



Jillian Skinner MP

Minister for Health Minister for Medical Research

MEDIA RELEASE

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NEW PATIENT MENUS FOR SOUTHERN NSW

New menus offering patients a hot breakfast option, more variety and a wider choice of hot meals at lunch and dinner will be rolled out this month across southern NSW hospitals, Health Minister Jillian Skinner said today.

Mrs Skinner said the new menus meet state-wide nutrition standards and has been developed with help from local doctors to cater to the dietary requirements of patients.

“Food is an important part of a patient’s hospital experience and it’s vital that we get it right when it comes to taste as well as nutrition,” Mrs Skinner said.

“At hospitals where the new menu has been rolled out patients are telling us they are enjoying their meals and appreciate the extra choices on offer.

“Dieticians say the new menu supports their work to achieve the best nutrition outcomes for patients and nurses are saying the aroma on the ward at meal times is much more appetising.

“New meals include lamb and mint rissoles with roasted vegetable couscous and kashmiri chicken curry. There is also a greater range of fresh sandwiches and nutritious soups and desserts like vanilla bean panna cotta and chocolate crème,” Mrs Skinner said.

Mrs Skinner welcomed the new menu rollout, saying pre-prepared food items are complemented by fresh meals made on-site by hospital food services teams.

“I commend the hospital food staff for working hard to deliver better health outcomes for patients in this region.

“Patients will be provided with more choice at meal times including a wider selection of hot meals at lunch and dinner.

The new menu is scheduled to be introduced at Goulburn, Bourke Street, Queanbeyan and Cooma Hospitals this week. Bega, Batemans Bay and Moruya Hospitals are scheduled to receive the new menus on Tuesday, 29 October.

As part of the introduction of the new menu, improvements are being made to local hospital kitchens, including the construction of a cool room at Cooma Hospital and purchasing new freezers for Bateman’s Bay and Moruya Hospitals.

The changes have no implications for staffing.