

BREAKFAST

 * Vegan

BEVERAGES

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Chamomile | Fresh-Brewed Iced Tea (Decaf)

Hot Chocolate: Regular | Sugar-Free

Milk: Whole | 1% | Skim | Lactaid |  Vanilla Soy | Low-Fat Chocolate Milk


Juice: Orange | Apple | Tomato | Cranberry | Prune | V8

Soda: Ginger Ale | Diet Ginger Ale | Seltzer

SIDE ITEMS

(Please choose 4)

FRUIT:

 **Whole Fruit:** Banana | Orange | Apple

 **Chilled Fruit:** Diced Peaches | Diced Pears | Applesauce | Mandarin Oranges
Fruit Salad | Seasonal Melon | Grapes


YOGURT:

Regular: Vanilla | Strawberry | Plain

Lite : Strawberry | Peach | Vanilla

CEREAL:

 **Hot:** Oatmeal | Cinnamon Oatmeal | Cream of Wheat

 **Cold:** Rice Krispies | Corn Flakes | Raisin Bran | Rice Chex | Cheerios

BREAKFAST BAKERY *(please choose 1 item only):*

Muffins: Blueberry | Corn | Bran

Mini-Bagels: Plain | Sesame | Everything | Whole Wheat

Rolls: Kaiser Roll | Whole Wheat Kaiser Roll

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

MAIN COURSE

(Please choose 1)

Eggs: Scrambled | Scrambled Egg Whites | Hard-Boiled Eggs (2)

Omelet: Egg | Egg White

Choice of 4 Toppings: Red Onions | Broccoli | Spinach | Peppers
Mushrooms | American Cheese or Swiss Cheese

Pancakes: Buttermilk | Blueberry | Banana

French Toast: Plain | Blueberry | Banana


EGG SANDWICH:

Bread: Kaiser Roll | Whole Wheat Kaiser Roll

Choice of Cheese: American or Swiss

CONDIMENTS

Butter |  Smart Balance | Grape Jelly | Strawberry Jam | Diet Jelly

Cream Cheese | Lite Cream Cheese |  Peanut Butter | Ketchup | Salt

Pepper | Coffee Creamers | Sugar | Splenda | Equal | Sweet & Low | Syrup

Diet Syrup | Honey | Lemon Juice | Herb Seasoning | Salsa | Sour Cream | Mustard



Stony Brook Medicine

LUNCH & DINNER

 * Vegan


Tofu Fajitas

Black Bean & Cheese Quesadillas

Macaroni & Cheese: Served in a Creamy Cheese Sauce



Panini: Fresh Mozzarella, Basil & Tomato

PASTA BAR:

 **Choice of Pasta:** Penne | Linguini | Whole Wheat Penne

Choice of Sauce: Vodka Sauce | Butter Sauce |  Marinara Sauce

 Garlic, Extra Virgin Olive Oil & White Wine

Choice of Toppings:  Mixed Vegetables |  Mushrooms

FROM THE GRILL:

Black Bean Burger (*contains egg & milk products)

Grilled Cheese Sandwich

Choice of Bread: Seedless Rye | Whole Wheat | White

Hamburger Bun | Whole Wheat Burger Bun

Choice of Toppings: Lettuce | Tomato | Sautéed Mushrooms

Sautéed Onions | American Cheese or Swiss Cheese

PIZZA:

Individual Personal Cheese Pizza with:

Choice of Toppings: Plain | Peppers | Mushrooms

Red Onions | Black Olives | Broccoli

'SHAKE IT UP' SALAD:



Choice of (1) Lettuce: Romaine | Baby Field Greens | Spinach

Protein: Tofu

Choice of (4) Toppings: Red Onions | Cherry Tomatoes

Bell Peppers | Croutons | Walnuts | Black Olives | Cucumbers

Dried Cranberries | Chickpeas | Mushrooms | Sunflower Seeds

Dressings:  Lite Italian |  Olive Oil |  Red Wine Vinegar | Lite Ranch

Fat Free Italian

COLD PLATES:

Cottage Cheese Plate: Cottage Cheese & Fresh Seasonal Fruit

Yogurt Plate: Seasonal Fruit & Vanilla Yogurt (Lite or Regular)

 **Crudités & Hummus Salad:** Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots) & Creamy Hummus Dip

SOUPS, SIDES & DESSERTS

 * Vegan

(Please choose 5 items total)

SOUP:

Campbell's Cream of Tomato Soup | Lentil Soup

Pasta Fagioli | Low-Sodium Tomato Soup

Broth:  Vegetable




SIDES:

 Baked Potato | Dinner Roll |  Baked Steak Fries | Mac & Cheese

Mashed Potatoes |  Mashed Sweet Potatoes |  Brown Rice

 Steamed White Rice | Stuffing |  Baby Carrots |  Broccoli |  Corn

 Green Beans |  Cuban Style Black Beans |  Penne with Marinara Sauce

 Penne (Plain) |  Garden Salad | Cottage Cheese |  Spanish Slaw

 Vegetable Sticks |  Cucumber Slices | Macaroni Salad | Potato Salad

 Peanut Butter & Crackers |  Hummus & Carrot Sticks

BAKERY *(please choose 1):*

Lemon Pound Cake | Angel Food Cake | Brownie | Cheese Cake

Chocolate Angel Food Cake | Peach Pear Cobbler

Low-Fat Chocolate Mousse

 **Fruit:** Apple | Orange | Banana | Diced Peaches | Diced Pears

Applesauce | Mandarin Oranges | Fruit Salad | Grapes | Seasonal Melon

Cookies: Chocolate Chip | Oatmeal Raisin | Lorna Doones | Fig Newtons

Graham Crackers

Gelatin: (Regular or Sugar-Free) Strawberry | Orange

Ice Cream: Vanilla | Chocolate | Sugar-Free Vanilla

 **Fruit Ice:** Cherry | Orange | Lemon



Stony Brook **Medicine**

How to Place an Order

DIET:

Vegetarian (Lacto-Ovo)

A diet that eliminates meat, poultry, and fish but includes dairy and eggs.

Vegan items are indicated with the  symbol.

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: _____



Stony Brook Medicine