

How to Place an Order

1. Dial 8-DINE (extension 8-3463) between the hours of 7 am and 7 pm.
2. Identify yourself to the Room Service Associate, who will verify your name, room number, and the diet ordered by your physician.
3. Place your order. Your specially prepared meal will be served to you within 90 minutes of your request.

The Department of Food and Nutrition is here to provide you with excellent service. Feel free to let your Room Service Associate know how we can help meet your food service needs.

SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for all diets. If you are on a special or restricted diet, our Room Service Associate will assist you with your meal selections.

For your safety, we will accept your menu selections only after your physician has entered your diet order.

Room Number: _____ Date: _____

Name: _____

Diet: _____

Guests and Visitors Dining with Patients

Guests and visitors have the option to dine with the patient; the cost per meal is \$10.00 per person per meal.

Simply visit one of our food establishments

(The Market Place Café or “Convenience” at the Brook) to purchase a guest meal card. Select your meal preference from the Distinguished Dining Room Service Menu for Guests, and place your order after the patient places his/her order.

Your guest meal card must be redeemed when your ambassador delivers your meals.

Explanation of Diets

During your stay at Stony Brook Hospital, your diet is ordered by your doctor and may change a few times due to tests, treatment or surgery.

DIET: IDDSI Level 4 Pureed with moderately thick (Level 3)/ Mildly Thick Liquids (Level 2)

Your physician has ordered a Dysphagia diet for you. Dysphagia diets are designed for problems with chewing and/or swallowing. Additionally your physician may have ordered thickened liquids to a mildly thick (2) or moderately thick (3) consistency

The International Dysphagia Diet Standardisation Initiative (IDDSI), has developed a global standardized way of describing foods and drinks that are safest for people with chewing or swallowing problems.

The IDDSI framework consists of 8 levels (0 - 7), where **drinks** are measured from Levels 0 - 4, while **foods** are measured from Levels 3 - 7.

Please visit <https://iddsi.org/> for further information.

Our Goals is to exceed your expectations. For this dedication we hope that if you receive a “**Press Ganey Survey**” we earn **5** out of **5** in your rating. If for any reason you would not rate your service a **5**, please call or contact your Ambassador right away and let us know how we can improve our service to you.

Please call 8-3463 (8-DINE) to place your meal order

11/21



Stony Brook Medicine

Distinguished Dining at Stony Brook University Hospital

Room Service Menu

Dial 8-3463 (8-DINE)
between 7 am and 7 pm
to place your breakfast, lunch, and dinner order



Stony Brook Medicine

Breakfast

THICKENED BEVERAGES:

Juice: Orange - Apple - Cranberry

Coffee: Decaffeinated

Hot Tea: Decaffeinated

Sweetened Iced Tea

Peach-Mango Beverage (Sugar-Free)

Thickened Dairy Drink (Reduced Fat Milk)

Water with Lemon

**No thin liquids allowed on this diet **

BREAKFAST ENTRÉES:

Pureed Scrambled Eggs

Pureed French Toast

FRUIT:

Peaches - Pears - Applesauce

CEREAL:

Hot: Oatmeal - Cinnamon Oatmeal

Cream of Wheat - Cream of Rice

Cold: Pureed Corn Flakes or Pureed Raisin Bran

YOGURT:

Vanilla (Regular or Light) - Plain

CONDIMENTS

Butter - Smart Balance - Grape Jelly

Strawberry Jam - Diet Jelly - Syrup - Diet Syrup

Lunch & Dinner

PUREED ENTREES:

Chicken Francaise:

Served with a Lemon, White Wine Sauce

Grilled Chicken Parmesan:

Served with Marinara Sauce

Oven Roasted Turkey Served with Gravy

Home Made Meatloaf Served with Gravy

Roast Beef Served with Gravy

Beef Lasagna Soufflé

Roasted Chicken Breast Served with Gravy

Vegetable Lasagna (GF)

Chicken Enchiladas

SIDES

Macaroni & Cheese - Mashed Potatoes

Mashed Sweet Potatoes - Cream of Rice

Carrots - Broccoli - Peas - Green Beans

*Soups and broths are **NOT** available for thickened liquid diets

Pasta with Choice of Sauce

Pepe Pasta

Choice of Sauce:

-Marinara

-Garlic, Extra Virgin Olive Oil & White Wine

-Meat Sauce

-Butter Sauce

-Vodka Sauce

-Cheese Sauce

*Your pasta and choice of sauce will be pureed together

DESSERTS

Chilled Fruit: Peaches - Pears - Applesauce

Pudding: (Regular or Sugar-Free)

Vanilla - Chocolate

Pureed Apple Pie