

LUNCH & DINNER

Hot Entrees

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes

Chicken Francaise: Sautéed in a Lemon White Wine Sauce

Grilled Chicken Parmesan

Oven Roasted Turkey: Served with Gravy

Broiled Flounder: Dressed with Garlic Lemon Herb

Baked Salmon

Home Made Meatloaf: Served with Gravy

Sliced Roast Beef: Served with Mushroom Gravy

From The Grill

Hamburger - Grilled Marinated Chicken

Turkey Burger - Grilled Cheese Sandwich

Choice of Bread:

Rye ♦ Whole Wheat ♦ White ♦ Regular Burger Bun ♦ Whole Wheat Burger Bun

Choice of Toppings

Lettuce ♦ Tomato ♦ Sautéed Mushrooms

Swiss Cheese ♦ Sautéed Onions

Pasta Bar

Choice of Pasta: Penne ♦ Linguini ♦ Whole Wheat Penne

Choice of Sauce: Meat Sauce ♦ Marinara Sauce

Garlic & Extra Virgin Olive Oil & a Touch of White Wine

Choice of Toppings: Mixed Vegetables ♦ Mushrooms

Diced Marinated Chicken

Shake It Up Salad Station

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Romaine ♦ Seasonal Field Greens
Spinach

Choice of (1) Protein: Baked Shrimp ♦ Tofu

Grilled Chicken ♦ Chicken Salad ♦ Chilled Salmon

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

Cherry Tomatoes ♦ Bell Peppers ♦ Croutons

Walnut Pcs ♦ Sliced Cucumbers ♦ Dried Cranberries

Chickpeas ♦ Sliced Mushrooms ♦ Sunflower Seeds

Dressings: Fat-Free Italian ♦ Fat-Free Ranch

Olive Oil ♦ Red Wine Vinegar

Cold Plates / Entrée Salads

Fresh Fruit Plate with Vanilla Yogurt (Regular or lite)

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

Deli Specials

Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef Sandwich

Choice of Bread: White ♦ Whole Wheat ♦ Seedless Rye

Choice of Toppings: Lettuce ♦ Tomato ♦ Swiss Cheese



SOUPS, SIDES & DESSERTS



**Breakfast will automatically be delivered to your room while staying in our Cardiac Cath Holding Unit.*

However, many breakfast items are available all day for your convenience. - **Breakfast Items Served All Day Include:**

EGGS: Scrambled: Egg - Egg Whites

Hard-Boiled Eggs (2 per order)

Omelet: Red Onions - Broccoli - Spinach

Peppers - Mushrooms - Turkey - Swiss Cheese

FRUIT: Banana - Orange - Apple - Peaches - Pears

Applesauce

Mandarin Oranges - Fruit Salad - Seasonal Melon

YOGURT: Regular: Vanilla - Strawberry - Plain

Lite: Strawberry - Peach - Vanilla

CEREAL: Cold: Cheerios - Crispy Rice - Raisin Bran

Hot: Oatmeal - Cream of Wheat

Sides

Choice of: 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 (Vegetarian)
Crackers & Peanut Butter

Sides Salads

Garden - Spanish Slaw - Vegetable Sticks - Cucumbers Slices

Dessert

Fruit: Apple - Orange - Peaches - Pears - Applesauce
Mandarin Oranges - Grapes - Fruit Salad - Banana

Cookies: Graham Crackers

Gelatin: (Regular or Sugar-Free)

Strawberry - Orange

Ice Cream: Sugar-Free Vanilla

Pudding: Sugar-Free Vanilla - Sugar-Free Chocolate

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile

Fresh Brewed Iced Tea

Hot Chocolate: Regular - Sugar-Free

Milk: Skim - Lactaid - Vanilla Soy

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

Condiments

Smart Balance - Butter - Pepper - Herb Seasoning Sugar

Splenda - Equal - Sweet & Low - Coffee Creamers - Diet Jelly
Syrup - Diet Syrup Strawberry Jam - Grape Jelly - Peanut Butter

Honey - Lemon Juice - Mayonnaise - Lite Mayonnaise

Soups

Soups: Campbell's Tomato - Chicken Rice - Lentil Soup

Broths: Beef - Chicken - Vegetable

CARDIAC CATHERIZATION HOLDING AREA CARDIAC DIET

Your physician has ordered a cardiac diet for you. It is designed to be heart healthy and follows the American Heart Association guidelines.

This diet includes lean meats and meat substitutes, fruits, vegetables and low fat or fat-free dairy products

Foods high in saturated fat and cholesterol will be limited such as whole milk and cheese, butter, eggs, fatty and fried meats

Foods high in salt will be limited such as cured meats, (bacon, hot dogs, sausage...) and canned soups

All menu items reflect heart healthy guidelines being reduced in sodium and fat

Room Number: _____ Date: _____

Name: _____

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.

7/21



Stony Brook Medicine