

BREAKFAST

BEVERAGES

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Chamomile | Fresh-Brewed Unsweetened Iced Tea

Hot Chocolate: No Sugar Added (1C)

Milk: Whole (1/2C) | Skim (1/2C) | Lactaid (1C) | Vanilla Soy Milk (1.5C)

Soda: Diet Ginger Ale | Seltzer

CONDIMENTS

Butter | Smart Balance | Ketchup | Diet Jelly | Lite Cream Cheese | Salt | Pepper Coffee Creamers | Splenda | Equal

Sweet & Low | Diet Syrup (1C) | Lemon Juice | Herb Seasoning | Salsa

Sour Cream | Mustard | Mayonnaise | Light Mayonnaise | Fresh Lemon Wedge

MAIN COURSE (please choose 1)

Eggs: Scrambled | Scrambled Egg Whites | Hard-Boiled Eggs (2 ea)

Omelet: Egg | Egg White

Choice of 4 Toppings: Red Onions | Broccoli | Spinach | Peppers | Mushrooms

Ham or Turkey | American Cheese or Swiss Cheese

Pancakes (1pc): Buttermilk (2C) | Blueberry (2C) | Banana (3C)

French Toast (1pc): Plain (3C) | Blueberry (3C) | Banana (4C)

EGG SANDWICH

Bread: Kaiser Roll (3C) | Whole Wheat Kaiser Roll (3C)

Choice of Cheese: American or Swiss

Choice of Meat: Ham | Sausage Patty | Fresh Sliced Turkey

Chef's Healthy Sandwich Option: Egg Whites, Turkey & Lacy Swiss on a Whole Wheat Kaiser Roll (3C)

SIDE ITEMS (please choose 4 total)

Whole Fruit: Banana (2C) | Orange (1C) | Apple (2C) | Grapes (1C) | Seasonal Melon (1C)

Chilled Fruit: Peaches (1C) | Pears (1C) | Applesauce (1C) | Mango Orange Applesauce (1C)

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

YOGURT:

Lite: Strawberry (1C) | Peach (1C) | Vanilla (1C) | Blueberry (1C) | Plain (1C)

CEREAL:

Hot: Oatmeal(1.5C) | Cinnamon Oatmeal (1.5C) | Cream of Wheat (1C)

Cold: Crispy Rice (1C) | Corn Flakes (1.5C) | Raisin Bran (2C) | Rice Chex (1C) | Cheerios (1C)

BREAKFAST BAKERY (please choose 1 item only):

Muffins: Blueberry (3C) | Corn (2C) | Low-Fat Blueberry (2C) | Low-Fat Banana (2C)

Bagels (1/2): Plain (2C) | Sesame (2C) | Everything (2C) | Whole Wheat (2C)

**All diets 2300kcal may have a whole bagel (3C)*

ADDITIONAL SIDES

Pork Sausage Patty | Turkey Sausage Links | Home Fries (2C) | Hard-Boiled Egg

1/2 portion Scrambled Eggs

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long. Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels

During your stay at Stony Brook Hospital, your diet is ordered by your doctor and may change a few times due to tests, treatment or surgery.

DIET:

Gestational Diabetic

Your physician has ordered a carbohydrate-controlled diet for you. Foods which contain carbohydrates include fruits, breads, starchy vegetables, dairy products (except cheese), and sweets. Menu items containing carbohydrates are labeled with the number of grams they contain. Your Call Center Operator will be happy to suggest items to meet your carbohydrate goal for each meal.

To place your order, please choose:

One (1) **Main Course**

Up to Five (5) **Sides**

Three (3) **Beverages**

Dial 8-3463 (8-DINE), or (631) 444-3463 from your cell phone, between the hours of 7am and 7pm.

Identify yourself to the Room Service Associate, who will verify your name, room number, and the diet ordered by your physician.

Place your order. Your specifically prepared meal will be served to you 60-90 minutes of your request.

SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for your diet. If you are on a special or restricted diet, our Room Service Associate would be happy to assist you with your meal selection. For your safety, we will accept your menu selections after your physician has entered your diet order.

For your safety, we will accept your menu selections only after your physician has entered your diet order.



LUNCH & DINNER

MAIN COURSE

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce
Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese
Oven Roasted Turkey with Gravy
Baked Salmon: Served with Garlic & Lemon
Baked White Fish: Oven Roasted with Garlic & Lemon
Homemade Meatloaf with Gravy (1/2C)
Grilled Marinated Chicken Breast
Fajitas: Choice of Chicken (2C), Shrimp (2C), or Tofu (2C)
Macaroni & Cheese: Served in a Creamy Cheese Sauce (2C)
Fresh Mozzarella, Basil & Tomato Panini (3C)
Sliced Roast Beef with Mushroom Gravy
Hot Roast Beef with Caramelized Onions on a Ciabatta Roll (3C)

PASTA BAR

Choice of Pasta: Penne (2C) | Linguini (3C) | Gluten Free Red Lentil Pasta (3C)
Choice of Sauce: Marinara (1/2C) | Meat Sauce (1/2C) | Butter | Vodka Sauce (1/2C)
Garlic, Extra Virgin Olive Oil & White Wine
Choice of Toppings: Mixed Vegetables | Mushrooms | Chicken | Tofu

FROM THE GRILL

Hamburger | Grilled Marinated Chicken | Turkey Burger (*Antibiotic Free!*)
Black Bean Burger (1.5C) | **Grilled Cheese Sandwich**
Choice of Bread (per slice): White (1C) | Whole Wheat (1C) | Seeded Rye (1C) | Hamburger Bun (2C)
Whole Wheat Burger Bun (2C)
Choice of Toppings: Lettuce | Tomato | Sautéed Mushrooms | Sautéed Onions | American Cheese or Swiss Cheese

SHAKE IT UP' SALAD STATION

(Create your own Main Course Gourmet Salad)
Choice of Lettuce: Romaine | Field Greens | Spinach
Choice of (1) Protein: Grilled Chicken | Tofu (2g) | Chilled Salmon | Chicken/Tuna Salad | Shrimp
Choice of (up to 4) Toppings: Red Onions | Cherry Tomatoes | Bell Peppers | Croutons
Walnuts | Cucumbers | Chickpeas | Sliced Mushrooms | Sunflower Seeds | Parmesan Cheese

Dressings: Olive Oil | Red Wine Vinegar | Fat Free Italian | Diet Italian | Fat Free Ranch
Light Caesar Dressing

PIZZA

Whole (5C) or 1/2 Personal Cheese Pizza (3C) with:
Choice of Toppings: Plain | Peppers | Mushrooms | Pepperoni | Red Onions | Black Olives | Broccoli

DIET: Gestational Diabetic

COLD PLATES

Fresh Fruit Plate with Light Vanilla Yogurt (2C) or **Plain Yogurt** (2C)
Cottage Cheese and Fresh Seasonal Fruit Plate (2C)
Crudités & Hummus Platter: Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip (1/2C)

DELI SPECIALS

Chicken Caesar Salad Wrap: Marinated Grilled Chicken, Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing (4C)
Chicken Salad | Tuna Salad | Oven Roasted Turkey | Slow-Cooked Roast Beef
Choice of Bread (per slice): White (1C) | Whole Wheat (1C) | Seeded Rye (1C)
Kaiser Roll (3C) | Tortilla Wrap (4C)
Choice of Toppings: Lettuce | Tomato | Swiss Cheese | American Cheese

SOUPS, SIDES & DESSERTS

SOUP

Campbell's Cream of Tomato Soup (2C) | Chicken & Rice Soup (1C) | Lentil Soup (2C)
Pasta Fagioli (2C) | Low-Sodium Tomato Basil Soup (1C)
Broth: Beef | Chicken | Vegetable

SIDES

Baked Potato (2C) | Wheat Dinner Roll (1C) | Baked Steak Fries (2C) | Mac & Cheese (1C)
Mashed Potatoes (1C) | Mashed Sweet Potatoes (1C) | Brown Rice (1C) | Steamed White Rice (1C)
Stuffing (1C) | GF Red Lentil Pasta (1C) | Baby Carrots | Broccoli | Corn (1C) | Green Beans
Cuban Style Black Beans (veg.) (1C) | Crackers & Peanut Butter (1C) | Sautéed Spinach
Garden Salad | Cottage Cheese | Spanish Slaw | Vegetable Sticks | Macaroni Salad (2C)
Potato Salad (2C) | Carrots & Hummus | Cucumber Slices | Penne Pasta (plain) (1C)

DESSERTS

Angel Food Cake (2C) | **Chocolate Angel Food Cake** (2C)
Fruit: Banana (2C) | Orange (1C) | Apple (2C) | Grapes (1C) | Seasonal Melon (1C) | Pears (1C)
Applesauce (1C) | Orange Mango Applesauce (1C) | Peaches (1C)
Mandarin Oranges (1C) | Fruit Salad (1C)
Cookies: Graham Crackers (1C)
Gelatin: (Sugar-Free) Strawberry | Orange
Ice Cream: No Sugar Added Vanilla (1C) | No Sugar Added Chocolate (1C)
Fruit Ice: No Sugar Added Lemon (1C)
Pudding: No Sugar Added Vanilla (1C) | No Sugar Added Chocolate (1C)
No Sugar Added Rice Pudding (1C)