

# 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)

## Fruits

**Fruit:** Banana (27g) - Orange (12g) - 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, Hard-boiled eggs, Cereal and Bagels

## Breakfast Entrees (Please Choose 7)

**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

## Condiments

Coffee Creamer - Splenda - Equal - Sweet & Low - Lemon  
Juice - Ketchup (3g) - Herb Seasoning - Pepper  
Diet Jelly (2g) - Lite Cream Cheese (1g) - Smart Balance  
Sugar - Diet Syrup (10g) Parmesan Cheese - Salsa (2g)  
BBQ Sauce (8g)



**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
- 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 (22g)- 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)
- Choice of Toppings:** Lettuce - Tomato - Sautéed Mushrooms
- Sautéed Onions - Swiss Cheese

## Pasta Bar

- Choice of Pasta:** Penne (30g) - Linguini (31g)
- Gluten-Free Red Lentil Rotini (51g)
- 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 (2g) - 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
- Crudité's & 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***

LS Tomato Basil (21g) - Campbell's Tomato Soup (25g)  
Chicken & Rice Soup (12g)  
(Soups listed above served with one pack of saltines)

Lentil Soup (18g) - Pasta Fagioli (41g)

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

## ***SIDES:***

Baked Potato (21g) - Dinner Roll (15g)

Baked Steak Fries (25g) - Mashed Potatoes (15g)

Mashed Sweet Potatoes (19g) - Brown Rice (12g)

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

GF Red Lentil Pasta (17g) - Baby Carrots - Broccoli

Corn (11g) - Green Beans

Cuban Style Black Beans (veg.) (15g) - Garden Salad

Cottage Cheese (6g) - Spanish Slaw - Penne (Plain)

Vegetable Sticks - 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)**



# 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: \_\_\_\_\_

1/23

