



Bowral & District Hospital Menu

All meals are freshly prepared and can be ordered at a time that is convenient for you.

1

You or your carer can dial 1300 346 346 (1300 DINE IN) between the hours of 6.00am and 6.30pm.

2

You or your carer will need to confirm identification details, including your name, date of birth and Medical Record Number (MRN). The MRN is located on your hospital wristband.

3

We will aim to deliver your meal to your room within one hour of ordering.



You can also scan the QR code to:

- Access a digital copy of this menu
- Provide valuable feedback on your meal experience
- Learn more about our sustainability initiatives
- Learn more about our Indigenous menu option

Special Diets: Not all menu items are appropriate for all diets. During your admission, if you are placed on a special diet our staff can guide you with your meal order.

Food Allergies: Please disclose any food allergies upon admission to hospital. Any menu items that contain the allergen, or state that they may contain it, will be restricted.

All Day Breakfast, Snacks & Beverages





Order from 6.00am - 6.30pm

Continental Breakfast


Cereal

Rolled Oats  | Weet-Bix  | Corn Flakes *GF* |
Rice Pops *GF* | Muesli *GF* 

Yoghurt

GF
Natural   | Fruit  | Vanilla 


Milk

GF 
Full Cream | Soy  | Skim  | Lactose Free




Bread and Toast


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

Bakery


Banana Bread | Blueberry Muffin |
Hot Pancake

Condiments


Butter *GF* | Margarine *GF*  | Vegemite |
Marmalade *GF* | Strawberry Jam *GF* |
Apricot Jam *GF* | Maple Syrup *GF* |
Honey *GF* | Avocado Spread *GF* 

Fruit

GF  
Fresh Apple | Fresh Orange (Cut Up) |
Fresh Banana | Pitted Prunes | Diced Pears |
Diced Peaches | Apple Puree |
Apple and Prune Puree

Seasonal Fruit





Speak with our staff

Hot Breakfast


Eggs


Hard Poached Egg  |
Scrambled Eggs *GF*  | Plain Omelette *GF*  |
Spinach & Feta Omelette *GF*

Extras

GF
Bacon | Chicken Sausage |
Baked Beans   | Grilled Tomato  

Sauce






BBQ | Tomato *GF*

Snacks

Sweet



Madeira Cake | Blueberry Muffin |
Shortbread Biscuits *GF* | Sweet Biscuits |
Cream Biscuits

Savoury




Cheese *GF* | Crackers | Popcorn *GF*  |
Hommus *GF* | Rice Crackers *GF*  |
Carrots Sticks *GF*  | Cucumber Sticks *GF* 

Beverages

Chilled


Water  | Apple Juice | Orange Juice |
Lemonade | Diet Lemonade | Orange Cordial |
Diet Lemon Cordial


Milk


Full Cream | Soy  | Skim  | Lactose Free |
Sugar | Sweetener

Flavoured Milks

Chocolate  | Strawberry


Coffee Machine (Full Cream Milk only)


Cappuccino | Flat White | Latte | Long Black |
Short Black | Hot Chocolate

Instant Coffee


Coffee | Decaf Coffee

Other Hot


Tea | Green Tea | Chamomile Tea |
Peppermint Tea

Legend



Vegetarian



GF Gluten Free



Healthier Options

Additional vegetarian and vegan meal options are available. Please speak to the Call Centre.

Lunch and Dinner

Order from 11.00am - 6.30pm

Hot Mains

Pasta and Pizza

Beef Bolognese Pasta (GF Available) ♥ |
Neapolitana Pasta (GF Available) ♻️ ♥ |
Vegetable Lasagne ♥ | Margherita Pizzas ♻️ |
Ham & Pineapple Pizza

Roast of the Day GF

Speak with our staff

Mains

Chicken Schnitzel | Crumbed Fish ♥ |
Salmon Patties ♥ | Beef Casserole GF ♥ |
Grilled Chicken GF ♥ | Poached Fish GF ♥ |
Teriyaki Stir Fry ♥
Chicken | Beef | Soy ♻️
Mild Yellow Thai Curry ♥
Chicken GF | Beef GF | Soy ♻️ | Vegetable GF ♻️

Sauces ♻️

Gravy GF | Mushroom Gravy GF | Teriyaki |
Neapolitana GF | White Sauce GF |
Tartare GF | Lemon Wedge GF

Soups

Broth GF

Chicken | Vegetable ♻️

Smooth

Pea & Ham | Pumpkin ♻️ |
Vegetable and Lentil Soup ♻️ ♥
Cream of Tomato & Bean ♻️ GF

*Can be served with your choice of bread or croutons

Sandwiches

Bread ♻️

White | Wholemeal ♥ | Multigrain |
Gluten Free GF

Fillings GF

Beef | Chicken | Egg ♻️ | Ham | Tuna |
Lettuce ♻️ | Cucumber ♻️ | Tomato ♻️ |
Onion ♻️ | Grated Carrot ♻️ | Cheese ♻️ |

Spreads ♻️

Vegemite | Honey GF | Jam GF |
Marmalade GF | Margarine GF ♥ |
Homestyle Mayonnaise | Garlic Aioli GF |
Bush Tomato Chutney* GF | Avocado GF ♥ |
Hommus GF | Mustard Pickles GF

Toasted

Ham & Cheese | Cheese ♻️
(Available in White & Wholemeal)

Sides

Potato Wedges ♻️ | Pasta (GF Available) ♻️ ♥ |
Side Caesar Salad

Healthier Sides GF ♻️ ♥

Mashed Potato | Roast Potato |
Steamed Rice | Mashed Pumpkin |
Roast Pumpkin | Broccoli | Green Beans |
Peas | Carrots | Cauliflower | Steamed
Vegetable Medley | Side Garden Salad

Burgers

Fillings

Beef | Chicken Schnitzel | Vegetarian ♻️ ♥ |
Lettuce GF ♻️ | Tomato GF ♻️ | Onion GF ♻️ |
Cheese GF ♻️

Sauce ♻️

Tomato GF | BBQ | Bush Tomato Chutney* GF |
Sweet Chilli GF | Garlic Aioli GF | Mayonnaise GF

Hot Snacks

Chicken Nuggets | Mini Sausage Rolls |
Potato Wedges ♻️

Salads

Beef GF | Chicken GF | Egg GF ♻️ | Tuna GF |
Tasty Cheese ♻️ GF

Choose your base salad below

Garden GF ♻️ ♥ (Cos Lettuce, Tomato,
Cucumber, Grated Carrot, Onion)

Caesar (Cos Lettuce, Bacon, Croutons,
Parmesan Cheese)

Dressings

Italian GF ♻️ ♥ | Balsamic Vinaigrette GF ♻️ ♥ |
Mayonnaise GF ♻️ | Caesar

Desserts

Apple Crumble ♻️ | Chocolate Lava Cake ♻️ |
Bread & Butter Pudding ♻️ | Creamy Rice GF ♻️ |
Chocolate Creme GF ♻️ | Crème Caramel GF ♻️ |
Vanilla Bean Panna Cotta GF |
Vanilla Ice Cream GF ♻️ (Low Fat Available) |
Coconut Ice Cream GF ♻️ | Vanilla Custard GF ♻️

Jelly GF

Orange | Pineapple ♻️ | Strawberry |
Diet Strawberry

*Indigenous Product






Texture Modified Meals

Order from 6.00am - 6.30pm



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

Smooth Puree & Minced Moist





Breakfast | Order from 6.00am

Rolled Oats  | Puree Fruits *GF*  |
Scrambled Eggs (Minced Only) *GF*  |
Natural Yoghurt *GF*  | Vanilla Yoghurt *GF*  |
Strawberry Yoghurt (Minced Only) *GF*

Soup | available from 11.00am


Pumpkin  | Pea and Ham |
Cream of Tomato & Bean *GF* 

Desserts *GF* | available from 11.00am

Puree Fruit  | Creamy Rice  (Minced Only) |
Chocolate Crème  | Crème Caramel  |
Vanilla Panna Cotta | Vanilla Custard  |
Vanilla Ice Cream  (Low Fat available) |
Jelly (Minced Only)



Main Meals | available from 11.00am

Minced Moist Only

Beef & Gravy *GF* | Cottage Pie *GF* |
Chicken & Gravy *GF* | Chicken & Potato Pie *GF* |
Lamb & Tomato Casserole *GF* | Cheese Ravioli
& Neapolitana Sauce  | Macaroni Cheese 

*All Meals come with Mashed Potato and Vegetables

Smooth Puree Only

Chicken *GF* | Roast Beef *GF* | Fish Mornay |
Lamb & Tomato Casserole *GF* |
Vegetable Curry  | Curried Peas & Tofu *GF* 

Sides *GF*

Mashed Potato | Baked Pumpkin |
Carrots | Peas | Broccoli | Red Cabbage |
Spiced Cauliflower & Chickpeas

Sauces & Condiments

Gravy *GF* | White Sauce *GF* | Teriyaki |
Tomato *GF* | BBQ | Garlic Aioli *GF*

Dysphagia Soft

Main Meals

Chicken Fillet & Sauce (See sauces below)
Roast of the Day & Gravy | Beef Bolognaise |
Salmon Patties & White Sauce | Cottage Pie |
Baked Beans *GF*  | Plain Omelette *GF*  |
Fetta & Spinach Omelette *GF*  |
Scrambled Egg *GF* 

Sides *GF*

Carrots | Peas | Broccoli | Mashed Potato |
Mashed Pumpkin | Roast Pumpkin


Sauces & Condiments

Gravy *GF* | White Sauce *GF* |
Teriyaki | Tomato *GF* | BBQ | Garlic Aioli *GF*
See Main Menu for Fruit, Soups, Desserts & Beverages


Fluid Menus

Order from 6.00am

Clear fluids | Order from 6.00am

Broth *GF*
Chicken | Vegetable 

Desserts

Jelly *GF*
Orange | Pineapple  | Strawberry |
Diet Strawberry

Beverages *GF*


Water | Apple Juice | Orange Juice |
Lemonade | Diet Lemonade |
Black Tea | Green Tea | Peppermint Tea |
Chamomile Tea | Long Black | Short Black |
Orange Cordial | Diet Lemon Cordial

Full Fluids | Clear fluids items allow

Soup

Pumpkin Soup  |
Cream of Tomato & Bean Soup  *GF*

Desserts *GF*

Vanilla Custard  | Vanilla Ice Cream  |
Chocolate Crème  | Vanilla Panna Cotta |
Crème Caramel  | Natural Yoghurt  |
Vanilla Yoghurt 

Beverages *GF*









Flat White | Latte | Cappuccino | Hot Chocolate |
Decaf Coffee | Tea | Instant Coffee |
Instant Decaf Coffee

*milk & sugar available

Milk *GF*

Full Cream  | Soy  | Skim  |
Lactose Free  | Strawberry | Chocolate 

Thickened Fluids *GF*

Water  | Apple Juice  | Sun Juice  |
Raspberry Cordial  | Lemon Diet Cordial  |
Creamy Dairy  | Creamy Strawberry |
Salted Caramel Ice Cream  | Vanilla Ice Cream 

For patients with diabetes

If you follow a meal plan for diabetes a carbohydrate pattern is usually recommended, with exchanges spread evenly throughout the day, and similar amounts at each meal and from day to day. Please inform your nurse when you order a meal so they are able to monitor your blood glucose or administer your diabetes medication appropriately.

Legend



Vegetarian



GF Gluten Free



Healthier Options