

# BREAKFAST

## Beverages:

**Coffee:** Regular - Decaffeinated

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

**Hot Chocolate:** No Added Sugar (10g)

**Milk:** Whole (7g) - 1% (7g) - Skim (7g) - Lactaid (13g) - Soy (18g)

**Diet Ginger-Ale - Seltzer**

## Juice & Fruits:

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

**Fruits:** Banana (25g) - Orange (15g) - Apple (25g)

Seasonal Melon (10g)

**Chilled Fruit:** Peaches (12g) - Pears (14g) - Applesauce (12g)

Mandarin Oranges (14g) - Fruit Salad (18g)

## Yogurt:

**Regular:** Plain (12g)

**Lite:** Strawberry (13g) - Peach (13g)

## Cereal:

**Hot:** Oatmeal (14g) - Cinnamon Oatmeal (14g) Cream of Wheat (12g)

Cream of Wheat Package (20g)

**Cold:** Corn Flakes (18g) - Cheerios (14g) Crispy Rice (16g)

Raisin Bran (25g) - Rice Chex (16g)

## Breakfast Bakery:

**Muffins:** Blueberry (29g) - Corn (29g)

**Bagels:** Plain (47g) - Sesame (47g) - Whole Wheat (47g)

**Kaiser Roll** (43g) - Whole Wheat Kaiser Roll (45g)

**Choice of:** Smart Balance - Diet Jelly (3g) - Cream Cheese (1g)

Lite Cream Cheese (1g) - Peanut Butter (6g)

## Breakfast Entrees:

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

Omelet: Egg - Egg White

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

Peppers - Mushroom - Diced Ham - Turkey - Cheese

**Pancakes:** Buttermilk (26g) - Blueberry Pancake (29g)

Banana Pancake (34g)

**French Toast 2 Pieces: Plain** (46g) - Blueberry (49g)

Banana (54g)

**French Toast 1 Pieces: Plain** (23g) - Blueberry (26g)

Banana (30g)

## Egg Sandwich:

**Choice of Bread** - Kaiser Roll (43g)

Whole Wheat Kaiser Roll (45g)

**Choice of Cheese:** American - Swiss

**Choice of Meat:** Ham - Sausage Patty - Fresh Sliced Turkey

## Sides:

**Sides:** Sausage Patty - Turkey Sausage Links - Home Fries (9g)

## **Healthy Sandwich Option:**

Scrambled Egg Whites

Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll (45g)

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



# LUNCH & DINNER

## Hot Entree's

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

**Grilled Chicken Parmesan (4g)**

**Oven Roasted Turkey:** Served with Gravy

**Broiled Flounder:** Dressed with Garlic Lemon Herb (8g)

**Baked Salmon (8g)**

**Home Made Meatloaf:** Served with Gravy (7g)

**Sliced Flank Steak & Onion Sandwich (54g)**

**Grilled Chicken Paillard:** Served over Sautéed Spinach & Mashed Potatoes (13g)

**Fajitas:** Choice of Sautéed Chicken (24g), Shrimp (24g), or Tofu (27g)

**Macaroni & Cheese: Macaroni in 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 (19g) - \*Whole Wheat Bread (14g) \*Sliced White (14g)

Regular Burger Bun (31g) - Whole Wheat Burger Bun (28g)

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

Swiss Cheese - American Cheese - Sautéed Onions

## Pasta Bar

**Choice of Pasta:** Penne (28g) - Linguini (20g)

Whole Wheat Penne (28g)

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

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

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

Diced Marinated Chicken

**Pizza (8og) - 1/2 Pizza (4og):**

**Individual Personal Cheese Pizza**

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

Red Onion - Black Olives - Broccoli

## Shake It Up Salad Station

*(Create your own Main Course Gourmet Salad)*

**Choice of Lettuce:** Chopped Romaine Lettuce

Seasonal Baby Field Greens -Baby Hand Picked Spinach

**Choice of (1) Protein:** Garden Seasoning - Baked Shrimp

Marinated Grilled Chicken - Sliced Flank Steak - Tofu (3g)

**Choice of (up to 4) Toppings:** Sliced Red Onions

Cherry Tomatoes - Green Peppers - Croutons (5g) - Walnut Pcs (2g)

Sliced Black Olives Sliced Cucumbers - Chickpeas (5g)

Sliced Mushrooms -Sunflower Seeds (3g)

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

## Cold Plates / Entrée Salads

**Cottage Cheese Plate:**

Cottage Cheese and Fresh Seasonal Fruit (36g)

**Fresh Fruit Plate with Plain Yogurt (38g)**

**Crudités & Hummus Salad (6g):** Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots)

Served with Creamy Hummus Dip

## Deli Specials

**Grilled Chicken Caesar Wrap (58g):** Marinated Grilled Chicken,

Romaine Lettuce, Creamy Caesar Dressing

**Classic Tuna / Chicken Salad Sandwich**

**Oven Roasted Turkey Sandwich**

**Slow Cooked Roasted Beef Sandwich**

**Choice of Bread (\*per slice):** \*Sliced White (14g)

\*Sliced Whole Wheat (14g) - Kaiser Roll (43g)

\*Sliced Seedless Rye (19g)-Wrap (52g) - Plain Bagel (47g)

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

Swiss Cheese

**Condiments:** Mayo - Mustard - Lite Mayo - Ketchup (3g) - Sour

Cream (2g)



# SOUPS, SIDES & DESSERTS

## **Soups:**

Soups: Campbell's Tomato (25g) - Chicken Rice (12g)  
Lentil Soup (28g) - Pasta Fagioli (41g)  
Broths: Beef (2g) - Chicken (2g) - Vegetable (2g)

## **Sides:**

Choice of: Baked Potato (32g) - Dinner Roll (15g) - Baked  
Steak Fries (40g) Mac & Cheese (12g) - Mashed Potatoes  
(13g) - Mashed Sweet Potatoes (12g) Brown Rice (12g) -  
Steamed White Rice (14g) - Stuffing (10g) - Baby Carrots -  
Broccoli - Corn (11g) - Green Beans  
Cuban Style Black Beans (veg.) (19g)

## **Sides Salads:**

Garden - Cottage Cheese (6g) - Spanish Slaw  
Vegetable Sticks - Macaroni Salad (21g) - Potato Salad (27g)  
Crackers & Peanut Butter (20g)  
Cucumber Slices, Hummus and Veggie Stick Side Salad (3g)

## **Desserts:**

**Choice of:** Angel Food Cake (28g) - Chocolate Angel Food  
Cake (29g)  
Fresh Marinated Fruit Salad (18g)  
**Chilled Fruit:** Peaches (12g) - Pears (14g) - Applesauce (12g)  
Mandarin Oranges (14g)  
**Cookies:** Graham Crackers (11g)  
**Gelatin:** (Sugar Free) Strawberry (3g) or Orange (2g)  
**Ice Cream:** Sugar Free Vanilla (18g)  
**Pudding:** Sugar Free Vanilla (13g)  
Sugar Free Chocolate (13g)

**Choice of:** Smart Balance - Diet Jelly (3g)  
Cream Cheese (1g)-Lite Cream Cheese (1g)  
Peanut Butter (6g)



Stony Brook **Medicine**

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



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