

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile

Fresh Brewed Ice Tea

Hot Chocolate: Regular - Sugar Free

Milk: 1% - Skim - Lactaid - Soy

Low Fat Chocolate

Ginger-Ale - Seltzer

Juice & Fruits

Juice: Orange - Apple - V8

Fruits: Banana - Orange - Apple - Seasonal Melon

Chilled Fruit: Peaches - Pears - Applesauce

Mandarin Oranges - Fruit Salad

Yogurt

Regular: Plain - Vanilla - Strawberry

Lite: Strawberry - Peach

Cereal

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes - Cheerios - Crispy Rice

Raisin Bran - Rice Chex

Breakfast Entrees

Eggs: Scrambled - Egg Whites

Omelet: Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Spinach

Peppers - Mushroom - Turkey

Pancakes: Buttermilk - Blueberry Pancake - Banana Pancake

French Toast: Blueberry - Banana

Egg Sandwich

Eggs: Egg Whites

Bread - Kaiser Roll - Whole Wheat Kaiser Roll

Cheese: Swiss

Meat: Fresh Sliced Turkey

Breakfast Bakery

Muffins: Blueberry - Corn - Bran Muffin

Bagels: Plain - Sesame - Everything - Whole Wheat - Kaiser Roll

Choice of: Smart Balance - Jelly - Diet Jelly - Lite Cream Cheese-Peanut Butter

Healthy Sandwich Option:

Scrambled Egg Whites

Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



Stony Brook Medicine

LUNCH & DINNER

Hot Entree's

Chicken Francaise:

Sautéed in a Lemon White Wine Sauce

Grilled Chicken Parmesan

Oven Roasted Turkey: Served with Gravy

Broiled Flounder: Dressed with Garlic Lemon Herb

Baked Salmon

Home Made Meatloaf: Served with Gravy

Sliced Roast Beef

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes

Pasta Bar

Choice of Pasta: Penne - Linguini - Whole Wheat Penne

Choice of Sauce: Meat Sauce - Marinara Sauce

Garlic & EVOO & a Touch of White Wine

Choice of Toppings: Mixed Vegetables - Mushrooms

Diced Marinated Chicken

From The Grill

Hamburger - Grilled Marinated Chicken

Black Bean Burger - Grilled Swiss Cheese Sandwich

Choice of Bread: Rye Bread - Sliced Whole Wheat Bread

Sliced White Bread - Regular Burger Bun

Whole Wheat Burger Bun

Choice of Toppings: Lettuce - Tomato

Sautéed Mushrooms-Swiss Cheese - Sautéed Onions

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: Baked Shrimp -

Marinated Grilled Chicken - Sliced Flank Steak - Tofu

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

Cherry Tomatoes - Green Peppers - Croutons - Walnut Pcs

Sliced Cucumbers - Dried Cranberries - Chickpeas

Sliced Mushrooms-Sunflower Seeds

Dressings: Lite Italian - Olive Oil and Vinegar - Lite Ranch

Cold Plates / Entrée Salads

Cottage Cheese Plate: Cottage Cheese and Fresh Seasonal Fruit

Fresh Fruit Plate with Plain Yogurt

Crudités & Hummus Salad: Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots)

Served with Creamy Hummus Dip

Deli Specials

Classic Tuna / Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef

Choice of Bread: Sliced White - Sliced Whole Wheat

Kaiser Roll-Sliced Seedless Rye - Wrap - Plain Bagel

Choice of Toppings: Lettuce - Tomato - Swiss Cheese

Condiments: Mustard - Lite Mayo - Ketchup



SOUPS, SIDES & DESSERTS

Soups

Soups: Campbell's Tomato - Chicken Rice - Lentil Soup - Pasta Fagioli

Broths: Beef - Chicken - Vegetable

Sides

Choice of: Baked Potato - Dinner Roll - Baked Steak Fries - Mashed Potatoes - Mashed Sweet Potatoes - Brown Rice - White Rice Stuffing - Baby Carrots Broccoli - Corn - Green Beans Cuban Style Black Beans (veg.)

Sides Salads Garden - Cottage Cheese

Spanish Slaw - Vegetable Sticks

Cucumber Side Salad - Crackers & Peanut Butter

Hummus & Veggie Stick - Side Salad

Desserts

Choice of: Angel Food Cake

Chocolate Angel Food Cake

Peach Pear Cobbler - Fresh Marinated Fruit Salad

Chilled Fruit: Peaches - Pears - Applesauce

Mandarin Oranges

Cookies: Fig Newton - Graham Crackers

Gelatin: (Regular or Sugar Free) Strawberry or Orange

Ice Cream: Sugar Free Vanilla

Pudding: Sugar Free Vanilla - Sugar Free Chocolate



Stony Brook **Medicine**

CARDIAC DIET:

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

- 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 and cheese, butter, eggs, 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

Room Number: _____ Date: _____

Name: _____

Diet: _____

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.

