

# BREAKFAST

 \* Vegan

## BEVERAGES

**Coffee:** Regular | Decaffeinated

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

**Hot Chocolate:** Regular | Sugar-Free

**Milk:** Whole | 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, Hard-Boiled Eggs, 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

Mayonnaise | Light Mayonnaise | BBQ Sauce | Honey Mustard



Stony Brook Medicine

# LUNCH & DINNER

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## 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:** 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

**Pudding:** Vanilla | Chocolate | Rice | Sugar-Free Vanilla | Sugar-Free

# 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: \_\_\_\_\_

7/21



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