

# BREAKFAST

## Beverages

**Coffee:** Regular - Decaffeinated

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

**Hot Chocolate:** Sugar Free

**Milk:** 1% - Skim - Lactaid - Vanilla Soy  
Low Fat Chocolate

**Soda:** Ginger-Ale—Diet Ginger - Ale - Seltzer

**Juice:** Orange - Apple - Cranberry - Prune - V8

## Condiments

Smart Balance - Grape Jelly - Strawberry Jelly - Diet Jelly - Lite  
Cream Cheese - Lemon Juice - Coffee Creamer - Syrup - pepper  
Herb Seasoning—Peanut Butter - Ketchup - Honey -

Honey Mustard - BBQ Sauce - Lite Mayo - Salsa

## Fruit

**Whole Fruit:** Banana - Orange - Apple - Grapes

**Chilled Fruit:** Peaches - Pears - Applesauce

Mandarin Oranges - Fruit Salad - Seasonal Melon

## Yogurt

**Lite:** Strawberry - Peach - Vanilla - Plain

## Cereal

**Hot:** Oatmeal - Cinnamon Oatmeal - Cream of Wheat

**Cold:** Corn Flakes - Cheerios - Rice Krispies

Raisin Bran - Rice Chex

## Breakfast Entrees (please Choice 1)

**Eggs:** Scrambled - Egg Whites - Hard-Boiled eggs (2)

**Omelet:** Egg - Egg White

**Choice of 4 Toppings:** Red Onions - Broccoli - Spinach  
Peppers - Mushroom - Turkey - Swiss Cheese

**Pancakes:** Buttermilk - Blueberry - Banana

**French Toast:** Plain - Blueberry - Banana

## **Healthy Sandwich Option:**

Egg Whites

Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll

## Breakfast Bakery-(please choose 1 item only)

**Muffins:** Blueberry - Corn - Bran

**Bagels:** Plain - Sesame - Everything - 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:** Layered with Marinara & Mozzarella  
**Oven Roasted Turkey Served with Gravy**  
**Broiled Cod:** Dressed with Breadcrumbs, Garlic & Lemon  
**Baked Salmon :** Dressed with Breadcrumbs, Garlic & Lemon  
**Home Made Meatloaf Served with Gravy**  
**Sliced Roast Beef with Mushroom Gravy**  
**Sliced Flank Steak & Onion Sandwich:** Served on a Ciabatta Roll  
**Grilled Chicken Paillard:** Served over Sautéed Spinach & Mashed Potatoes  
**Grilled Marinated Flank Steak**

## Pasta Bar

**Choice of Pasta:** Penne - Linguini - Whole Wheat Penne  
**Choice of Sauce:** Meat - Marinara Sauce - Garlic, Extra Virgin Olive Oil & White Wine  
**Choice of Toppings:** Mixed Vegetables - Mushrooms - Marinated Chicken

## From The Grill

**Hamburger - Grilled Marinated Chicken - Turkey Burger**  
**Black Bean Burger - Grilled Swiss Cheese Sandwich**  
**Choice of Bread:** Rye - Whole Wheat - 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

**Choice of (1) Lettuce:** Romaine - Baby Field Greens - Spinach  
**Choice of (1) Protein:** Shrimp - Marinated Grilled Chicken  
Sliced Flank Steak - Tofu  
**Choice of (up to 4) Toppings:** Red Onions - Cherry Tomatoes  
Bell Peppers - Croutons - Walnuts - Cucumbers  
Dried Cranberries - Chickpeas - Sliced Mushrooms  
Sunflower Seeds

**Dressings:** Fat - Free Italian - Lite Italian - Olive Oil  
Red Wine Vinegar - Lite Ranch

## Cold Plates

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

## Deli Specials

**Classic Tuna Sandwich**  
**Chicken Salad Sandwich**  
**Oven Roasted Turkey Sandwich**  
**Slow Cooked Roasted Beef Sandwich**  
**Choice of Bread:** White - Whole Wheat - Kaiser Roll  
Rye - Tortilla Wrap  
**Choice of Toppings:** Lettuce - Tomato - Swiss Cheese

# SOUPS, SIDES & DESSERTS

## Soups

Campbell's Tomato Soup - Chicken & Rice Soup  
Lentil Soup - Pasta Fagioli

**Broths:** Beef - Chicken - Vegetable

## Sides

Baked Potato - Dinner Roll - Baked Steak Fries  
Mashed Potatoes - Mashed Sweet Potatoes  
Brown Rice - Steamed White Rice

Crackers & Peanut Butter - Stuffing - Baby Carrots  
Broccoli - Corn - Green Beans

Cuban Style Black Beans (veg.) - Penne - Penne with  
Marinara Sauce

## Sides Salads

Garden - Cottage Cheese  
Spanish Slaw - Vegetable Sticks  
Cucumber Slices - Hummus & Veggie Stick

## Desserts

### **Bakery:**

Angel Food Cake - Chocolate Angel Food Cake  
Peach Pear Cobbler

**Fruit:** Peaches - Pears - Applesauce  
Mandarin Oranges - Fresh Marinated Fruit Salad  
Grapes - Apple - Banana - Orange

**Cookies:** Fig Newtons - Graham Crackers

**Gelatin:** (Regular or Sugar Free) Strawberry  
Orange

**Ice Cream:** Sugar-Free Vanilla

**Pudding:** Sugar-Free Vanilla - Sugar-Free Chocolate

**Italian Ice:** Cherry - Lemon - Orange

# 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 90 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.*

