

The Western Private Hospital Catering Department, in conjunction with Dietitians and Dietary Guidelines for Australia, plan meals that are nutritious as well as tasty.

For those who are reducing the intake of fats, sugar and salt, please select the food items with the symbol shown as a heart ♥. These items contain a smaller quantity of fat, sugar and salt, thus suitable for weight reduction patients, diabetics and Cardiac Patients.

If you have specific dietary requirements, please inform one of our friendly catering staff members when collecting your menu.

## How to select from your menu

1. This menu will be collected by a staff member before 10.00am.
2. Write your name and bed number on the menu for each meal.
3. Make your selection by placing a tick ✓ in the boxes of your choice.
4. A heart ♥ indicates preferred choice for diabetic, reduced fat cardiac patients or a light meal option.

## Food Allergies and Food Intolerance

In recent years, food allergies and food intolerance have been on the increase world-wide and are also becoming more common.

As a Hospital, we are including the Australia New Zealand Standards Code as part of our menu.

If you are a patient with any allergies and/or intolerance, please write below as we can meet your dietary requirements.

### Comments


# WPH+

Western Private Hospital

A selection of delicious meals for tomorrow



# MENU

## Week 1

**WESTERN PRIVATE HOSPITAL**

Week 1 - Monday

**Breakfast****Cereal**

- ♥  Weetbix  
 ♥  Just Right  
 ♥  Corn Flakes       Hot Milk       Cold Milk  
 ♥  Porridge       Sugar       Sweetener

**Fruit Selections**

- ♥  Compote of Fruit  
 ♥  Prunes in Light Syrup  
 ♥  Reduced fat Yoghurt

**Continental Breakfast****Condiments:**

- Baked Croissant       Honey       Marmalade  
 Wholemeal Toast       Jam       Butter  
 White Toast       Vegemite       Margarine  
 Raisin Toast      ♥  Low-cal Jam

**Hot Breakfast****Eggs:**

- Scrambled       Poached

**Served with:**

- Crispy Bacon       Oven baked Tomato

**Beverages**

- Coffee       Sugar       Sweetener  
 Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
Name	

Please complete within one hour of your arrival

**WESTERN PRIVATE HOSPITAL**

Week 1 - Monday

**Lunch****Dinner Roll**

- White       Butter  
 Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé  
 ♥  Country Vegetable Soup

**Main Course**

- Chicken and Corn Vol-au-vents  
 ♥  Penne Bolognese au gratin

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Steamed Chicken  
 ♥  Mixed Sandwiches

**Dessert**

- Apricot Danish with Custard  
 ♥  Fresh Fruit Salad  
 Vanilla Ice Cream       Regular or ♥  Low Fat  
 Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener  
 Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
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**WESTERN PRIVATE HOSPITAL**

Week 1 - Monday

**Dinner****Dinner Roll**

- White       Butter  
 Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé  
 ♥  Soup of the Day

**Main Course**

- Shepherd's Pie  
 ♥  Vegetable Quiche

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Ham Salad Plate  
 ♥  Turkey Salad Plate  
 ♥  Vegetarian Salad  
 ♥  Lightly poached Fish

**Dessert**

- Lemon Cheesecake  
 ♥  Fresh Fruit Salad  
 Vanilla Ice Cream       Regular or ♥  Low Fat  
 Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener  
 Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
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**WESTERN PRIVATE HOSPITAL**

Week 1 - Tuesday

**Breakfast****Cereal**

- ♥  Weetbix  
 ♥  Just Right  
 ♥  Corn Flakes       Hot Milk       Cold Milk  
 ♥  Porridge       Sugar       Sweetener

**Fruit Selections**

- ♥  Compote of Fruit  
 ♥  Prunes in Light Syrup  
 ♥  Reduced fat Yoghurt

**Continental Breakfast****Condiments:**

- Baked Croissant       Honey       Marmalade  
 Wholemeal Toast       Jam       Butter  
 White Toast       Vegemite       Margarine  
 Raisin Toast      ♥  Low-cal Jam

**Hot Breakfast****Eggs:**

- Scrambled       Poached

**Served with:**

- Crispy Bacon       Oven baked Tomato

**Beverages**

- Coffee       Sugar       Sweetener  
 Tea       Milk

**Chilled Juices**

- Orange       Apple

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**WESTERN PRIVATE HOSPITAL**

Week 1 - Tuesday

**Lunch****Dinner Roll**

- White       Butter  
 Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé  
 Cauliflower and Bacon Soup

**Main Course**

- ♥  Grilled Lamb Salad  
 Chicken, Cheese and Spinach Scallopini

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Lightly poached Fish  
 ♥  Mixed Sandwiches

**Dessert**

- Tiramisu  
 ♥  Fresh Fruit Salad  
 Vanilla Ice Cream       Regular or ♥  Low Fat  
 Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener  
 Tea       Milk

**Chilled Juices**

- Orange       Apple

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**WESTERN PRIVATE HOSPITAL**

Week 1 - Tuesday

**Dinner****Dinner Roll**

- White       Butter  
 Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé  
 ♥  Soup of the Day

**Main Course**

- Spinach and Ricotta Cannelloni  
 ♥  Beef Curry

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Ham Salad Plate  
 ♥  Turkey Salad Plate  
 ♥  Vegetarian Salad  
 ♥  Steamed Chicken

**Dessert**

- Lemon Tarts  
 ♥  Fresh Fruit Salad  
 Vanilla Ice Cream       Regular or ♥  Low Fat  
 Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener  
 Tea       Milk

**Chilled Juices**

- Orange       Apple

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**WESTERN PRIVATE HOSPITAL**

Week 1 - Wednesday

**Breakfast**

**Cereal**

- ♥  Weetbix
- ♥  Just Right
- ♥  Corn Flakes       Hot Milk       Cold Milk
- ♥  Porridge       Sugar       Sweetener

**Fruit Selections**

- ♥  Compote of Fruit
- ♥  Prunes in Light Syrup
- ♥  Reduced fat Yoghurt

**Continental Breakfast**

**Condiments:**

- Baked Croissant       Honey       Marmalade
- Wholemeal Toast       Jam       Butter
- White Toast       Vegemite       Margarine
- Raisin Toast      ♥  Low-cal Jam

**Hot Breakfast**

**Eggs:**

- Scrambled       Poached

**Served with:**

- Crispy Bacon       Oven baked Tomato

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

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**WESTERN PRIVATE HOSPITAL**

Week 1 - Wednesday

**Lunch**

**Dinner Roll**

- White       Butter
- Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé
- ♥  Italian Style Risoni Soup

**Main Course**

- Pasta Carbonara
- ♥  Baked Potatoes

**NOTE:** All main meals are served with Vegetables **OR**  
... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Lightly poached Fish
- ♥  Mixed Sandwiches

**Dessert**

- Lemon Meringue Pie
- ♥  Fresh Fruit Salad
- Vanilla Ice Cream       Regular or ♥  Low Fat
- Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

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**WESTERN PRIVATE HOSPITAL**

Week 1 - Wednesday

**Dinner**

**Dinner Roll**

- White       Butter
- Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé
- ♥  Soup of the Day

**Main Course**

- Crumbed Fish with Home Made Chips
- ♥  Spinach, Bacon and Parmesan Quiche

**NOTE:** All main meals are served with Vegetables **OR**  
... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Ham Salad Plate
- ♥  Turkey Salad Plate
- ♥  Vegetarian Salad
- ♥  Steamed Chicken

**Dessert**

- Carrot Cake
- ♥  Fresh Fruit Salad
- Vanilla Ice Cream       Regular or ♥  Low Fat
- Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

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**WESTERN PRIVATE HOSPITAL**

Week 1 - Thursday

**Breakfast**

**Cereal**

- ♥  Weetbix
- ♥  Just Right
- ♥  Corn Flakes       Hot Milk       Cold Milk
- ♥  Porridge               Sugar       Sweetener

**Fruit Selections**

- ♥  Compote of Fruit
- ♥  Prunes in Light Syrup
- ♥  Reduced fat Yoghurt

**Continental Breakfast**

**Condiments:**

- Baked Croissant       Honey       Marmalade
- Wholemeal Toast       Jam       Butter
- White Toast       Vegemite       Margarine
- Raisin Toast      ♥  Low-cal Jam

**Hot Breakfast**

**Eggs:**

- Scrambled       Poached

**Served with:**

- Crispy Bacon       Oven baked Tomato

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

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**WESTERN PRIVATE HOSPITAL**

Week 1 - Thursday

**Lunch**

**Dinner Roll**

- White       Butter
- Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé
- ♥  Beef and Barley Soup

**Main Course**

- ♥  Chicken Burritos
- Pork Schnitzels

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Steamed Chicken
- ♥  Mixed Sandwiches

**Dessert**

- Butternut Delights
- ♥  Fresh Fruit Salad
- Vanilla Ice Cream       Regular or ♥  Low Fat
- Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

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**WESTERN PRIVATE HOSPITAL**

Week 1 - Thursday

**Dinner**

**Dinner Roll**

- White       Butter
- Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé
- ♥  Soup of the Day

**Main Course**

- ♥  Marinated Beef Noodles
- Chicken Parmigiana

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Ham Salad Plate
- ♥  Turkey Salad Plate
- ♥  Vegetarian Salad
- ♥  Lightly poached Fish

**Dessert**

- Apple Turnovers
- ♥  Fresh Fruit Salad
- Vanilla Ice Cream       Regular or ♥  Low Fat
- Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
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**WESTERN PRIVATE HOSPITAL**

Week 1 - Friday

**Breakfast****Cereal**

- ♥  Weetbix  
 ♥  Just Right  
 ♥  Corn Flakes       Hot Milk       Cold Milk  
 ♥  Porridge       Sugar       Sweetener

**Fruit Selections**

- ♥  Compote of Fruit  
 ♥  Prunes in Light Syrup  
 ♥  Reduced fat Yoghurt

**Continental Breakfast****Condiments:**

- Baked Croissant       Honey       Marmalade  
 Wholemeal Toast       Jam       Butter  
 White Toast       Vegemite       Margarine  
 Raisin Toast      ♥  Low-cal Jam

**Hot Breakfast****Eggs:**

- Scrambled       Poached

**Served with:**

- Crispy Bacon       Oven baked Tomato

**Beverages**

- Coffee       Sugar       Sweetener  
 Tea       Milk

**Chilled Juices**

- Orange       Apple

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**WESTERN PRIVATE HOSPITAL**

Week 1 - Friday

**Lunch****Dinner Roll**

- White       Butter  
 Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé  
 ♥  Chicken Noodle Soup

**Main Course**

- ♥  Seafood Basket  
 ♥  Beef and Cashews served with Rice

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Lightly poached Fish  
 ♥  Mixed Sandwiches

**Dessert**

- Brandy Snaps  
 ♥  Fresh Fruit Salad  
 Vanilla Ice Cream       Regular or ♥  Low Fat  
 Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener  
 Tea       Milk

**Chilled Juices**

- Orange       Apple

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**WESTERN PRIVATE HOSPITAL**

Week 1 - Friday

**Dinner****Dinner Roll**

- White       Butter  
 Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé  
 ♥  Soup of the Day

**Main Course**

- ♥  BBQ Chicken  
 Ham and Cheese pizza

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Ham Salad Plate  
 ♥  Turkey Salad Plate  
 ♥  Vegetarian Salad  
 ♥  Steamed Chicken

**Dessert**

- Bavarois Strawberry Swirl  
 ♥  Fresh Fruit Salad  
 Vanilla Ice Cream       Regular or ♥  Low Fat  
 Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener  
 Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
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**WESTERN PRIVATE HOSPITAL**

Week 1 - Saturday

**Breakfast**

**Cereal**

- ♥  Weetbix
- ♥  Just Right
- ♥  Corn Flakes       Hot Milk       Cold Milk
- ♥  Porridge       Sugar       Sweetener

**Fruit Selections**

- ♥  Compote of Fruit
- ♥  Prunes in Light Syrup
- ♥  Reduced fat Yoghurt

**Continental Breakfast**

**Condiments:**

- Baked Croissant       Honey       Marmalade
- Wholemeal Toast       Jam       Butter
- White Toast       Vegemite       Margarine
- Raisin Toast      ♥  Low-cal Jam

**Hot Breakfast**

**Eggs:**

- Scrambled       Poached

**Served with:**

- Crispy Bacon       Oven baked Tomato

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
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**WESTERN PRIVATE HOSPITAL**

Week 1 - Saturday

**Lunch**

**Dinner Roll**

- White       Butter
- Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé
- Pumpkin Soup

**Main Course**

- ♥  Silverside with Mustard Sauce
- Spinach and Ricotta Parcels

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Steamed Chicken
- ♥  Mixed Sandwiches

**Dessert**

- Chocolate Pudding
- ♥  Fresh Fruit Salad
- Vanilla Ice Cream       Regular or ♥  Low Fat
- Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
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**WESTERN PRIVATE HOSPITAL**

Week 1 - Saturday

**Dinner**

**Dinner Roll**

- White       Butter
- Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé
- ♥  Soup of the Day

**Main Course**

- Veal Cordon Bleu
- Cornish Pasties

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Lightly poached Fish
- ♥  Turkey Salad Plate
- ♥  Vegetarian Salad
- ♥  Ham Salad Plate

**Dessert**

- Lemon Cake
- ♥  Fresh Fruit Salad
- Vanilla Ice Cream       Regular or ♥  Low Fat
- Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
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**WESTERN PRIVATE HOSPITAL**

Week 1 - Sunday

**Breakfast**

**Cereal**

- ♥  Weetbix
- ♥  Just Right
- ♥  Corn Flakes       Hot Milk       Cold Milk
- ♥  Porridge       Sugar       Sweetener

**Fruit Selections**

- ♥  Compote of Fruit
- ♥  Prunes in Light Syrup
- ♥  Reduced fat Yoghurt

**Continental Breakfast**

**Condiments:**

- Baked Croissant       Honey       Marmalade
- Wholemeal Toast       Jam       Butter
- White Toast       Vegemite       Margarine
- Raisin Toast      ♥  Low-cal Jam

**Hot Breakfast**

**Eggs:**

- Scrambled       Poached

**Served with:**

- Crispy Bacon       Oven baked Tomato

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
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**WESTERN PRIVATE HOSPITAL**

Week 1 - Sunday

**Lunch**

**Dinner Roll**

- White       Butter
- Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé
- Cream of Asparagus Soup

**Main Course**

- ♥  Roast Pork with Apple Sauce
- Seafood Fish Cakes

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Lightly poached Fish
- ♥  Mixed Sandwiches

**Dessert**

- Profiteroles
- ♥  Fresh Fruit Salad
- Vanilla Ice Cream       Regular or ♥  Low Fat
- Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
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**WESTERN PRIVATE HOSPITAL**

Week 1 - Sunday

**Dinner**

**Dinner Roll**

- White       Butter
- Wholemeal       Margarine

**Soup**

- ♥  Light clear Consommé
- ♥  Soup of the Day

**Main Course**

- ♥  Roast Turkey
- Vegetable Patties

**NOTE:** All main meals are served with Vegetables **OR**  
 ... Please Tick if you would:  Prefer Salad

**Light Alternatives**

- ♥  Ham Salad Plate
- ♥  Turkey Salad Plate
- ♥  Vegetarian Salad
- ♥  Steamed Chicken

**Dessert**

- Banana and Coconut Loaf
- ♥  Fresh Fruit Salad
- Vanilla Ice Cream       Regular or ♥  Low Fat
- Jelly       Regular or ♥  Sugar Free

**Wine**

- Red Wine       White Wine

**Beverages**

- Coffee       Sugar       Sweetener
- Tea       Milk

**Chilled Juices**

- Orange       Apple

Room No. / Bed No.	
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