

BREAKFAST

BEVERAGES:

Coffee: Regular – Decaffeinated

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

Hot Chocolate: No Added Sugar (11g)

Milk: Skim (7g) – Lactaid (13g)

Juice: Low-Sodium V8 (7g)

CONDIMENTS:

Smart Balance – Diet Jelly (2g) – Peanut Butter

Lite Cream Cheese(1g) - Butter– Salt – Pepper

Coffee Creamer – Splenda – Equal – Sweet & Low

Lemon Juice – Lite Mayo – Ketchup (2g)

MAIN COURSE:

Eggs: Scrambled - Egg Whites– Hard Boiled Egg

Omelet: Egg –Egg White

Choice of 4 Toppings: Red Onions– Broccoli – Spinach
Peppers – Mushroom – Turkey – Swiss Cheese

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

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

SIDE ITEMS

FRUIT:

Banana (27g)- Orange (12g) -Apple (25g)

Seasonal Melon (10g) - Peaches (14g)- Pears (18g)

Applesauce (12g)- Mandarin Oranges (13g)- Fruit Salad (18g)

YOGURT:

Lite: Strawberry (14g) – Peach (14g) - Vanilla (13g)

CEREAL:

Hot: Oatmeal (18g) – Cinnamon Oatmeal (18g)

Cream of Wheat (21g)- Cream of Wheat Package (20g)
(After 10 am)

Cold: Corn Flakes (18g) - Cheerios (14g)

Rice Krispies (16g) - Rice Chex (16g)

Graham Crackers (11g) – Saltines

*g = grams of carbohydrates



Stony Brook Medicine

LUNCH & DINNER

Choose One Main Course

HOT ENTREES:

Chicken Francaise: Sautéed in a lemon & white Wine Sauce (4g)

Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese (4g)

Oven Roasted Turkey: Served with gravy

Baked Salmon: Dressed with Garlic & Lemon (8g)

Home Made Meatloaf: Served with Gravy (7g)

FROM THE GRILL: (No Bread)

Grilled Hamburger

Grilled Marinated Chicken

Turkey Burger

Black Bean Burger (22g)

Choice of Toppings: Lettuce – Tomato

Sautéed Mushrooms – Swiss Cheese

Sautéed Onions

*g = grams of carbohydrates

'SHAKE IT UP' SALAD STATION:

Create Your Own Main Course Gourmet Salad

Choice of Lettuce: Romaine Lettuce

Seasonal Baby Field Greens – Spinach

Choice of (1) Protein: Marinated Grilled Chicken

Tofu (2g) - Chilled Salmon - Tuna Salad - Chicken salad

Choice of (up to 4) Toppings: Sliced Red Onions

Cherry Tomatoes – Green Peppers– Croutons (5g)

Walnuts (2g)- Cucumbers– Chickpeas (5g)

Sliced Mushroom

Dressings: Lite Italian (1g) - Fat Free Ranch

COLD PLATES:

Cottage Cheese Plate: Cottage Cheese and Fresh Fruit (37g)

Fresh Fruit Plate with Plain Yogurt (40g)

Crudités & Hummus Salad (4g): Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip

DELI SPECIALS: (NO BREAD)

Classic Tuna/ Chicken Salad

Oven Roasted Turkey

Slow Cooked Roast Beef

Choice of Toppings: Lettuce – Tomato – Swiss Cheese

Choice of Crackers: Saltines – Whole Wheat Crackers (11g)

SOUPS, SIDES & DESSERTS

SOUP:

Soup: Chicken Rice (26g) – Lentil Soup (18g)

Broth: Beef (2g) – Chicken (2g) – Vegetable (2g)

SIDES:

Baked Potato (21g)- Baked Steak Fries (40g)

Mashed Potatoes (15g) –Mashed Sweet Potatoes (17g)

Brown Rice (12g) - Baby Carrots –Broccoli

Corn (11g) - Green Beans

Side Salad: Garden- Cottage Cheese (6g)

Spanish Slaw – Vegetable Sticks – Cucumber Slices

Hummus and veggie Sticks Side (3g)

DESSERTS:

Chilled Fruit: Peaches (14g) – Pears (18g)

Applesauce (12g) Mandarin Oranges (13g)

Fresh Marinated Fruit Salad (18g)

Cookies: Graham Crackers (11g)

Gelatin: (Sugar-Free) Strawberry (3g) - Orange (2g)

Ice Cream: Sugar-Free Vanilla (20g)

Pudding: Sugar-Free Vanilla (13g)

Sugar-Free Chocolate (13g)



Stony Brook **Medicine**

BARIATRIC SOLID 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

