

1. Dial 8-DINE (extension 8-3463) between the hours of 7 am - 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.

DIET:**Carbohydrate-Controlled**

Your physician has ordered a carbohydrate-controlled diet for you. Foods which contain carbohydrates include fruits, breads, starchy vegetables, dairy products (except cheese), and sweets. Menu items containing carbohydrates are labeled with the number of grams they contain. Your Call Center Operator will be happy to suggest items to meet your carbohydrate goal for each meal.

To place your order, please choose:One (1) **Main Course**Four (4) **Sides (Breakfast)**Four (4) or Five (5) **Sides (Lunch & Dinner)**Three (3) **Beverages**

During your stay at Stony Brook Hospital, your diet is ordered by your doctor and may change a few times due to tests treatment or surgery.

g = grams of carbohydrates

BEVERAGES**Coffee:** Regular | Decaffeinated**Tea:** Regular - Decaffeinated | Chamomile | Fresh | Brewed Iced Tea**Hot Chocolate:** No Added Sugar (1g)**Milk:** Whole (7g) | Skim (7g) | Lactaid (13g) | Vanilla Soy (18g)**Soda:** Diet Ginger Ale | Seltzer**Juice:** V8 (6g) | Tomato (7g)**CONDIMENTS**

Salt | Pepper | Herb Seasoning | Splenda | Equal | Sweet & Low |
Diet Syrup (10g) | Coffee Creamers | Ketchup (3g) | Peanut Butter (5g)
| Smart Balance Butter | Diet Jelly (2g) | Pickles | Mayonnaise |
Lite Mayonnaise | Sour Cream (1g) | BBQ Sauce (8g) |
Lite Cream Cheese (1g)

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long: Scrambled Eggs, Hard-Boiled Eggs, Omelets, Cereal and Plain Bagels.

We Need Your Feedback!

If you receive a patient satisfaction survey in the mail, please fill it out and return it. Your opinion counts!

Please call 8-3463 (8-DINE) to place your meal order

6/23

Eggs: Scrambled | Egg Whites | Hard Boiled Egg**Omelet:** Egg | Egg White**Choice of (4) Toppings:** Red Onions | Broccoli | Baby Spinach | Peppers | Mushroom | Ham | Turkey |

Swiss Cheese | American Cheese

Pancakes: Buttermilk (26g) | Blueberry (29g) | Banana (34g)**French Toast:** Plain (23g) | Blueberry (26g) | Banana (30g)**EGG SANDWICH:****Choice of Eggs:** Egg | Egg Whites**Choice of Bread:** Kaiser Roll (47g) | Whole Wheat Kaiser Roll (48g)**Choice of Cheese:** American | Swiss**Choice of Meat:** Ham | Sausage Patty |

Fresh Sliced Turkey

Chef's Healthy Sandwich Option:

Scrambled Egg Whites, Fresh Turkey & Lacy Swiss on
Whole Wheat Kaiser Roll (48g)

SIDE ITEMS (CHOOSE 4)**FRUIT:****Whole Fruit:** Banana (27g) | Orange (12g) | Apple (25g) | Grapes (14g)**Chilled Fruit:** Peaches (14g) | Pears (18g) | Applesauce (12g) |

Mandarin Oranges (13g) | Fruit Salad (18g) | Seasonal Melon (10g)

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 BAKERY (please choose 1 item only):**Muffins:** Blueberry (29g) | Corn (29g)**Bagels:** Plain (47g) | Sesame (47g) | Whole Wheat (47g) | Everything (47g)**Kaiser Roll** (47g) | Whole Wheat Kaiser Roll (48g)**ADDITIONAL SIDES:** Sausage Patty | Turkey Sausage Links
Home Fries (14g)

Lunch, Dinner, & Dessert

HOT LUNCH

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

Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese (4g)

Oven Roasted Turkey: Served with Gravy

Baked Salmon : Served with Breadcrumbs, Garlic & Lemon (8g) [ψ](#)

White Fish: Oven roasted served with Garlic & Lemon sauce [ψ](#)

Home Made Meatloaf with Gravy (7g)

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

Fajitas: Choice of Sautéed Chicken (24g), Shrimp (24g), or Tofu (27g)

Macaroni & Cheese: Served in a Creamy Cheese Sauce (24g)

Panini: Fresh Mozzarella, Basil, & Tomato (52g)

[ψ](#) *Our fresh fish is locally sourced and cut on Long Island*

PASTA BAR:

Choice of Pasta: Penne(30g) | Linguini(31g) |

Gluten-Free Red Lentil Rotini(51g)

Choice of Sauce: Vodka(5g) | Meat(7g) | Butter |

Marinara(8g) | Garlic, Extra Virgin Olive Oil & White Wine

Choice of Toppings: Mixed Vegetables | Mushrooms | Chicken

FROM THE GRILL:

Hamburger | Grilled Marinated Chicken | Turkey Burger (*Antibiotic-Free!*) | **Black Bean Burger** (22g)

Grilled Cheese Sandwich

Main Course

‘SHAKE IT UP’ SALAD STATION:

Choice of Lettuce: Romaine Lettuce | Seasonal Baby Field Greens | Spinach

Choice of (1) Protein: Baked Shrimp | Marinated Grilled Chicken | Tofu(2g) | Chilled Salmon [ψ](#)

Tuna Salad | Chicken Salad

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

Cherry Tomatoes | Bell Peppers | Croutons(5g) | Walnut(2g) |

Black Olives | Sliced Cucumbers | Chickpeas(5g) | Mushrooms | Sunflower Seeds(3g)

COLD PLATES:

Cottage Cheese and Fresh Seasonal Fruit Plate(37g)

Fresh Fruit Plate with Lite Vanilla Yogurt(40g)

Crudités & Hummus Salad: Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots)

Served with Creamy Hummus(4g)

DELI SPECIALS:

Grilled Chicken Caesar Wrap: Marinated Grilled Chicken

Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing (58g)

Classic Tuna / Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roast 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 | American | Swiss

PIZZA (106G) - 1/2 PIZZA (53G):

Individual Personal Cheese Pizza

Choice of Toppings: Plain | Peppers | Mushrooms

Pepperoni | Red Onion | Black Olives | Broccoli

SOUPS:

LS Tomato Basil(21g) | Campbell’s Cream Tomato Soup (25g) | Chicken & Rice Soup(12g)

(Soups listed above served with one pack of saltines)

Lentil Soup(28g) | Pasta Fagioli(41g)

Broth: Beef(2g) | Chicken(2g) | Vegetable(2g)

SIDES:

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

Baked Steak Fries(25g) | Mac & Cheese(12g) |

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) | Crackers & Peanut Butter(19g)

Side Salads: Garden | Cottage Cheese(6g) |

Spanish Slaw | Vegetable Sticks | Macaroni Salad(21g) | Potato Salad(23g) | Cucumber Slices, Hummus and

Veggie Stick Side Salad(3g)

Desserts:

Angel Food Cake(28g)

Chocolate Angel Food Cake(29g)

Fruit: Peaches(14g) | Pears(18g) | Applesauce(12g) |

Mandarin Oranges(13g) | Grapes(14g) |

Fresh Marinated 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)

Diet Pudding: Vanilla(13g) | Chocolate(13g) |

Rice Pudding(14g)

Lemon Italian Ice (17g)