

Autumn / Winter

braemar menu



**Braemar
Hospital**
Your choice for excellence

100% owned by the Braemar Charitable Trust

introducing our menu



Healthy Choice

We have planned this menu with the assistance of 'Nutrition Care', Dietitians and Nutritionists.

It will provide tasty and healthy choices to meet the nutritional needs of the majority of people.



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How to fill in your menu

In your room you will find a paper menu showing you the choices available to you each day.

The menu is divided into three sections
– one each for breakfast, lunch and dinner.

The menu shows those items that are unsuitable for diabetics and indicates 'soft choices' (those 'easy-to-eat' meals).

Please choose your meals for the following day by ticking the circle next to the items you wish to order.

Your meal will be delivered to your room.

Special Requests

If you have any special requests or dietary needs, please speak with your nurse.

We will do our best to meet your needs.

Diabetic Choices

Our kitchen has a number of alternative meal options suitable for diabetics. Please ask your nurse.

Visitors

If you would like to order a meal for another visiting family member, please ask our staff.

We need at least one hours notice and there will be a moderate charge. Please note that our patient meal service comes first.

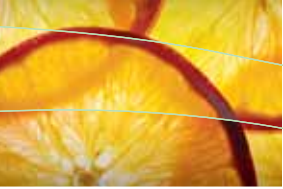
Kid's Menu

We have a special children's menu to tempt the taste buds of our smaller patients. The menu features meals like our famous Braemar Burger and Hospital Hot Dogs.

Complimentary Drink

For those over the age of 18 years, a complimentary glass of wine or beer is available with your evening meal.

Bon appétit



breakfast

Served from 7.30am

Fruit Juice

Cranberry
Apple
Tomato

Cereal

Cornflakes
Weetbix
Muesli
Porridge

Additions

Trim Milk
Standard Milk
Soy Milk
Fresh Fruit Salad
Fruit Flavoured Yoghurt

Breads

Plain or Toasted

Wholemeal
Vogel
White

Spreads

Margarine
Butter
Vegemite
Honey
Marmalade
Jam
Peanut Butter

Cooked Breakfast

Scrambled Eggs and Bacon on a Toasted Muffin
Pancakes served with Maple Syrup

Hot Drinks

Coffee
Milo
Hot Milk

Tea Selection

Plain
English Breakfast
Earl Grey
Green
Chamomile
Peppermint
Lemon Twist

(all teas subject to availability)

morning tea

Served from 9.50am

Chef's Choice *Homemade Selection*

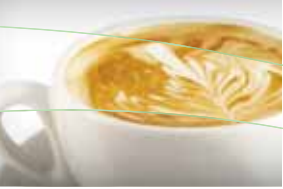
Muffins
Scones
Pinwheels
Cakes
Savouries

afternoon tea

Served from 2.00pm

Chef's Choice *Homemade Selection*

Sandwiches
Cakes



lunch

Served from 11.45am

Our Chef will prepare a different Hot Dish and Salad each day from the following selection:

Hot Dish

Roast Vegetable, Bacon and Tomato Pasta Bake

Beef and Broccoli Stir Fry with Egg Noodles

Roast Chicken, Pumpkin and Rosemary Penne

Oven Roasted Mushrooms served on Five Grain Toast with Crispy Bacon

Chicken and Vegetable Stir Fry with Honey Soya Sauce on Rice

Roast Vegetable and Smoked Salmon Flan

Shrimp, Avocado and Brie Filo with Fruit Chutney

Baked Potato with Sautéed Vegetables accompanied by Sour Cream and Chutney

Chicken and Mushroom Crepes

Beef Stroganoff with Noodles

Salads

Shrimp and Salmon Salad with a Lemon Vinaigrette

Honey Soya Chicken with a Ginger Rice Salad

Thai Beef Salad with Roast Tomato and Crispy Noodles

Greek Salad with Basil Roasted Chicken

Cashew Roast Lamb with Rocket and Mint Salad

Classic Caesar Salad

Pastrami and Avocado Salad with a Pepper Vinaigrette

Roast Vegetable and Chicken Penne Salad

Smoked Chicken Salad with Orange and Lime Dressing

Bacon, Olive and Brie Salad with a Sundried Tomato Vinaigrette

lunch

(consult your daily menu for today's meal options)



lunch

Chef's Choice *Homemade Selection*

Soup of the Day
Sandwich Selection

Breads

Wholemeal
Vogel
White
Warm White Bread Roll

Spreads

Margarine
Butter
Vegemite
Jam

Additions

Cheese Selection
Fruit Yoghurt
Fresh Fruit
Ice Cream and Jelly

Hot Drinks

Coffee
Milo
Hot Milk

Tea Selection

Plain
Earl Grey
Chamomile
Green
Lemon Twist
Peppermint
English Breakfast

(all teas subject to availability)

Cold Drinks

Fruit Juice
Fruit Smoothie
Iced Water

*(consult your daily menu for
today's meal options)*



Main Meal

dinner

Served from 5.30pm

Our Chef will prepare a different Main, Light, Vegetarian Meal and Dessert each day from the following selection:

Pork Sirloin served with a Honey Ginger Marinade

Roast Potatoes, Baby Carrots and Steamed Broccoli

Seafood Mornay with a Parmesan Crust

Mashed Potatoes, Roast Pumpkin and Green Beans

Roast Chicken with Wild Rice

Stir-Fry Vegetables

Traditional Roast Lamb

Roast Potatoes, Kumara, Peas and Cauliflower in a White Sauce

Chicken Breast wrapped in Bacon with a Spiced Apricot Sauce

Fondant Potatoes served with a Side Salad

Roast Thyme Chicken

Roast Potatoes, Kumara, Pumpkin, Peas and Corn

Lamb Cutlets served with a Mint Berry Coulis

Mashed Potato, Honeyed Kumara and Broccoli

Traditional Roast Beef served with Yorkshire Pudding

Roast Potatoes, Kumara, Peas and Cauliflower in a White Sauce

Lemon Pepper Baked Fish of the Day with Oven Baked Potato

and served with a Side Salad

Beef Eye Fillet topped with Caramelised Onion

Fondant Potatoes, Broccoli and Baby Carrots

Light Meal

dinner

Poached Eggs and Ham

Poached Eggs on Toast

Ham and Cheese Omelette

Tomato and Parsley Frittata

Smoked Fish Pie with Mashed Potatoes

Spinach, Ricotta, Spring Onion and Basil Crepes

Eggs Benedict with Bacon

Eggs Benedict with Salmon

Scrambled Eggs on Toast

Cheese and Chive Frittata

Vegetarian Meal

Zucchini Slice with Fruit Relish

Portobello Mushrooms with Roast Vegetable and Brie

Mushroom, Broccoli and Ricotta Fettuccini

Roast Vegetable Flan with Tomato Relish

Oven Roasted Capsicum filled with Mushroom Risotto

Potato and Chickpea Casserole

Roasted Vegetable and Mushroom Crepes

Spinach Tart with Basil and Sundried Tomato Sauce

Kumara and Sundried Tomato Risotto with Fresh Parmesan

Rosemary Roast Capsicum and Pinenut Flan with a Peach Chutney

(consult your daily menu for today's meal options)



dinner

Desserts

- Lime Cheesecake with Citrus Sauce and Mascarpone
- Apple and Cinnamon Strudel
- Crème Caramel
- Apple and Blueberry Crumble
- Bread and Butter Chocolate Pudding
- Chocolate Steamed Pudding with Vanilla Custard
- Citrus Rice Pudding
- Fresh Apple Pie and Cream
- Mini Pavlova, Fresh Cream and Kiwifruit
- Chocolate Brownie with White Chocolate Sauce
- Ice Cream and Jelly
- Fresh Fruit Salad

Always Available

(consult your daily menu for today's meal options)

Cheese Board

Cold Drinks

dinner

A selection of Cheese and Biscuits

Fruit Juice

Chardonnay*

Cabernet Sauvignon*

Sauvignon Blanc*

Steinlager*

**Patients must be 18 years of age or over*

enjoy

If you have any questions or special orders that are not covered in this menu please ask a member of our staff.



the
braemar
way...



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