

# 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

## *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

**Bruno's™ Specialty Foods Gluten-Free Breakfast Entrée:**

Western Omelet with Home Fries

## *Sides*

Sausage Patty – Turkey Sausage Links – Home Fries

## *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

## *Gluten-free Breakfast Bakery*

**Muffin:** Udi's Blueberry Muffin

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

## *Cereal*

Rice Chex – Cheerios

## *Condiments*

Butter – Smart Balance – Sugar – Cream Cheese

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

Peanut Butter – Honey – Lemon Juice – Salt – Pepper

Coffee Creamer – Herb Seasoning – Parmesan Cheese

Sour Cream – Salsa

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



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# 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

**Grilled Cheese Sandwich:**

Gluten-Free White Bread with:

**Choice of Cheese:** American - Swiss

**Choice of Toppings:** Tomato - Sautéed Mushrooms

Sautéed Onions

## Shake It Up Salad Station

**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



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# 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

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



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# 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](http://www.celiac.org)

Phone# 818-990-2354

Email [cdf@celiac.org](mailto: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.*

8/20



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