

# How to order a meal using the Patient Entertainment System

During your stay at Perth Children's Hospital you can order breakfast, lunch and dinner through the TV in your room.

- Using your **remote**, select '**Order a Meal**'.
- The menu shown will suit your diet and allergies.
- You will need to place an order for every day you are in hospital. You can choose meals each day or up to a day in advance. Daily meal ordering times are listed below.
- **Important:** Once you have selected your meal items, **press the play icon** to send your order to our kitchen.



## Missing your remote?

Let our nursing staff know as soon as possible.

Scan the QR code to watch a video on how to order meals.

Ask us if you require any assistance.



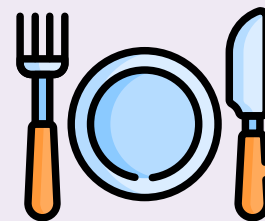
## Meal ordering times



- **Breakfast:** please order **before 5:30am**. We recommend ordering the day before, if possible.
- **Lunch:** please order **before 9:30am**
- **Dinner:** please order **before 2:30pm**

If you miss these times, you will receive a pre-selected meal.

## Parent meals



We provide breakfast packs to parents or carers who stay overnight with their child. These do not need to be ordered.

Limited additional meals and/or meal vouchers may be provided under certain conditions. Please speak to staff for more information.

# Food options at Perth Children's Hospital

There are a number of healthy food vendors operating within Perth Children's Hospital, where you can purchase nutritious and delicious meals.



## Little Lion Coffee



Little Lion Coffee offers a wide range of healthy snacks and coffee. As supporters of Perth Children's Hospital Foundation, part of every dollar you spend at Little Lion Coffee goes back into PCH.

**Location:** Ground Floor, inside main entrance

**Opening hours:**

- Weekdays 6am – 7pm
- Weekends 6:30am – 6pm
- Public holidays 6:30am – 6pm
- Closed Christmas Day

## Food Hall

The Perth Children's Hospital Food Hall is home to three outlets with specialised menus designed to cater to the needs of families and children.

**Location:** Level 1

## Margaret + Moore

Margaret + Moore is an all-day café that roasts their own coffee, and makes fresh salads, juices and smoothies, wholesome soups, hearty bakes, hand-made sandwiches and all-day brunch. All dietary requirements are catered for.

**Opening hours:**

- Weekdays 6am – 7pm
- Saturday 8am – 4pm
- Sunday 8:30am – 3pm

## Threepenny

Threepenny is your place to find burgers, fries and shakes, made from scratch using only the finest ingredients. Plant based and gluten free options are available.

**Opening hours:**

- Weekdays 6am – 7pm
- Saturday 8am – 4pm
- Sunday 8:30am – 3pm

## Green Panda

With a focus on using fresh produce to create delicious meals, Green Panda offers a daily-changing menu featuring sushi, rice paper rolls, noodles, and rice.

**Opening hours:** Weekdays 6am – 4pm

## Supernatural

Healthy on-the-go options including freshly squeezed juice, smoothies, sandwiches, coffee, salads, snacks and sweets. Plant based and gluten free options are available.

**Location:** Level 5

**Opening hours:** Weekdays 7am – 2pm

## Vending machines

Vending machines offering healthy food and snacks and a selection of drinks are located on the ground floor, next to the green lifts.

Fresh food vending machines are also available until 6pm each day. Located in the Food Hall, Level 1.

## Order ahead

**Download the PCH Food Hall app** to order ahead from Margaret + Moore, Threepenny, Green Panda or Supernatural and beat the queues.

**Scan the QR code** or visit [foodhallpch.com.au](http://foodhallpch.com.au)

