

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

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

Hot Chocolate: Sugar Free (11g)

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

Soda: Diet Ginger-Ale - Seltzer

Juice: V8 (6g)

Condiments

Coffee Creamer - Splenda - Equal - Sweet & Low - Lemon Juice - Peanut Butter (5g) - Ketchup (3g) - Herb Seasoning Pepper - Diet Jelly (2g) - Lite Cream Cheese (1g) Smart Balance - Sugar - Diet Syrup (4g) Parmesan Cheese Salsa (2g) - BBQ Sauce (8g)

Fruits

Fruit: Banana (27g) - Orange (15g) - 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 (12g)

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

Crispy Rice (16g) Raisin Bran (28g) - Rice Chex (16g)

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

Breakfast Entrees (Please Choose 1)

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

Omelet: Regular - Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Spinach

Peppers - Mushroom - Turkey - Swiss Cheese

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

Banana (34g)

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

Breakfast Bakery

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

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

Kaiser Roll (47g)

Healthy Sandwich Option:

Egg Whites with

Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll
(48g)

*g = grams of carbohydrates



Stony Brook Medicine

LUNCH & DINNER

Hot Entree's

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce (4g)
Grilled Chicken Parmesan: layered with Marinara and Mozz.(4g)
Oven Roasted Turkey: Served with Gravy
Broiled Cod: Served with Breadcrumbs, Garlic & Lemon (8g)
Baked Salmon: Served with Breadcrumbs, Garlic & Lemon(8g)
Home Made Meatloaf with Gravy (7g)
Sliced Roast Beef Served with Mushroom Gravy
Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes (13g)
Hot Roast Beef on Ciabatta Roll with Caramelized Onions (55g)

From The Grill

Hamburger - Grilled Marinated Chicken - Turkey Burger
Black Bean Burger - Grilled Cheese Sandwich
Choice of Bread (*per slice): Rye Bread (16g) - Whole Wheat (13g)
White (13g) - Whole Wheat Burger Bun (28g) - Regular Burger Bun (30g)

Pasta Bar

Choice of Pasta: Penne (30g) - Linguini (31g)
Whole Wheat Penne (30g)
Choice of Sauce: Meat Sauce (7g) - Marinara Sauce (8g) - Garlic & Extra Virgin Olive Oil & White Wine
Choice of Toppings: Mixed Vegetables - Mushrooms - Chicken

*g = grams of carbohydrates

'Shake It Up' Salad Station

Choice of Lettuce: Romaine Lettuce - Seasonal Baby Field Greens
Spinach
Choice of (1) Protein: Marinated Grilled Chicken - Tofu - Shrimp
Chilled Salmon - Tuna Salad - Chicken Salad
Choice of (up to 4) Toppings: Sliced Red Onions
Cherry Tomatoes - Bell Peppers - Croutons (5g) - Walnuts(2g)
Cucumbers - Chickpeas (5g) - Mushrooms - Sunflower Seeds (3g)

Dressings: Fat Free Italian (1g) - Diet Italian - Olive Oil
Red Wine Vinegar - Lite Ranch(4g)

Cold Plates

Cottage Cheese Plate (37g): Cottage Cheese and Fresh Seasonal Fruit
Fresh Fruit & Yogurt Plate (40g): Seasonal Fruit served with Lite Vanilla Yogurt
Crudités & Hummus Salad (4g): 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): *White (13g) - *Whole Wheat (13g)
Kaiser Roll (47g) - *Seedless Rye (16g) - Tortilla Wrap (58g)
Choice of Toppings: Lettuce - Tomato - Swiss Cheese

SOUPS, SIDES & DESSERTS

Soups

Campbell's Tomato Soup (20g) - Chicken & Rice Soup (26g)
Lentil Soup (18g) - Pasta Fagioli (41g)
Broths: Beef (2g) - Chicken (2g) - Vegetable (2g)

Sides

Baked Potato(21g) - Dinner Roll(20g) - Baked Steak Fries
(22g) - Mashed Potatoes (15g) -Mashed Sweet Potatoes (17g)
Brown Rice (12g) - Steamed White Rice (14g) - Stuffing (10g)
Baby Carrots - Broccoli - Corn (11g) - Green Beans - Cuban
Style Black Beans (veg.) (15g) - Garden Salad - Cottage
Cheese (6g) - Spanish Slaw - Penne (Plain)(30g)
Vegetable Sticks - Cracker & Peanut Butter (19g)
Cucumber Slices - Hummus and Carrot Sticks (3g)

Desserts

Angel Food Cake (28g) - Chocolate Angel Food Cake (29g)

Fruit: Peaches (14g) - Pears (18g) - Applesauce (12g)
Mandarin Oranges (13g) - Grapes (16g) - Fruit Salad (18g)
Apple (25g) - Banana (27g) - Orange (12g)

Cookies: Graham Crackers (11g)

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

Ice Cream: Sugar-Free Vanilla (20g)

Pudding: Sugar Free Vanilla (13g)
Sugar Free Chocolate (13g)

Lemon Italian Ice (17 g)

*g = grams of carbohydrates

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.

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: _____

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