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.

How to Place an Order

Room Number:_________ Date:_________ Name:__________________

Breakfast

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(30g)
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)

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
**Main Course**

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

**Choice of (1) Protein:** Baked Shrimp | Marinated Grilled Chicken | Tofu(2g) | Chilled Salmon

**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(7g) | Baby Carrots | Broccoli | Corn(1g) | 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)
- Ice Cream: Sugar-Free Vanilla (20g)
- Diet Pudding: Vanilla(13g) | Chocolate(13g) | Rice Pudding(14g)
- Lemon Italian Ice (17 g)

**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 Bread crumbs, Garlic & Lemon (8g)
- **White Fish:** Oven roasted served with Garlic & Lemon sauce
- **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)

*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 Marinaded Chicken | Turkey Burger (Antibiotic-Free) | Black Bean Burger (22g)
- **Grilled Cheese Sandwich**

**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

**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)

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

**Olive Oil & White Wine**

**Choice of Toppings:** Mixed Vegetables | Mushrooms | Sunflower Seeds(3g)

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- **Broth:** Beef(2g) | Chicken(2g) | Vegetable(2g)
- **Sides:**
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