How to Place an Order

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.

Room Number:________ Date:________

**Breakfast**

\[
g = \text{grams of carbohydrates}
\]

**Beverages**

- **Coffee:** Regular | Decaffeinated
- **Tea:** Regular - Decaffeinated | Chamomile | Fresh | Brewed Iced Tea
- **Hot Chocolate:** No Added Sugar (19g)
- **Milk:** Whole (7g) | Skim (7g) | Lactaid (14g) | 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

**Main Course**

(please choose 1 item only):

- Eggs: Scrambled | Egg Whites | Hard Boiled Egg
- Eggs: Scrambled | Egg Whites | Hard Boiled Eggs (2ea)
- Omelet: Egg | Egg White
- Choice of (4) Toppings: Red Onions | Broccoli | Baby Spinach | Peppers | Mushroom | Ham | Turkey | Swiss Cheese | American Cheese
- Pancakes (1pc): Buttermilk (18g) | Blueberry (24g)
- Banana (32g) | French Toast (1pc): Plain (27g)
- Blueberry (33g) | Banana (41g)

**Egg Sandwich:**

- Choice of Eggs: Egg | Egg Whites
- Choice of Bread: Kaiser Roll (43g) | Whole Wheat Kaiser Roll (38g)
- 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 (38g)

**Side Items (choose 4)**

**Fruit:**

- Whole Fruit: Banana (27g) | Orange (15g) | Apple (25g) | Grapes (10g)
- Chilled Fruit: Peaches (14g) | Pears (18g) | Applesauce (12g)
- Mandarin Oranges (13g) | Fruit Salad (20g) | Seasonal Melon (10g)

**Yogurt:**

- Lite Strawberry (13g) | Peach (13g) | 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) Low Fat Banana (30g)
- Bagels: Plain (47g) | Sesame (47g) | Whole Wheat (47g)
- Everything (47g)
- Kaiser Roll (43g) | Whole Wheat Kaiser Roll (38g)

**Additional Sides:** Sausage Patty | Turkey Sausage Links | Home Fries (20g)
**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
- **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 (33g)**
- **Fresh Fruit Plate with Lite Vanilla Yogurt (40g)**
- **Crudités & Hummus Platter:** Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus (16g)

DELI SPECIALS:

- **Grilled Chicken Caesar Wrap:** Marinated Grilled Chicken Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing (55g)
- **Classic Tuna / Chicken Salad Sandwich**
- **Oven Roasted Turkey Sandwich**
- **Slow Cooked Roast Beef Sandwich**

- **Choice of Bread (per slice):** White(14g) | Whole Wheat(13g) | Kaiser Roll(43g) | Seedless Rye(16g) | Tortilla Wrap(52g)
- **Choice of Toppings:**
  - Lettuce | Tomato | American | Swiss
  - 1/2 Pizza (53g): Individual Personal

**Cheese Pizza**

- **Choice of Toppings:** Plain | Peppers | Mushrooms
- Pepperoni | Red Onion | Black Olives | Broccoli

**Soups:**

- LS Tomato Basil (16g) | Campbell's Cream Tomato Soup (19g) | Chicken & Rice Soup (10g)
  - (Soup with 1 pack of crackers adds an additional 5g)
- Lentil Soup (20g) | Pasta Fagioli (25g)

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

**Sides:**

- Baked Potato (32g) | 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)

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

- Spanish Slaw | Vegetable Sticks | Macaroni Salad (21g) | Potato Salad (23g) | Cucumber Slices | Hummus and Carrots (4g)

**Desserts:**

- Angel Food Cake (28g) | Chocolate Angel Food Cake (29g)
- Peaches (14g) | Pears (18g) | Applesauce (12g)
- Mandarin Oranges (13g) | Grapes (10g)
- Fresh Marinated Fruit Salad (20g) | Apple (25g) | Banana (27g) | Orange (15g)

**Cookies:** Graham Crackers (1g)

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

**Ice Cream:** No Sugar Added Vanilla (20g)

**Pudding:** No Sugar Added Vanilla (13g) | Chocolate (13g) | Rice Pudding (14g)

**Lemon Italian Ice** (20 g)