

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile - Fresh Brewed
Ice Tea

Hot Chocolate: Sugar Free (10g)

Milk: 1% (7g) - Skim (7g) - Lactaid (13g) - Soy (18g)

Diet Ginger-Ale - Seltzer

Juice & Fruits

Juice: V8 (7g)

Fruits: Banana (25g) - Orange (15g) - Apple (25g)

Seasonal Melon (10g)

Chilled Fruit: Peaches (12g) - Pears (14g) - Applesauce
(12g)

Mandarin Oranges (14g) - Fruit Salad (18g)

Yogurt

Regular: Plain (12g)

Lite: Strawberry (14g) - Peach (14g)

Cereal

Hot: Oatmeal (14g) - Cinnamon Oatmeal (14g)

Cream of Wheat (12g)

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

Crispy Rice (16g) Raisin Bran (25g) - Rice Chex (16g)

Breakfast Entrees

Eggs: Scrambled - Egg Whites

Omelet: Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Spinach

Peppers - Mushroom - Turkey - Swiss Cheese

Pancakes: Buttermilk (26g) - Blueberry Pancake (29g)

Banana Pancake (34g)

French Toast: Plain (23g) - Blueberry (26g) - Banana (30g)

Egg Sandwich

Bread - Kaiser Roll (43g)

Cheese: Swiss

Meat: Fresh Sliced Turkey

Breakfast Bakery

Muffins: Blueberry (29g) - Corn (29g)

Bagels: Plain (47g) - Sesame (47g) - Whole Wheat (47g)

Kaiser Roll (43g)

Choice of: Smart Balance - Diet Jelly (3g)

Healthy Sandwich Option:

Egg Whites with

Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll
(45g)

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



LUNCH & DINNER

Hot Entree's

Chicken Francaise: Sautéed in a Lemon White Wine Sauce (4g)

Grilled Chicken Parmesan (4g)

Oven Roasted Turkey: Served with Gravy

Broiled Flounder: Dressed with Garlic Lemon Herb (8g)

Baked Salmon (8g)

Home Made Meatloaf: Served with Gravy (5g)

Sliced Roast Beef

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes (13g)

From The Grill

Hamburger - Grilled Marinated Chicken

Black Bean Burger - Grilled Cheese Sandwich

Choice of Bread (*per slice): *Rye Bread (19g) - *Whole Wheat Bread (14g)

Whole Wheat Burger Bun (28g) - *Sliced White Bread (14g)

Regular Burger Bun (31g)

Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms

Pasta Bar

Choice of Pasta: Penne (28g) - Linguini (20g)

Whole Wheat Penne (28g)

Choice of Sauce: Meat Sauce - Marinara Sauce (8g)

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: Chopped Romaine Lettuce

Seasonal Baby Field Greens - Baby Hand Picked Spinach

Choice of (1) Protein: Garden Seasoning

Marinated Grilled Chicken - Sliced Flank Steak - Tofu

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

Cherry Tomatoes - Green Peppers - Croutons (5g) - Walnut Pcs (2g) - Sliced

Cucumbers - Chickpeas (5g) - Sliced Mushrooms - Sunflower Seeds (3g)

Dressings: Lite Italian - Olive Oil and Vinegar - Lite Ranch (4g)

Cold Plates / Entrée Salads

Cottage Cheese Plate: Cottage Cheese and Fresh Seasonal Fruit (36g)

Fresh Fruit Plate with Plain Yogurt (38g)

Crudités & Hummus Salad (6g): Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots)

Served with Creamy Hummus Dip

Deli Specials

Classic Tuna / Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef Sandwich

Choice of Bread (*per slice): *Sliced White (14g)

*Sliced Whole Wheat (14g) - Kaiser Roll (43g)

*Sliced Seedless Rye (19g) - Wrap (52g) - Plain Bagel (47g)

Whole Wheat Kaiser Roll (45g)

Choice of Toppings: Lettuce - Tomato - Swiss Cheese

Condiments: Mustard - Lite Mayo

SOUPS, SIDES & DESSERTS

Soups

Soups: Campbell's Tomato (21g) - Chicken Rice (12g)
Lentil Soup (28g) - Pasta Fagioli (41g)

Broths: Beef (2g) - Chicken (2g) - Vegetable (2g)

Sides:

Choice of: Baked Potato (32g) - Dinner Roll (14g) - Baked
Steak Fries (40g)-Mashed Potatoes (13g)

Mashed Sweet Potatoes (12g) - Brown Rice (12g)

Steamed White Rice (14g) - Stuffing (10g) - Baby Carrots

Broccoli - Corn (11g)

Green Beans - Cuban Style Black Beans (veg.) (19g)

Sides Salads:

Garden - Cottage Cheese (6g) - Spanish Slaw

Vegetable Sticks - Crackers & Peanut Butter (21g)

Cucumber Slices-Hummus and Veggie Stick Side Salad (3g)

Desserts

Choice of: Angel Food Cake (28g) -Chocolate Angel Food
Cake (29g)

Fresh Marinated Fruit Salad (18g)

Chilled Fruit: Peaches (12g) - Pears (14g) - Applesauce (12g)
Mandarin Oranges (14g)

Cookies: Graham Crackers (11g)

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

Ice Cream: Sugar Free Vanilla (18g)

Pudding: Sugar Free Vanilla (13g)

Sugar Free Chocolate (13g)



Stony Brook **Medicine**

CARDIAC CARBOHYDRATE

CONTROL DIET:

Your physician has ordered a diabetic diet for you which is carbohydrate controlled. Foods which contain carbohydrates include fruits, breads and starchy foods, dairy products, (except cheese), and sweets.

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 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.



Stony Brook Medicine