

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 (1/2C)

Condiments

Butter - Smart Balance - Diet Jelly - Lite Cream Cheese

Peanut Butter (1/2C) - Equal - Splenda - Sweet & Low

Coffee creamer - Pepper - Salt - Herb Seasoning

Lemon Juice - Sour Cream - BBQ Sauce (1C)

Mayo - Lite Mayo - Pickles - Diet Syrup (1C) - Ketchup

Sides

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

Fruit

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

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

Mandarin Oranges(1C) - Fruit Salad(1C) - Seasonal Melon(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 (2 C 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(3C) - Sesame(3C) - Whole Wheat(3C) Everything (3C)

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

Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon (1/2 C)

Home Made Meatloaf Served with Gravy (1C)

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

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

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

Macaroni & Cheese (2C)

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

Pasta Bar

Choice of Pasta: Penne - Linguini

Gluten-Free Red Lentil Rotini (3.5C)

Choice of Sauce: Vodka Sauce (1/2C) - Meat (1/2C) - Butter Marinara (1/2C) - 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 (1.5C) - 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, 7C - 1/2, 3.5C)

Individual Personal Cheese Pizza

'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 (1/2C) - Walnuts - Black Olives - Cucumbers
Chickpeas (1/2C) - Mushrooms - Sunflower Seeds

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

Cold Plates

Cottage Cheese and Fresh Seasonal Fruit Plate: (2.5C)

Fresh Fruit Plate with Lite Vanilla Yogurt (2.5C)

Crudités & 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: Ls Tomato Basil (2C)

Campbell's Cream Tomato Soup (2C) - Chicken Rice (1C)

(Soups listed above served with one pack of saltines)

Lentil Soup (2C) - Pasta Fagioli (3C)

Broths: Beef - Chicken - Vegetable

Sides:

Choice of: 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)

Crackers & Peanut Butter (1.5C) - GF Red Lentil Pasta (1C)

Cucumber Slices - Hummus and Veggie Sticks

Side Salads: Garden - Cottage Cheese - Spanish Slaw

Vegetable Sticks - Macaroni Salad (2C) - Potato Salad (2C)

Note: 1C = 1 carb serving or 15 grams

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)
Grapes (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)
Diet Rice Pudding (1C)

Lemon Italian Ice (1.5C)

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.

3/22

