

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.

To place your order, please choose:

One (1) **Main Course**

Up to Five (5) **Sides**

Three (3) **Beverages**

1. Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone, between the hours of 7am and 7pm.
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 specifically prepared meal will be served to you 60-90 minutes of your request.

SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for your diet. If you are on a special or restricted diet, our Room Service Associate would be happy to assist you with your meal selection. For your safety, we will accept your menu selections 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!

NAME/ROOM#: _____

DIET: Cardiac



CBORD Patient 
The CBORD Group, Inc

Facility ID: sbuh11794



Enjoy Seamless Dining at Your Fingertips!

To get started:

1. Scan the QR code, download, and install the app.
2. Create your account and log in, entering the Facility ID (**sbuh11794**), the patient's Billing ID (or Encounter #), and Date of Birth
3. Start exploring a selection of options to meet your nutritional needs and place your order effortlessly
4. Our self-ordering Patient app may not be suitable for your diet order. Please call our Call Center to speak with a representative who can guide you through your available selections.

BREAKFAST

DIET: Cardiac

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 Tomato | Cranberry | Prune | V8

Soda: Ginger Ale | Diet Ginger Ale Seltzer

CONDIMENTS

Smart Balance | Grape Jelly | Strawberry Jam | Ketchup | Diet Jelly
BBQ Sauce | Pepper | Honey Mustard Lite Cream Cheese
Coffee Creamers | Sugar | Splenda | Equal | Sweet & Low | Syrup
Diet Syrup | Honey Lemon Juice | Herb Seasoning | Salsa | 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 | Whole Wheat Kaiser Roll **Choice of Cheese:**

Swiss Choice of Meat: Fresh Sliced Turkey

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

SIDE ITEMS (please choose 4 total)

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

Chilled Fruit: Peaches | Pears | Applesauce | Fruit Salad

Orange Mango Applesauce | Mandarin Oranges

YOGURT:

Lite : Strawberry | Peach | Vanilla | Blueberry | Plain

CEREAL:

Hot: Oatmeal | Cinnamon Oatmeal | Cream of Wheat

Instant Oatmeal | Instant Cream of Wheat

Cold: Rice Krispies | Corn Flakes | Raisin Bran | Rice Chex
Cheerios

BREAKFAST BAKERY (please choose 1 item only):

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

Bagels: Plain | Sesame | Everything | Whole Wheat

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

ADDITIONAL SIDES Home Fries | 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

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 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 | Black Bean Burger

Turkey Burger (Antibiotic Free!) | Grilled 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 | Shrimp

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 | Fat Free Italian | Fat Free Ranch

COLD PLATES

**Fresh Fruit Plate with Vanilla (Regular or Lite) or Plain Yogurt
Cottage Cheese and Fresh Seasonal Fruit Plate Crudités &
Hummus Platter:** Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip

DELI SPECIALS

Chicken Salad | Tuna Salad | Oven Roasted Turkey

Slow-Cooked Roast Beef

Choice of Bread: White | Whole Wheat | Seeded Rye | Kaiser Roll
Tortilla Wrap

Choice of Toppings: Lettuce | Tomato | Swiss Cheese | American Cheese

Breakfast Ends Daily at 10:00AM

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

SOUPS, SIDES & DESSERTS

SOUP

Chicken & Rice Soup | Lentil Soup | Pasta Fagioli |

Low-Sodium Tomato Basil 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 | Cottage Cheese | 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: Lorna Doones | 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 | No Sugar Added Rice Pudding