

# BREAKFAST

## Beverages

**Coffee:** Regular - Decaffeinated

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

**Hot Chocolate:** No Sugar Added(1C)

**Milk:** Whole (1/2C) - Skim (1/2C)

Lactaid (1C) - Soy (1.5C)

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

**Juice:** V8 (1/2 C) - Tomato Juice

## Condiments

Butter - Smart Balance - Diet Jelly - Cream Cheese

Lite Cream Cheese - Peanut Butter (1/2C) - Equal - Splenda

Sweet & Low - Coffee creamer - Pepper - Salt - Herb Seasoning

Lemon Juice - Sour Cream - Salsa - Parmesan Cheese

BBQ Sauce - Mayo - Lite Mayo - Pickles

## Sides

**Sides:** Sausage Patty - Turkey Sausage Links - Home Fries (1C)

## Fruit

**Whole Fruit:** Banana(2C) - Orange(1C) - Apple(2C)

Seasonal Melon(1C)

**Chilled Fruit:** Peaches(1C) - Pears(1C) - Applesauce(1C)

Mandarin Oranges(1C) - Fruit Salad(1C)

## Yogurt

**Lite:** Strawberry(1C) - Peach (1C) - Lite Vanilla (1C)

## Cereal

**Hot:** Oatmeal(1.5C) - Cinnamon Oatmeal(1.5C)

Cream of Wheat(1.5C)

**Cold:** Corn Flakes(1.5C) - Cheerios(1C) - Crispy Rice(1C)

Raisin Bran(2C) - Rice Chex(1C)

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels

## Breakfast Entrees

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

**Omelet:** Whole Egg - Egg White

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

Baby Spinach - Peppers - Mushroom - Diced Ham - Turkey Cheese

**Pancakes (1 Carb each):** Buttermilk - Blueberry - Banana

**French Toast (2 C each):** Plain - Blueberry - Banana

## Egg Sandwich

**Choice of Bread:** Kaiser Roll(3C) - Whole Wheat Kaiser Roll (3C)

**Choice of Cheese:** American - Swiss

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

## Breakfast Bakery

**Muffins:** Blueberry(2C) - Corn(2C)

**Bagels 1/2:** Plain(2C) - Sesame(2C) - Whole Wheat(2C)

Kaiser Roll(3C) - Whole Wheat Kaiser Roll(3C)

**Note: 1C = 1 carb serving or 15 grams**

## Chef's Healthy Sandwich Option:

Egg Whites, Fresh Turkey & Swiss on a Whole Wheat Kaiser Roll(3C)



**Stony Brook Medicine**

# LUNCH & DINNER

Note: 1C = 1 carb serving or 15 grams

## Hot Entree's (Choose 1 Main Course)

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce

**Grilled Chicken Parmesan:** Layered with Marinara Sauce & Mozzarella Cheese

**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**

**Hot Roast Beef on Ciabatta Roll with Caramelized Onions (4C)**

**Grilled Chicken Paillard:** Served over Sautéed Spinach & Mashed Potatoes (1C)

**Fajitas:** Chicken, Shrimp, or Tofu (2C)

**Macaroni & Cheese(2C)**

**Panini:** Fresh Mozzarella, Basil, & Tomato(3C)

## Pasta Bar

**Choice of Pasta:** Penne - Linguini - Whole Wheat Penne (2C)

**Choice of Sauce:** Vodka Sauce - Meat - Butter - Marinara  
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(1C) - Grilled Cheese Sandwich**

**Choice of Bread (\*per slice):** Rye Bread(\*1C) - Whole Wheat (\*1C)

White Bread (\*1C) - Regular Burger Bun (2C)

Whole Wheat Burger Bun (2C)

**Choice of Toppings:** Lettuce - Tomato - Sautéed Mushrooms  
Swiss Cheese - American Cheese - Sautéed Onions

## Pizza (Whole, 5 C - 1/2, 3C)

**Individual Personal Cheese Pizza**

**Choice of Toppings:** Peppers - Mushrooms - Pepperoni  
Red Onion - Black Olives - Broccoli

## 'Shake It Up' Salad Station

**Choice of (1)Lettuce:** Romaine - Baby Field Greens - Spinach

**Choice of (1) Protein:** Baked 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 - Black Olives - Cucumbers  
Chickpeas - Mushrooms - Sunflower Seeds

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

## Cold Plates

**Cottage Cheese Plate:** Cottage Cheese and Fresh Seasonal Fruit  
(1C)

**Fresh Fruit Plate with Lite Vanilla Yogurt (2C)**

**Crudité's & Hummus Salad (1/2C):** Fresh Garden Vegetables  
(Cucumbers, Cherry Tomatoes, Celery & Carrots)  
Served with Creamy Hummus Dip

## Deli Specials

**Grilled Chicken Caesar Wrap (4C):** Marinated Grilled Chicken,  
Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing

**Classic Tuna / Chicken Salad Sandwich**

**Oven Roasted Turkey Sandwich**

**Slow Cooked Roasted Beef**

**Choice of Bread (\*per slice):** White (\*1C) - Whole Wheat (\*1C)  
Kaiser Roll (\*3C) - Seedless Rye (\*1C) - Tortilla Wrap (\*4C)

**Choice of Toppings:** Lettuce - Tomato - American Cheese or  
Swiss cheese



# SOUPS, SIDES & DESSERTS

## Soups

**Soups:** Campbell's Tomato (2C) - Chicken Rice (1C)  
Lentil Soup (2C) - Pasta Fagioli (3C)  
**Broths:** Beef - Chicken - Vegetable

## Sides

Baked Potato (2C) - Dinner Roll (1C)  
Baked Steak Fries (3C) - Mac & Cheese (1C)  
Mashed Potatoes (1C) - Mashed Sweet Potatoes (1C)  
Brown Rice (1C) - Steamed White Rice (1C) - Stuffing (1C)  
Baby Carrots - Broccoli - Corn (0.5C) - Green Beans  
Cuban Style Black Beans (veg.) (1C)  
**Sides Salads** Garden - Cottage Cheese - Spanish Slaw  
Vegetable Sticks - Macaroni Salad (2C) - Potato Salad (2C)  
Crackers & Peanut Butter (1.5C)  
Cucumber Slices - Hummus and Veggie Stick

## Desserts

### Bakery

**Angel Food Cake (2C) - Chocolate Angel Food Cake (2C)**

**Chilled Fruit:** Peaches (1C) - Pears (1C) - Applesauce (1C)  
Mandarin Oranges (1C) - Fresh Marinated Fruit Salad (1C)

**Cookies:** Graham Crackers (1C)

**Gelatin:** (Sugar-Free) Strawberry - Orange

**Ice Cream:** Sugar Free Vanilla (1.5C)

**Pudding:** Sugar-Free Vanilla (1C)  
Sugar-Free Chocolate (1C)

**Lemon Italian Ice (1.5C)**

**Note: 1C = 1 carb serving or 15 grams**

# GESTATIONAL DIABETIC 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.

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

