Charles Hospital

## Hours of operation: 6.30am–7pm

We are 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.

Meals are only available for patient consumption and item limits do apply. Please speak with the Room Service Support Team for more information.

## HOW TO PLACE AN ORDER:

### Order via CBORD app:

Download 'CBORD Patient' for free from the Apple Store or Google Play Store on your smart device.

OR

### Order via Phone:

Please use the telephone at your bedside to call extension 6368 or on 3139 6368 from outside the hospital.

Metro North  
Health



Queensland  
Government





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## ALL DAY BREAKFAST

### Cereal

Weetbix – *GF available* | Cornflakes – *GF available* |  
Porridge | Rice Bubbles | Just Right

### Yoghurt *GF*

Vanilla | Fruit – Low Fat | Natural

### Fruits

Fresh – Apple | Banana | Seasonal

Chilled Fruit Cups – Fruit Salad | Peaches | Pears | Two Fruits | Prunes

### Bakery

Bread/Toast – White – *GF available* | Wholemeal |  
Multigrain – *GF available*

### Hot Breakfast

Big Breakfast – Eggs (scrambled or fried), Bacon, Grilled Tomato and  
a Hash Brown – *GF*

Vegetarian Big Breakfast – Vegetarian Frittatas with Grilled Tomato and  
Hash Brown – *GF*

### Build Your Own (choose up to two items)

Pancakes | Bacon | Pork Chipolatas | Hash Brown | Grilled Tomato |  
Baked Beans | Eggs (scrambled or fried) | Vegetarian Fritta

## SNACKS

### Snack items

Jatz | Water Crackers | Rice Crackers *GF* | Cheddar Cheese *GF* |  
Sweet Biscuit *GF* | Cream Biscuits | Fruit Cake | Lamington |  
Madeira Cake | Carrot Cake | *GF Cakes available* | Fresh Fruit |  
Popcorn *GF* | Custard *GF* | Yoghurt *GF* | Sultanas

### Beverages

Cordial – Lemon | Orange | Diet Lemon

Juice – Orange | Apple | Pear

Milk – Full Cream | Trim | Soy | Low Lactose | Rice | Vanilla Sustagen  
Flavoured Milk – Vanilla | Chocolate | Strawberry | Coffee

Hot – Coffee Long Black | Flat White | Cappuccino | Mocha | Decaf Coffee  
| Hot Chocolate | Tea | Green Tea | Chamomile Tea

### Condiments

Sugar | Sweetener

Butter | Margarine | Nuttelex | Vegemite | Honey | Marmalade |  
Jam – Raspberry | Strawberry | Apricot

Salt | Pepper | Lemon Wedge | Maple Syrup

## LUNCH AND DINNER: Available from 11am–7pm

### Soups

Pumpkin *GF* | Soup of the Day

### Salads

Garden Salad (lettuce, tomato, carrot and cucumber)

Caesar Salad (lettuce, bacon, parmesan, croutons, boiled egg with  
Caesar dressing)

5 Bean Salad Mix

All Salads come with one additional protein on request.  
Select from – Chicken, Beef, Ham, Silverside, Egg, Cheese

Dressings– Italian Dressing Fat Free | Balsamic Dressing | French  
Dressing | Caesar Dressing

### Sandwiches Build Your Own (*Toasted or Fresh*)

Bread – White | Wholemeal | Multigrain – *GF available options*

Margarine | Butter | Nuttelex

Fillings – Silverside | Beef | Ham | Chicken & Mayo | Tuna & Mayo |  
Egg & Mayo | Carrot | Cucumber | Lettuce | Cheddar Cheese | Onion |  
Tomato | Vegemite | Honey | Jam

Dijon Mustard | Chutney | Pickles | BBQ Sauce | Tomato Sauce

### Burgers *GF Burgers available*

Beef Burger | Chicken Burger | Vegan Pattie  
Fillings – Lettuce | Tomato | Onion | Cheese

### Hot Mains

Roast of the Day *GF*

Casserole of the Day

Stir Fry – Tofu/Beef/Chicken

Mild Coconut Curry – Chickpeas/Beef/Chicken

Grilled Chicken Breast *GF*

Crumbed Fish

Baked Macaroni and Cheese

Pork Patties with Gravy

Bolognaise or Napolitano with Penne Pasta – *GF available*

Mini Sausage Rolls

Tempura Chicken Nuggets

Vegan Special of the Day

### Sauces

Gravy *GF* | White Sauce | Napolitano Sauce | Mayonnaise |  
American Mustard | Tomato Sauce | BBQ Sauce | Tartare Sauce

### Sides

Mashed Potato | Steamed Vegetable Medley | Roast Carrot |  
Roast Pumpkin | Steamed Rice | Chat Potato with Parsley |  
Potato Wedges | Side Salad

(*All Sides GF except Potato Wedges*)

## DESSERTS: Available from 11am–7pm

Apple Crumble with Custard

Bread & Butter Pudding

Lemon Sorbet

Creme Chocolate/Caramel

Vanilla Bean Pannacotta

Jelly – Orange/Lime | Diet Jelly – Orange/Lime

Ice Cream – Vanilla

Custard

Frozen Yoghurt – Mango / Berry

Rice Pudding

*All GF except Apple Crumble, Bread & Butter Pudding and F  
rozen Yoghurts.*

*Vegan options available.*

## FLUID DIETS

### Clear Fluids

Broth – Beef/Chicken/Vegetable

Jelly – Orange/Lime

Diet Jelly – Orange/Lime

Lemon Sorbet

### Beverages

Apple Juice | Ginger Ale | Lemonade | Diet Lemonade |

Black Tea | Long Black | Cordial – Orange/Lemon | Diet Lemon Cordial

Hot – Coffee Long Black | Decaf Coffee | Hot Chocolate | Tea | Green Tea |  
Chamomile Tea

### Free Fluids – (*Options available in clear fluids above*)

Pumpkin Soup | Soup of the Day (*available from 11am*)

Jelly – Orange/Lime | Diet Jelly – Orange/Lime | Custard

Ice Cream – Vanilla

Lemon Sorbet | Frozen Yoghurt – Mango/Berry | Yoghurt – Vanilla |  
Natural

### Beverages (*Options available in clear fluids above*)

Juice – Orange | Apple | Pear

Milk – Full Cream | Trim | Soy | Low Lactose | Rice | Vanilla Sustagen

Flavoured Milk – Vanilla | Chocolate | Strawberry | Coffee

Hot – Coffee Long Black | Flat White | Cappuccino | Mocha | Decaf Coffee  
| Hot Chocolate | Tea | Green Tea | Chamomile Tea

Please make sure your tray table is clear and ready for your meal.

Patients are encouraged to contact the Room Service Support team  
to discuss availability of culturally appropriate menu items