

BREAKFAST

Beverages

Coffee: Regular – Decaffeinated

Tea: Regular – Decaffeinated – Chamomile
Fresh Brewed Iced Tea

Milk: Whole – 1% – Skim – Lactaid – Vanilla Soy
Low Fat Chocolate Milk

Soft Drink: Ginger-Ale – Diet Ginger-Ale – Seltzer

Juice: Orange – Apple – Tomato – Cranberry
Prune

Condiments

Butter – Smart Balance – Sugar – Cream Cheese

Lite Cream Cheese – Strawberry Jam – Grape Jelly – Diet Jelly

Peanut Butter – Honey – Lemon Juice – Salt – Pepper

Ketchup – Coffee Creamer – Herb Seasoning

Parmesan Cheese – Sour Cream – Salsa

Fruits

Whole Fruit: Banana – Orange – Apple – Grapes

Chilled Fruits: Peaches – Applesauce – Pears

Mandarin Oranges – Fresh Marinated Fruit Salad

Seasonal Melon

Yogurt

Regular: Vanilla – Strawberry

Lite: Strawberry – Peach – Vanilla

Breakfast Entrees (Please Choose 1)

Eggs: Scrambled – Egg Whites – Hard Boiled Eggs (2)

Omelet: Whole Egg – Egg White

Choice of 4 Toppings: Red Onions – Baby Spinach

Peppers – Ham – Broccoli – Mushroom – Turkey

Choice of Cheese: American – Swiss

Gluten-free Breakfast Bakery

Muffin: Udi's Blueberry Muffin

Bread: Plain Bagel Thin – Udi's Whole Grain Roll

White Bread

Cereal

Rice Chex – Cheerios

Sides

Sausage Patty – Turkey Sausage Links – Home Fries

Bruno's Specialty Foods Gluten-Free Breakfast Entrée:

Western Omelet with Home Fries

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



Stony Brook Medicine

LUNCH & DINNER (Choose 1 Main Course)

Hot Entrée

Grilled Chicken Parmesan: Layered with
Marinara Sauce & Mozzarella

Oven Roasted Turkey

Broiled Cod: Dressed with Garlic & Lemon

Sliced Flank Steak

Baked Salmon: Dressed with Garlic & Lemon

Grilled Marinated Chicken Breast

Bruno's Specialty Foods Gluten-Free Entrees:

Cheese Lasagna served with Peas and Mushrooms

Baked Ziti served with Peas and Carrots

From The Grill

**Hamburger - Cheeseburger - Grilled Chicken
Breast**

Choice of Cheese: American - Swiss

Choice of Gluten-Free Bread: White Bread

Bagel Thin

Toppings: Lettuce – Tomato – Sautéed Mushrooms

Sautéed Onion

Shake It Up Salad Station

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Romaine - Seasonal Baby Field
Greens – Spinach

Choice of (1) Protein: Baked Shrimp - Tofu
Marinated Grilled Chicken – Sliced Flank Steak

Choice of (up to 4) Toppings: Red Onions
Cherry Tomatoes – Bell Peppers – Walnuts
Sliced Black Olives - Cucumbers - Dried Cranberries
Chickpeas – Sliced Mushrooms - Sunflower Seeds

Dressings: Lemon Juice - Olive Oil
Red Wine Vinegar

Cold Plates

Fresh Fruit Plate: Served with Vanilla or
Lite Vanilla Yogurt

Hummus Plate: Fresh Garden Vegetables
(Cucumbers, Cherry Tomatoes, Celery & Carrots)
Served with Creamy Hummus Dip

SOUPS, SIDES & DESSERTS

Soups

Soups: Lentil Soup

Broths: Vegetable - Chicken - Beef

Sides

Baked Potato - Steamed Rice - Sautéed Spinach

Mashed Sweet Potatoes - Green Beans - Baby Carrots

Broccoli – Baked Steak Fries – Brown Rice - Corn

Cuban Style Black Beans (vegetarian)

Sides Salad

Hummus & Carrots - Cucumber Slices

Garden Salad

Desserts

Chilled Fruit: Peaches – Pears – Applesauce

Seasonal Melon - Mandarin Oranges

Fresh Marinated Fruit Salad

Whole Fruit: Banana - Apple - Orange - Grapes

Gelatin: (Regular or Sugar Free)

Strawberry - Orange

Ice Cream: Vanilla – Chocolate

Pudding: Vanilla – Chocolate – Rice



Stony Brook **Medicine**

GLUTEN RESTRICTED DIET

Your physician has ordered a gluten restricted diet for you. This diet does not allow wheat, rye, barley or oats in any form. Gluten is a protein found in these grains. Gluten can also be hidden in many food additives and other ingredients including modified food starch, hydrolyzed vegetable or plant protein and malt .

The following is a good resource for additional information on gluten restricted diets.

Celiac Disease Foundation

www.celiac.org

Phone# 818-990-2354

Email cdf@celiac.org

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.



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