

Kids Mmmmenu!

After surgery, it is common to not feel hungry. Snacks and small meals are a great way to provide you with nutrition at this time.

You are also welcome to order from our room service menu.



A better health journey
alleviahospitals.co.nz

Allevia
Hospital
Epsom

Breakfast (all day)

CEREAL **VG**

Weet-Bix **GFO**
Muesli **GFO**
Porridge
Congee **GF**
Cornflakes **GFO**
Rice bubbles

TOAST **VG**

Wholemeal bread **GFO**
White bread

Spreads

Butter
Margarine
Vegemite
Honey
Jam

FRUIT & YOGHURT

Fruit salad
Seasonal fresh fruit
Fruit yoghurt
Plain Greek yoghurt

HOT MENU

Pancakes
Hash brown **VG**
Grilled banana
Bacon **GF**
Boiled egg
Scrambled egg

Lunch/Dinner (from 11am)

SANDWICHES

(build your own)

1 Select your bread

Wholemeal bread **GFO**
White bread

All options can be toasted on request.

2 Select one protein **GF**

Tandoori chicken
Tuna
Ham
Egg

3 Select your fillings **GF**

Cheese
Tomato
Red onion

MAINS

Macaroni cheese
Stir-fried rice **GF**
(choice of beef, chicken or tofu)
Baked beans
Spaghetti
Cottage pie **GF**
Fish of the day **GF**
Butter chicken **GF**
Tandoori chicken **GF**

SIDES

Mashed potato
Seasoned wedges
Steamed rice
Roasted pumpkin
Steamed vegetables
Green salad
Bread roll

+ Butter
+ Margarine

Condiments **GF**

Gravy
Tomato sauce

Desserts

Raspberry jelly
Lime (diet) jelly
Vanilla ice cream
Custard **GF**
Fruit crumble

Snack items

Plain sweet biscuits
UP&GO
Seasonal fresh fruit
Fruit yoghurt
Plain Greek yoghurt
Cheese & rice crackers **GF**
Cheese scone

Drinks

Apple juice	Standard milk
Orange juice	Trim milk
Lemonade	Soy milk
Diet lemonade	
Ginger beer	
Diet ginger beer	

Special diets & allergies

Please inform your nurse or our Food Service team of any allergies or dietary requirements. We will be happy to assist you with selecting a suitable meal option.

Vegan **VG**

This symbol indicates dishes suitable for a vegan diet. Naturally vegan items (e.g. fruit juice or fruit) are not labelled.

Gluten friendly **GF** / **GFO**

The GF symbol indicates items prepared without gluten-containing grains. Naturally gluten-free items (e.g. fruit, salads) are not labelled. The GFO symbol indicates a gluten-friendly alternative is available upon request.

Halal & Kosher meals

While our kitchen is not Halal or Kosher certified, we offer options that meet these dietary requirements. Please contact the Food Service team or speak with a nurse.



Please call 25777 from your bedside phone or scan this QR code to order.

Meals can be ordered between 7am and 7pm.

Our Food Service team will be happy to assist with your food choices.

Hospital facility ID: Epsom

MRN: Your NHI number found on your wristband

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Part of the Allevia Health Group