

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile
Fresh Brewed Ice Tea

Hot Chocolate: Sugar-Free

Milk: 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 Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

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



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
Hot Roast Beef on Ciabatta Roll with Caramelized Onions

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes

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
Tofu - Chilled Salmon - Tuna salad - Chicken Salad
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.

7/21

