

# BREAKFAST

## BEVERAGES

**Coffee:** Regular | Decaffeinated

**Tea:** Regular | Decaffeinated | Chamomile | Fresh-Brewed Unsweetened Iced Tea

**Hot Chocolate:** No Sugar Added (11g)

**Milk:** Whole (7g) | Skim (7g) | Lactaid (14g) | Vanilla Soy Milk (18g)

**Juice:** Tomato (7g) | V8 (6g)

**Soda:** Diet Ginger Ale | Seltzer

## CONDIMENTS

Butter | Smart Balance | Ketchup (3g) | Diet Jelly (3g) | Lite Cream Cheese (1g) | Peanut Butter (5g) | Salt | Pepper

Coffee Creamers | Splenda | Equal | Sweet & Low | Diet Syrup (5g) | Lemon Juice | Herb Seasoning | Salsa (2g)

Sour Cream (2g) | Mustard | Mayonnaise | Light Mayonnaise | BBQ Sauce (8g) | Tartar Sauce (2g)

Fresh Lemon Wedge

## MAIN COURSE (please choose 1)

**Eggs:** Scrambled | Scrambled Egg Whites | Hard-Boiled Eggs (2ea)

**Omelet:** Egg | Egg White

**Choice of 4 Toppings:** Red Onions | Broccoli | Spinach | Peppers | Mushrooms

Ham or Turkey | American Cheese or Swiss Cheese

**Pancakes (1pc):** Buttermilk (18g) | Blueberry (24g) | Banana (32g)

**French Toast (1pc):** Plain (27g) | Blueberry (33g) | Banana (41g)

## EGG SANDWICH

**Bread:** Kaiser Roll (43g) | Whole Wheat Kaiser Roll (38g)

**Choice of Cheese:** American or Swiss

**Choice of Meat:** Ham | Sausage Patty | Fresh Sliced Turkey

**Chef's Healthy Sandwich Option:** Egg Whites, Turkey & Lacy Swiss on a Whole Wheat Kaiser Roll (38g)

## SIDE ITEMS (please choose 4 total)

**Whole Fruit:** Banana (27g) | Orange (15g) | Apple (25g) | Grapes (10g) | Seasonal Melon (10g)

**Chilled Fruit:** Peaches (14g) | Pears (18g) | Applesauce (12g) | Mango Orange Applesauce (16g)

Mandarin Oranges (13g) | Fruit Salad (20g)

## YOGURT:

**Lite:** Strawberry (13g) | Peach (13g) | Vanilla (13g) | Blueberry (13g) Plain (12g)

## CEREAL:

**Hot:** Oatmeal(14g)|Cinnamon Oatmeal (14g)| Cream of Wheat (12g)| Instant Cream of Wheat (21g)

Instant Oatmeal (18g)

**Cold:** Crispy Rice (16g) | Corn Flakes (18g) | Raisin Bran (28g) | Rice Chex (16g) | Cheerios (14g)

## BREAKFAST BAKERY (please choose 1 item only):

**Muffins:** Blueberry (29g) | Corn (29g) | Low-Fat Blueberry (29g) | Low-Fat Banana (30g)

**Bagels:** Plain (47g) | Sesame (47g) | Everything (47g) | Whole Wheat (47g)

## ADDITIONAL SIDES

Pork Sausage Patty | Turkey Sausage Links | Home Fries (20g) | Hard-Boiled Egg | 1/2 portion Scrambled Eggs

**\*Breakfast Ends Daily at 10:00AM\***

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

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.

## 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**

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.**

### **We Need Your Feedback!**

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

Your opinion counts!

9/23

NAME: \_\_\_\_\_



**Stony Brook Medicine**

# LUNCH & DINNER

## MAIN COURSE

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce (4g)  
**Grilled Chicken Parmesan:** Layered with Marinara Sauce & Mozzarella Cheese (4g)  
**Oven Roasted Turkey with Gravy**  
**Baked Salmon:** Served with Breadcrumbs, Garlic & Lemon (1g)  
**Baked White Fish:** Oven Roasted with Garlic & Lemon  
**Homemade Meatloaf with Gravy** (7g)  
**Grilled Marinated Chicken Breast**  
**Fajitas:** Choice of Chicken (24g), Shrimp (24g), or Tofu (26g)  
**Quesadillas:** Chicken (24g), Black Bean (45g), or Plain Cheese (24g)  
**Macaroni & Cheese:** Served in a Creamy Cheese Sauce (25g)  
**Fresh Mozzarella, Basil & Tomato Panini** (52g)  
**Sliced Roast Beef with Mushroom Gravy**  
**Hot Roast Beef with Caramelized Onions on a Ciabatta Roll** (48g)

## PASTA BAR

**Choice of Pasta:** Penne (36g) | Linguini (50g) | Gluten Free Red Lentil Pasta (45g)  
**Choice of Sauce:** Marinara (8g) | Meat Sauce (7g) | Butter | Vodka Sauce (5g) |  
Garlic, Extra Virgin Olive Oil & White Wine  
**Choice of Toppings:** Mixed Vegetables | Mushrooms | Chicken | Tofu (2g)

## FROM THE GRILL

**Hamburger | Grilled Marinated Chicken | Turkey Burger** (*Antibiotic Free!*)  
**Black Bean Burger** (26g) | **Grilled Cheese Sandwich**  
**Choice of Bread (\*carbs per slice):** White (14g) | Whole Wheat (13g) | Seeded Rye (16g) | Hamburger Bun (30g) | Whole Wheat Burger Bun (28g)  
**Choice of Toppings:** Lettuce | Tomato | Sautéed Mushrooms | Sautéed Onions | American Cheese or Swiss Cheese

## SHAKE IT UP' SALAD STATION

*(Create your own Main Course Gourmet Salad)*  
**Choice of Lettuce:** Romaine | Field Greens | Spinach  
**Choice of (1) Protein:** Grilled Chicken | Tofu (2g) | Chilled Salmon | Chicken/Tuna Salad | Shrimp  
**Choice of (up to 4) Toppings:** Red Onions | Cherry Tomatoes | Bell Peppers | Croutons (5g)  
Walnuts (2g) | Cucumbers | Chickpeas (5g) | Sliced Mushrooms | Sunflower Seeds (3g)  
Shredded Parmesan Cheese  
**Dressings:** Olive Oil | Red Wine Vinegar | Fat Free Italian (1g) | Diet Italian | Fat Free Ranch (4g)  
Light Caesar Dressing (3g)

## PIZZA

**1/2 Personal Cheese Pizza (53g) with:**  
**Choice of Toppings:** Plain | Peppers | Mushrooms | Pepperoni | Red Onions | Black Olives | Broccoli

# DIET: Carbohydrate-Controlled

## COLD PLATES

**Fresh Fruit Plate with Light Vanilla Yogurt (38g) or Plain Yogurt (35g)**  
**Cottage Cheese and Fresh Seasonal Fruit Plate (33g)**  
**Crudités & Hummus Platter:** Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip (16g)

## DELI SPECIALS

**Chicken Caesar Salad Wrap:** Marinated Grilled Chicken, Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing (55g)  
**Chicken Salad | Tuna Salad | Oven Roasted Turkey | Slow-Cooked Roast Beef**  
**Choice of Bread (per slice):** White (14g) | Whole Wheat (13g) | Seeded Rye (16g)  
Kaiser Roll (43g) | Tortilla Wrap (52g)  
**Choice of Toppings:** Lettuce | Tomato | Swiss Cheese | American Cheese

# SOUPS, SIDES & DESSERTS

## SOUP

**(Soup with a packet of crackers adds an additional 5g)**  
Campbell's Cream of Tomato Soup (19g) | Chicken & Rice Soup (10g) | Lentil Soup (20g)  
Pasta Fagioli (25g) | Low-Sodium Tomato Basil Soup (16g)  
**Broth:** Beef (2g) | Chicken (2g) | Vegetable (2g)

## SIDES

Baked Potato (32g) | Wheat Dinner Roll (15g) | Baked Steak Fries (25g) | Mac & Cheese (12g)  
Mashed Potatoes (14g) | Mashed Sweet Potatoes (22g) | Brown Rice (14g) | Steamed White Rice (15g)  
Stuffing (11g) | GF Red Lentil Pasta (20g) | Baby Carrots | Broccoli | Corn (14g) | Green Beans  
Cuban Style Black Beans (veg.) (15g) | Crackers & Peanut Butter (20g) | Sautéed Spinach  
Garden Salad | Cottage Cheese (6g) | Spanish Slaw | Vegetable Sticks | Macaroni Salad (23g)  
Potato Salad (25g) | Carrots & Hummus (4g) | Cucumber Slices | Penne Pasta (plain) (18g)

## DESSERTS

**Angel Food Cake (28g) | Chocolate Angel Food Cake (29g)**  
**Fruit:** Banana (27g) | Orange (15g) | Apple (25g) | Grapes (10g) | Seasonal Melon (10g) | Pears (18g)  
Applesauce (12g) | Orange Mango Applesauce (16g) | Peaches (14g)  
Mandarin Oranges (13g) | Fruit Salad (20g)  
**Cookies:** Graham Crackers (11g)  
**Gelatin:** (Sugar-Free) Strawberry (2g) | Orange (2g)  
**Ice Cream:** No Sugar Added Vanilla (20g) | No Sugar Added Chocolate (18g)  
**Fruit Ice:** No Sugar Added Lemon (20g)  
**Pudding:** No Sugar Added Vanilla (13g) | No Sugar Added Chocolate (13g)  
No Sugar Added Rice Pudding (14g)