






# Meals on Demand Menu


Dietary needs will always be considered and catered for during your stay. Cultural and special diet options are available on the CBORD Patient Application when you place your order.

## Breakfast

Cereal  

Chia cup 

Pancakes with strawberries

Toast with spread 

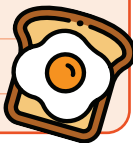
Toasted cheese sandwich

Baked beans on toast


Scrambled eggs on toast

Tofu scrambled eggs with toast 

Omelette with toast





## Mid-meal snacks


Yoghurt 

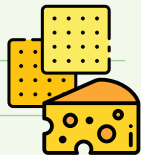
Fruit  

Smoothies


Homemade muesli bar 

Cheese and crackers 

Hummus and veggie sticks 




## Lunch and Dinner

Choice of sandwiches 

Pasta bolognese


Lentil bolognese 

Dhal and roti 

Chicken tikka masala

Sliders: lentil , chicken or beef

Fried rice with ham

Tofu fried rice 


Grilled beef steak

Grilled chicken

Grilled fish


Pizza: ham and pineapple or margherita

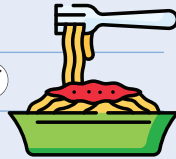
Fish and chips

Plant based nuggets 


Crumbed chicken bites

Pork meatballs in napolitana sauce


Soft tacos: bean  or beef





Kangaroo stew


Veggie power balls 


Sushi: chicken or tuna


Vegetable lasagne 

Vegetable sweet curry 

Satay lamb (no nuts) 

Red chicken curry 


Butter chicken 

Chicken casserole 




## Desserts


Fruit  

Yoghurt 

Ice cream 



Custard 


Chocolate cake

Apple crumble 




## Sides

Bread roll  

Steamed rice 


Mashed potato


Pasta  


Potato chips 





## Vegetables


Corn on cob 

Green peas 

Salad nibbles 

Sliced carrots 

Steamed carrots, broccoli and cauliflower 

Seasonal Asian vegetables 



## Salad




Thai beef salad


Falafel and hummus


Chicken, avocado and couscous




## Pick Plate



Crackers, rice cake  , wrap 

Celery sticks, carrot, cherry tomato, capsicum, cucumber, corn 

Hummus, peanut butter , tzatziki

Apple slices, watermelon (seasonal fruit) 

Cheese, ham, egg, chicken slices

Falafel, tofu  



= Vegan friendly



= Halal