

BREAKFAST

BEVERAGES:

Coffee: Regular – Decaffeinated

Tea: Regular – Decaffeinated – Chamomile
Fresh Brewed Iced Tea (Decaf)

Hot Chocolate: Sugar-Free

Milk: Skim – Lactaid

Juice: Tomato –Low Sodium V8

FRUIT:

Fruits: Peaches – Applesauce - Pears

Mandarin Oranges

YOGURT:

Lite Strawberry – Lite Peach

BREAKFAST ENTRÉE'S:

Eggs: Scrambled - Egg Whites - Hard-Boiled Egg

CEREAL:

Oatmeal – Cinnamon Oatmeal - Cream of Wheat

SIDES:

Graham Crackers – Saltines - Cottage Cheese

CONDIMENTS:

Smart Balance – Diet Jelly - Butter – Salt – Pepper

Lite Cream Cheese - Peanut Butter

Breakfast Ends Daily at 10:00AM

LUNCH & DINNER

HOT ENTREES:

(Chicken & Turkey Will Be Ground)

- **Chicken Francaise:**
Sautéed in lemon & white Wine Sauce
- **Oven Roasted Turkey:** Served with gravy
 - **Baked Salmon:**
Dressed with Garlic & Lemon
- **Home Made Meatloaf:** Served with Gravy
 - **Scrambled Eggs**
 - **Grilled Hamburger**

COLD PLATES / ENTRÉE SALAD:

- **Cottage Cheese Plate:**
Cottage Cheese and soft Fruit
- **Tuna Salad:**
Choice of Cracker
Saltines – Whole Wheat Crackers

CONDIMENTS:

Smart Balance – Diet Jelly – Butter – Salt – Pepper
Lite Cream Cheese – Peanut Butter – Light Mayo

SOUPS, SIDES & DESSERTS

SOUPS:

- **Soup:** Campbell's Tomato – Lentil
- **Broth:** Beef – Chicken – Vegetable

SIDES:

Mashed Potatoes – Mashed Sweet Potatoes
Baby Carrots – Green Beans

DESSERTS:

- **Fruit:** Peaches – Pears – Applesauce
Mandarin Oranges – Bananas
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- **Cookies:** Graham Crackers
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- **Gelatin:** Sugar-Free Strawberry
Sugar-Free Orange
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- **Ice Cream:** Sugar-Free Vanilla
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- **Pudding:** Sugar-Free Vanilla
Sugar-Free Chocolate

BARIATRIC SOFT DIET:

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: _____

3/22



Stony Brook Medicine