

## ***Our menu***

Illness and injury place extra demands on the body. It is very important to eat well in hospital so that you are more likely to recover quickly and go home sooner.

The menu at St Vincent's has been planned to provide you with a range of foods that will satisfy your appetite and meet your nutritional requirements while you are in hospital. All food is cooked onsite from fresh ingredients and is of the highest quality

## ***Our meal service***

At St Vincent's, a menu will be provided to you as a patient for each day of your stay (depending on your diet). Your family or carer may make choices on your behalf.

Please let your nurse know if you have any cultural or religious food requirements.

Each day we will provide you with three main meals (breakfast, lunch and dinner) and snacks for between meals. For main meals, we offer a range of foods, which may include soups, hot meals, salads or sandwiches as well as hot and/or cold drinks depending on your diet. For between meals, we offer a range of hot and/or cold drinks and a snack.

We aim to provide your meals between the following times:

Breakfast 7.30 am – 8.00 am

Lunch 12.00 – 12.30 pm

Evening 5.15 pm – 5.45 pm

## ***Special diets***

During your stay it may be necessary to place you on a special diet as part of your medical condition, or for procedures that your doctor may have ordered.

Please let your nurse know if you:

- Have any special dietary requirements, for example, if you have diabetes or a food allergy, or need a gluten free diet
- Would like cut up or softer foods
- Have any questions about your meals in hospital.

Your diet order may be changed if there is a change in your condition or you are being fasted for a test or surgery. This may mean the meal you ordered is no longer suitable for you. In such situations, we will provide you with a meal that meets your new requirements.

## ***Do you need assistance?***

Please ask your nurse if you need assistance to:

- Eat or drink;
- Get ready for your meal;
- Get out of bed or sit in a chair;
- Wash your hands or
- Open food packages or cut up your food.

## ***Referral to our Dietitian***

If your appetite is poor or if you are not eating well, please let us know. We can arrange for a Dietitian to review your nutrition requirements. We can also ask a Dietitian to discuss dietary requirements for certain medical conditions.

### ***Food brought from home and from outside shops***

All the food and drinks provided to you in hospital are made for your dietary needs and meet food safety standards.

Although food brought from home is not encouraged, sometimes friends or family bring food or drinks in for patients. It is important that you:

- Check with your nurse before you eat or drink them to make sure that they do not affect any medicines or the special diet you may be on.
- Do not eat food from home if you are not allowed to eat or drink (“nil by mouth” or NBM) for a test or surgery. If you are not sure, check with your nurse.

#### ***Potentially High Risk Foods:***

- Any food that can spoil if not refrigerated
- Raw meat
- Raw Eggs
- Cooked meat
- Fish, shell fish, oysters
- Rice and pasta dishes
- Soft cheeses, pre-sliced packaged meats and pates
- Salads and other items containing dairy products or creamy dressing e.g. coleslaw, potato salad
- Sweet dishes containing custard or cream

#### ***Foods that may be brought to hospital:***

- Dry biscuits e.g. Saladas, savoury, rice crackers and water crackers.
- Muesli bars, dried fruit, sweets
- Fresh fruit
- Bread

Patient/carer will be asked to sign an indemnity form prior to patient consuming any potentially high-risk food (identified above) that has been brought into the Hospital (i.e. from home or commercial premises).

### ***Feedback***

If you have had a positive experience and found something particularly helpful, the staff would be pleased to hear.

If you or your family notice any problems with your meal or the meal service during your stay, please speak with your nurse immediately.

You may be asked to complete a confidential survey about the hospital meal service during your stay.

The information you provide will help us to improve the hospital food and nutrition service.

If you would like to provide written comments separately, please send them to the Catering department of the hospital.

We hope you enjoy your meal service and wish you the very best during your stay.