

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile

Fresh Brewed Ice Tea

Hot Chocolate: Sugar-Free

Milk: 1% - Skim - Lactaid - Low Fat Chocolate

Vanilla Soy Milk

Soda: Diet Ginger-Ale - Seltzer

Juice: Orange - Apple - Tomato - Cranberry - Prune

Condiments

Pepper - Herb Seasoning - Sugar - Splenda - Equal

Sweet & Low - Honey - Lemon Juice - Peanut Butter

Strawberry Jam - Grape Jelly - Diet Jelly - Mustard - Syrup

Diet Syrup - Coffee Creamer - Ketchup - Smart Balance

Fruit

Whole Fruit: Banana - Orange - Apple - Seasonal Melon

Grapes

Chilled Fruit: Peaches - Pears - Applesauce

Mandarin Oranges - Fruit Salad

Yogurt

Regular: Plain - Vanilla - Strawberry

Lite: Strawberry - Peach - Vanilla

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Main Course (Please Choose 1)

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

Omelet: Whole Egg - Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Spinach

Peppers - Mushroom - Turkey - Swiss

Pancakes: Buttermilk - Blueberry - Banana

French Toast: Plain - Blueberry - Banana

Egg Sandwich

Kaiser Roll with:

Whole Eggs - Egg Whites

Turkey - Swiss

Breakfast Bakery

Mini-Bagels (half): Plain - Sesame - Whole Wheat

Kaiser Roll

Cereal

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat

Cold: Cheerios - Rice Krispies - Raisin Bran



Stony Brook **Medicine**

LUNCH & DINNER

Hot Entree's

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Grilled Chicken Parmesan: Layered with Marinara and Mozzarella

Oven Roasted Turkey Served with Gravy

Broiled Cod: Dressed with Breadcrumbs, Garlic & Lemon

Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon

Home Made Meatloaf Served with Gravy

Sliced Roast Beef with Mushroom Gravy

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes

Grilled Marinated Flank Steak

From The Grill

Hamburger - Grilled Marinated Chicken

Turkey Burger

Grilled Swiss Cheese Sandwich

Choice of Bread: Rye - Whole Wheat - White Bread

Choice of Toppings: Lettuce - Tomato - Swiss Cheese

Sautéed Mushrooms - Sautéed Onions

Pasta Bar

Choice of Pasta: Penne - Linguini - Whole Wheat Penne

Choice of Sauce: Meat - Marinara

Garlic, Extra Virgin Olive Oil & White Wine

Choice of Toppings: Mixed Vegetables - Mushrooms

Marinated Chicken

Shake It Up Salad Station

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Romaine - Baby Field Greens

Baby Spinach

Choice of (1) Protein: Marinated Grilled Chicken

Sliced Flank Steak - Tofu

Choice of (up to 4) Toppings: Red Onions

Cherry Tomatoes - Bell Peppers - Croutons - Walnut

Cucumbers - Dried Cranberries - Chickpeas

Sliced Mushrooms - Sunflower Seeds

Dressings: Olive Oil - Red Wine Vinegar - Lite Italian

Cold Plates

Fresh Fruit & Yogurt Plate: Served with Vanilla or light Vanilla Yogurt

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

Soups

Campbell's Tomato Soup - Chicken & Rice Soup
Lentil Soup

Broths: 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

Penne with Marinara Sauce - Crackers and Peanut
Butter

Side Salads: Garden - Spanish Slaw

Vegetable Sticks - Cucumber Slices

Hummus and Veggie Stick

Desserts

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

Cookies: Graham Crackers

Gelatin: (Regular or Sugar Free)
Strawberry - Orange

Ice Cream: Sugar-Free Vanilla

Pudding: Sugar-Free Vanilla - Sugar-Free Chocolate

Italian Ice: Cherry - Lemon - Orange



Stony Brook **Medicine**

CARDIAC LOW SODIUM, SODIUM RESTRICTED DIET:

Your physician has ordered a low sodium diet for you.

Tips to limit your sodium intake include:

- Remove the salt shaker from your table and from cooking.
- Avoid canned soups, T V dinners and other convenience foods.
 - Limit the amount of sauces, gravies and marinades.
- Try new herb seasoning shakers to spice up your food.
 - Buy fresh foods instead of processed ones.
- Avoid cured and processed meats such as ham, bacon, bologna.

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 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.

Room Number: _____ Date: _____

Name: _____

Diet: _____

