

# Food and Nutrition

## INFORMATION BROCHURE

### Food Safety

The Catering Department meets the accreditation standards of the NSW Food Authority, ensuring a safe food supply for our patients. Although it's tempting to show you care by bringing in special favourite foods for friends or relatives in hospital, it may present a food safety risk. Staff can not take responsibility for the safety of food brought in for patients. Also, please check with staff before providing food because the patient may have special dietary requirements or restrictions of which you may be unaware.

We trust that our food and nutrition services meet your needs during your stay at Gosford Private Hospital.



## Gosford Private Hospital



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An integral part of your  
health care experience

Gosford  
Private Hospital

a member of the [healthcare group](http://healthcaregroup.com.au)

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## Food and Nutrition

Food and nutrition are an integral part of your health care experience at Gosford Private Hospital. Our Chef, Food Services Team and Dietitians aim to provide you with nutritious and tasty meals to help your recovery.

## Our Menu

Gosford Private Hospital offers a seven day cyclic menu with a wide variety of choices. Each morning you will receive a menu on your breakfast tray, from which you may select meals according to your taste and dietary requirements. We have a range of special diets available to meet our patients' individual needs and for those wishing to observe religious, cultural or personal principles. Our children's menu caters for our littlest patients. Between meals you may choose from our selection of freshly baked biscuits, cakes and muffins; or healthier options such as fresh fruit, fruit cake or our special 'sprint mix' (a variety of nuts, seeds and dried fruit).



## Meal Service Times

<b>Breakfast</b>	7:15am - 7:45am
<b>Lunch</b>	12:00pm - 12:30pm
<b>Dinner</b>	5:30pm - 6:00pm
<b>Morning Tea</b>	10:00am - 10:30am
<b>Afternoon Tea</b>	2:30pm - 3:00pm
<b>Supper</b>	7:45pm - 8:15pm

## Nutrition Assistant Service

We have a professional team of qualified Nutrition Assistants who are trained to assist you with your menu selections. If you have special dietary needs, please make a note on the menu or phone extension 114, and our Nutrition Assistants will confirm the item's availability or refer you to the Dietitians as appropriate.

## Clinical Dietitian Service

There are two Accredited Practising Dietitians (APDs) with a high level of experience, available to provide assistance with special dietary requirements. If you feel you are not eating enough or are losing weight unintentionally, please speak to the Nutrition Assistant or Nurse, who can make a referral to the Dietitians.

## Menu Changes

During your hospital stay, meals chosen by you may be altered to meet your medical needs. Such changes will be initiated by your Doctor, Dietitian or Speech Pathologist. If you have any concerns about your menu or the meals provided, please raise your query with the Nutrition Assistant or Nurse looking after you.

In keeping with your health interests and complying with health regulations, hot meals from the kitchen may not be reheated on the ward. Therefore, if you are not on the ward when the hot meal is delivered, you will be given a suitable meal from the kitchen on your return.