

BREAKFAST

BEVERAGES

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Chamomile | Fresh-Brewed Unsweetened Iced Tea

Hot Chocolate: No Sugar Added

Milk: Skim | Lactaid | Low-Fat Chocolate | Vanilla Soy Milk

Soft Drinks: Ginger-Ale | Diet Ginger-Ale | Seltzer

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

CONDIMENTS

Smart Balance | Pepper | Herb Seasoning | Sugar | Splenda | Equal | Sweet & Low | Coffee Creamers

Syrup | Diet Syrup | Diet Jelly | Strawberry Jam | Grape Jelly | Honey | Lemon Juice | Fresh Lemon

Light Mayonnaise | Mustard | Salsa | BBQ Sauce | Parmesan Cheese

MAIN COURSE

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

Omelet: Egg | Egg White

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

Pancakes: Buttermilk | Blueberry | Banana

French Toast: Plain | Blueberry | Banana

EGG SANDWICH:

Chef's Healthy Sandwich Option:

Egg Whites, Turkey and Swiss Cheese on a Whole Wheat Kaiser Roll

FRUIT:

Whole Fruit: Banana | Orange | Apple | Seasonal Melon | Grapes

Chilled Fruit: Peaches | Pears | Applesauce | Mandarin Oranges | Fruit Salad | Mango Orange Applesauce

YOGURT:

Regular: Vanilla | Strawberry | Plain

Lite: Strawberry | Peach | Vanilla | Blueberry

CEREAL:

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

Cold: Cheerios | Rice Krispies | Raisin Bran

BREAKFAST BAKERY:

Muffins: Low Fat Blueberry | Low Fat Banana

Bagels: Plain | Sesame | Whole Wheat | Everything

Breads: White | Wheat | Seeded Rye | Kaiser Roll

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels

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:

5CH Cardiac Cath Holding

(Low Fat, Low Sodium)

To place your order, please choose:

One (1) **Main Course**

Four (4) **Sides (Breakfast)**

Four (4) or Five (5) **Sides (Lunch & Dinner)**

Three (3) **Beverages**

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 60 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.

We Need Your Feedback!

If you receive a patient satisfaction survey in the mail, please fill it out and return it.

Your opinion counts!

9/23

NAME: _____

DATE/ROOM#: _____



Stony Brook Medicine

LUNCH & DINNER

HOT ENTREES

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce
Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese
Oven Roasted Turkey Served with Gravy
Baked Salmon: Oven Roasted with Garlic & Lemon
Baked White Fish Filet: Served with Lemon
Home Made Meatloaf Served with Gravy
Sliced Roast Beef: Served with Mushroom Gravy
Grilled Marinated Chicken Breast

FROM THE GRILL

Hamburger | Grilled Chicken Breast | Black Bean Burger | Grilled Cheese Sandwich
Choice of Bread: White | Whole Wheat | Rye | Hamburger Bun
Whole Wheat Hamburger Bun
Choice of Toppings: Lettuce | Tomato | Swiss Cheese | Sautéed Onions
Sautéed Mushrooms

PASTA BAR

Choice of Pasta: Penne | Gluten-Free Red Lentil Pasta | Linguini
Choice of Sauce: Marinara | Meat | Olive Oil, Garlic & White Wine
Add in: Chicken | Mixed Vegetables | Mushrooms | Tofu

SHAKE IT UP' SALAD STATION

(Create your own Main Course Gourmet Salad)
Choice of Lettuce: Romaine | Field Greens | Spinach
Choice of (1) Protein: Grilled Chicken | Tofu | Chilled Salmon | Chicken Salad Shrimp
Choice of (up to 4) Toppings: Red Onions | Cherry Tomatoes | Bell Peppers
Croutons | Walnuts | Cucumbers | Dried Cranberries | Chickpeas
Sliced Mushrooms | Sunflower Seeds
Dressings: Olive Oil | Red Wine Vinegar | Fat Free Italian | Fat Free Ranch

Diet: 5CH Cardiac Cath Holding

COLD PLATES

Fresh Fruit Plate with Vanilla (Regular or Lite) or Plain Yogurt
Crudités & Hummus Platter: Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip

DELI SPECIALS

Chicken Salad | Oven Roasted Turkey | Slow-Cooked Roast Beef
Choice of Bread: White | Whole Wheat | Seeded Rye | Kaiser Roll | Tortilla Wrap
Choice of Toppings: Lettuce | Tomato | Swiss Cheese

SOUPS, SIDES & DESSERTS

SOUP

Soup: Low Sodium Tomato Basil | Chicken Rice | Lentil Soup
Broth: Beef | Chicken | Vegetable

SIDES

Baked Potato | Dinner Roll | Baked Steak Fries | Mashed Potatoes
Mashed Sweet Potatoes | Brown Rice | Steamed White Rice | Stuffing
Baby Carrots | Broccoli | Corn | Green Beans | Cuban Style Black Beans (veg.)
Penne with Marinara Sauce | Penne (Plain) | GF Red Lentil Pasta | Garden Salad
Cottage Cheese | Spanish Slaw | Vegetable Sticks | Cucumber Slices
Hummus & Carrots

DESSERTS

Fruit: Peaches | Pears | Applesauce | Mandarin Oranges | Grapes | Fruit Salad
Apple | Orange | Banana | Orange Mango Applesauce
Gelatin: (Regular or Sugar-Free) Strawberry | Orange
Ice Cream: No Sugar Added Vanilla | No Sugar Added Chocolate
Pudding: No Sugar Added Vanilla | No Sugar Added Chocolate | No Sugar Added
Rice Pudding
Italian Ice: Cherry | Orange | Lemon | No Sugar Added Lemon