

# BREAKFAST

## **BEVERAGES**

**Coffee:** Regular | Decaffeinated

**Tea:** Regular | Decaffeinated | Chamomile

Fresh-Brewed Unsweetened Iced Tea ( decaf)

**Milk:** Skim (7g)| Lactaid (14g)

**Juice:** V8 (6g)

## **CONDIMENTS**

Butter | Smart Balance | Diet Jelly | Salt | Pepper | Lite Cream Cheese (1g)

Peanut Butter (5g) | Coffee Creamers | Lemon Juice

## **MAIN COURSE (please choose 1)**

**Eggs:** Scrambled | Scrambled Egg Whites

Scrambled Eggs with Swiss Cheese | Hard-Boiled Eggs (2ea)

**Omelet:** Egg | Egg White

**Choice of 4 Toppings:** Red Onions | Broccoli | Spinach | Peppers

Mushrooms | Turkey | Swiss Cheese

## **FRUIT:**

Banana (27g) | Orange (12g) | Apple (25g) | Seasonal Melon (10g) | Peaches (14g)

Pears (18g) | Applesauce (12g) | Mandarin Oranges (13g) | Fruit Salad (20g)

## **YOGURT:**

**Light :** Strawberry (13g) | Peach (13g) | Vanilla (13g)| Blueberry (13g) | Plain (12g)

## **BROTH:**

Chicken (2g) | Beef (2g) | Vegetable (2g)

## **CEREAL:**

Oatmeal (14g) | Cinnamon Oatmeal (14g) | Cream of Wheat (12g)

## **CRACKERS:**

Oyster Crackers (11g)| Saltine Crackers (Unsalted) (15g)

## **DESSERT:**

Sugar-Free Strawberry Gelatin (2g) | Sugar Free Orange Gelatin (2g)

Diet Vanilla Pudding (13g) | Diet Rice Pudding(14g)|

No Sugar Added Lemon Fruit Ice (20g) | Graham Crackers (11g)

\*g = grams of carbohydrates

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:**

# Bariatric Solid

**To place your order, please choose:**

One (1) **Main Course**

Up to Five (5) **Sides**

Three (3) **Beverages**

1. Dial 8-3463 (8-DINE), or (631) 444-3463 from your cell phone, between the hours of 7am and 7pm.
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 specifically prepared meal will be served to you 60-90 minutes of your request.

## **SPECIAL / RESTRICTED DIETS**

Please note that not all menu items are appropriate for your diet. If you are on a special or restricted diet, our Room Service Associate would be happy to assist you with your meal selection. For your safety, we will accept your menu selections 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!



# LUNCH & DINNER

DIET: Bariatric Solid

## MAIN COURSE

**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:** Served with Garlic & Lemon (1g)

**Baked White Fish Filet** Oven Roasted Served with Garlic & Lemon

**Home Made Meatloaf:** Served with Gravy (7g)

## FROM THE GRILL: (No Bread Permitted)

**Grilled Hamburger** | **Grilled Marinated Chicken** | **Turkey Burger** | **Black Bean Burger**  
(26g)

**Choice of Toppings:** Lettuce | Tomato | Sautéed Mushrooms | Swiss Cheese  
Sautéed Onions

## SHAKE IT UP' SALAD STATION

*(Create Your Own Main Course Gourmet Salad)*

**Choice of Lettuce:** Romaine Lettuce | Field Greens | Spinach

**Choice of (1) Protein:** Marinated Grilled Chicken | Chilled Salmon | Tuna Salad  
Chicken Salad | Tofu (2g)

**Choice of (up to 4) Toppings:** Sliced Red Onions | Cherry Tomatoes | Green Peppers  
Croutons (5g) Walnuts (2g) | Cucumbers | Chickpeas (5g) | Sliced Mushrooms

**Dressings:** Lite Italian (1g) | Fat Free Ranch | Red Wine Vinegar

## COLD PLATES:

**Cottage Cheese Plate:** Cottage Cheese and Fresh Fruit (33g)

**Fresh Fruit Plate with Plain Yogurt** (35g)

**Crudités & Hummus Platter** (16g): Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes,  
Celery & Carrots) Served with Creamy Hummus Dip

## DELI SPECIALS: (No Bread Permitted)

**Oven Roasted Turkey** | **Slow Cooked Roast Beef** | **Tuna Salad** | **Chicken Salad**

**Choice of Toppings:** Lettuce | Tomato | Swiss Cheese

**Choice of Crackers:** Saltines | Whole Wheat Crackers (1g) | Oyster Crackers (1g)

# SOUPS, SIDES & DESSERTS

## SOUP

Chicken Rice (10g) | Lentil Soup (20g)

**Broth:** Beef (2g) | Chicken (2g) | Vegetable (2g)

## SIDES

Baked Potato (21g) | Baked Steak Fries (25g) | Mashed Potatoes (14g)

Mashed Sweet Potatoes (22g) Brown Rice (14g) Baby Carrots

Broccoli | Corn (14g) | Green Beans | Garden Salad

Cottage Cheese (6g) | Spanish Slaw | Vegetable Sticks

Cucumber Slices | Carrots & Hummus (4g)

## DESSERTS

### **Chilled Fruit:**

Peaches (14g) | Pears (18g) | Applesauce (12g) | Mandarin Oranges

(13g) | Fruit Salad (18g) | Mango Orange Applesauce (16g)

**Cookies:** Graham Crackers (11g)

**Gelatin:** (Sugar-Free) Strawberry (2g) | Orange (2g)

**Ice Cream:** No Sugar Added Vanilla (20g)

No Sugar Added Chocolate (18g)

**Pudding:** No Sugar Added Vanilla (13g)

No Sugar Added Chocolate (13g)

**No Sugar Added Lemon Italian Ice** (20g)