

BREAKFAST

BEVERAGES

Coffee: Regular | Decaffeinated

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

Hot Chocolate: No 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

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

DIET: Cardiac, Low Sodium

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: No Sugar Added Vanilla | No Sugar Added Chocolate
No Sugar Added Rice Pudding