

# BREAKFAST

## **Beverages:**

**Coffee:** Regular - Decaffeinated

**Tea:** Regular - Decaffeinated - Chamomile  
Fresh Brewed Ice Tea

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

**Milk:** Whole (7g) - Skim (7g) - Lactaid (13g)  
Vanilla Soy (18g)

**Soda:** Diet Ginger-Ale - Seltzer

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

## **Condiments:**

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

## **Side Items: (Please Choose 4)**

### **Fruits:**

**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 (21g)

**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 (9g)

## **Breakfast Entrees: (Please Choose 1)**

**Eggs:** Scrambled - Egg Whites - Hard Boiled Egg

**Omelet:** Egg - Egg White

**Choice of 4 Toppings:** Red Onions - Broccoli - 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 Egg:** 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

## **Healthy Sandwich Option:**

Scrambled Egg Whites

Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll  
(48g)

\*g = grams of Carbohydrates

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels



**Stony Brook Medicine**

# LUNCH & DINNER

## Hot Entree's

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

**Grilled Chicken Parmesan:** Layered with Marinara & Mozz (4g)

**Oven Roasted Turkey:** Served with Gravy

**Baked Salmon:** Served with breadcrumbs, Garlic & Lemon (8g)

**Home Made Meatloaf:** Served 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)

## 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 Bread (13g) \*White (13g)

Regular Burger Bun (30g) - Whole Wheat Burger Bun (28g)

**Choice of Toppings:** Lettuce - Tomato - Sautéed Mushrooms

Sautéed Onions - Swiss Cheese or American Cheese

## Pasta Bar

**Choice of Pasta:** Penne (30g) - Linguini (31g)

Gluten-Free Red Lentil Rotini (51g)

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

Marinara Sauce (8g) - Garlic & Extra Virgin Olive Oil & White Wine

**Choice of Toppings:** Mixed Vegetables - Mushrooms - Chicken

## Pizza (106g) - 1/2 Pizza (53g):

**Individual Personal Cheese Pizza**

**Choice of Toppings:** Peppers - Mushrooms - Pepperoni

Red Onion - Black Olives - Broccoli

## "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)

**Dressings:** Lite Italian (1g) - Olive Oil - Red Wine Vinegar

## Cold Plates

**Cottage Cheese and Fresh Seasonal Fruit Plate (37g)**

**Fresh Fruit Plate with Lite Vanilla Yogurt (40g)**

**Crudité's & Hummus Salad (4g):** Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots)

Served with Creamy Hummus

## Deli Specials

**Grilled Chicken Caesar Wrap (58g):** Marinated Grilled Chicken,  
Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing

**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) \*Sliced Seedless Rye (16g) - Tortilla Wrap (58g)

**Choice of Toppings:** Lettuce - Tomato - American Cheese

Swiss Cheese

\*g = grams of Carbohydrates



# SOUPS, SIDES & DESSERTS

## **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 (40g)

Mac & Cheese (12g) - Mashed Potatoes (15g)

Mashed Sweet Potatoes (17g) - 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) - 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) - Diet Rice Pudding (14g)

**Lemon Italian Ice** (17 g)

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

3/22



**Stony Brook Medicine**