

# BREAKFAST

## BEVERAGES

**Coffee:** Regular | Decaffeinated

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

**Hot Chocolate:** Sugar Added

**Milk:** Skim | Lactaid | Vanilla Soy Milk | Low-Fat Chocolate Milk

**Juice:** Orange | Apple | Cranberry | Prune | V8

**Soda:** Ginger Ale | Diet Ginger Ale | Seltzer

## CONDIMENTS

Smart Balance | Grape Jelly | Strawberry Jam | Ketchup | Diet Jelly | Pepper | Coffee Creamers | Sugar | Splenda | Equal Sweet & Low | Syrup | Diet Syrup | Honey | Lemon Juice | Herb Seasoning | Mustard | Light Mayonnaise

## 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 | Turkey | Swiss Cheese

**Pancakes:** Buttermilk | Blueberry | Banana

**French Toast:** Plain | Blueberry | Banana

## EGG SANDWICH

**Bread:** Kaiser Roll

**Choice of Cheese:** Swiss

**Choice of Meat:** Fresh Sliced Turkey

## SIDE ITEMS (please choose 4 total)

**Whole Fruit:** Banana | Orange | Apple | Grapes | Seasonal Melon

**Chilled Fruit:** Peaches | Pears | Applesauce | Orange Mango Applesauce | Mandarin Oranges

Fruit Salad

## YOGURT:

**Lite :** Strawberry | Peach | Vanilla | Blueberry | Plain

## CEREAL:

**Hot:** Oatmeal | Cinnamon Oatmeal | Cream of Wheat | Instant Oatmeal | Instant Cream of Wheat

**Cold:** Rice Krispies | Raisin Bran | Cheerios

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

**Muffins:** Low-Fat Blueberry | Low-Fat Banana

**Bagel (1/2):** Plain

**Breads:** White | Wheat | Rye | Kaiser Roll

## ADDITIONAL SIDES

Home Fries | Hard-Boiled Egg | 1/2 portion Scrambled Eggs

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:

# Cardiac, Low-Sodium

Your physician has ordered a cardiac diet for you. It is designed to be heart healthy and follows the American Heart Association guidelines. It is low in fat/saturated fat and salt.

**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 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: \_\_\_\_\_

DATE/ROOM #: \_\_\_\_\_

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

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



# LUNCH & DINNER

DIET: Cardiac

## MAIN COURSE

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce  
**Grilled Chicken Parmesan:** Layered with Marinara Sauce & Mozzarella Cheese  
**Oven Roasted Turkey with Gravy**  
**Baked Salmon:** Served with Breadcrumbs, Garlic & Lemon  
**Baked White Fish:** Oven Roasted with Garlic & Lemon  
**Homemade Meatloaf with Gravy**  
**Grilled Marinated Chicken Breast**  
**Hot Roast Beef on Ciabatta Roll with Caramelized Onions**  
**Sliced Roast Beef with Mushroom Gravy**

## PASTA BAR

**Choice of Pasta:** Penne | Linguini | Gluten-Free Red Lentil Pasta  
**Choice of Sauce:** Marinara | Meat | Garlic, Extra Virgin Olive Oil & White Wine  
**Choice of Toppings:** Mixed Vegetables | Mushrooms | Chicken | Tofu

## FROM THE GRILL

**Hamburger | Grilled Marinated Chicken | Grilled Swiss Cheese Sandwich**  
**Choice of Bread:** White | Whole Wheat | Seeded Rye | Hamburger Bun | Whole Wheat Burger Bun  
**Choice of Toppings:** Lettuce | Tomato | Sautéed Mushrooms | Sautéed Onions | 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 | Chilled Salmon | Chicken Salad Tuna Salad  
**Choice of (up to 4) Toppings:** Red Onions | Cherry Tomatoes | Bell Peppers  
Croutons | Walnuts | Cucumbers | Dried Cranberries | Chickpeas  
Sliced Mushrooms | Sunflower Seeds  
  
**Dressings:** Olive Oil | Red Wine Vinegar | Diet Italian

## COLD PLATES

**Fresh Fruit Plate with Vanilla (Regular or Lite) or Plain Yogurt**

## DELI SPECIALS

**Chicken Salad | Tuna Salad | Oven Roasted Turkey | Slow-Cooked Roast Beef**  
**Choice of Bread:** White | Whole Wheat | Seeded Rye | Kaiser Roll  
**Choice of Toppings:** Lettuce | Tomato | Swiss Cheese | American Cheese

# SOUPS, SIDES & DESSERTS

## SOUP

Chicken & Rice Soup | Lentil Soup  
**Broth:** Beef | Chicken | Vegetable

## SIDES

Baked Potato | Dinner Roll | Baked Steak Fries | Mashed Potatoes  
Mashed Sweet Potatoes | Brown Rice | Steamed White Rice | Stuffing |  
Baby Carrots | Broccoli | Corn | Green Beans | Cuban Style Black Beans (veg.)  
Penne with Marinara Sauce | Penne (Plain) | GF Red Lentil Pasta | Garden Salad  
Spanish Slaw | Vegetable Sticks | Cucumber Slices | Hummus & Carrots

## DESSERTS

**Bakery (choose 1):** Angel Food Cake | Chocolate Angel Food Cake  
**Peach Pear Cobbler**  
  
**Fruit:** Banana | Orange | Apple | Grapes | Seasonal Melon | Peaches | Pears |  
Applesauce | Orange Mango Applesauce | Mandarin Oranges | Fruit Salad  
**Cookies:** Fig Newtons | Graham Crackers  
**Gelatin:** (Regular or Sugar-Free) Strawberry | Orange  
**Ice Cream:** No Sugar Added Vanilla | No Sugar Added Chocolate  
**Fruit Ice:** Cherry | Orange | Lemon | No Sugar Added Lemon  
**Pudding:** Vanilla | Chocolate | Rice | No Sugar Added Vanilla | No Sugar Added  
Chocolate