

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 | 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 | 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 | 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

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

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.

- This diet includes lean meats and meat substitutes: Fruits/vegetables and low fat or fat/free dairy products.
- Foods high in saturated fat and cholesterol will be limited such as whole milk, cheese, butter, fatty and fried meats.
 - Foods high in salt will be limited such as cured meats, bacon, hot dogs, sausage, and canned soups
- All menu items reflect heart healthy guidelines being reduced in sodium and fat.

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#: _____



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 | Turkey Burger (*Antibiotic Free!*)
Black Bean Burger | 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

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