

Stony Brook Hospital Distinguished Dining Gluten Restricted

Serving our community one meal at a time!

***Some items on the 'Chef Specials' menu may not be compliant for your diet**

Chef Specials

*NSA= No Sugar Added (Contains Splenda®)

Monday

BREAKFAST: GF French Toast, Pork Sausage

LUNCH: Mediterranean Pork Tenderloin, Fingerling Potatoes, Seasoned Steamed Broccoli

DINNER: Chicken Caprese, GF Pasta with Lemon Basil Pesto, Seasoned Roasted Cauliflower

Tuesday

BREAKFAST: Sunrise Egg Bite, Turkey Sausage, Breakfast Potatoes, Fresh Fruit Salad

LUNCH: Chicken Breast, Turmeric Rice, Seasoned, Fresh Green Beans

DINNER: Yankee Pot Roast, Parslied Potatoes, Seasoned Roasted Vegetables

Wednesday

BREAKFAST: Cheddar Cheese Omelet, Sweet Potato Hash

LUNCH: GF Pasta with Turkey Bolognese, Garden Salad, Seasoned Roasted Brussels Sprouts

DINNER: Baked Lemon Cod, Turmeric Rice, Seasoned Fresh Green Beans

Thursday

BREAKFAST: Swiss Cheese Omelet, Breakfast Potatoes, Fresh Fruit Salad

LUNCH: Grilled Chicken Breast, Seasoned Steamed Broccoli, White Rice, Pears

DINNER: Braised Beef Short Ribs, Homemade Mashed Potatoes, Seasoned Roasted Vegetables

Friday

BREAKFAST: Scrambled Eggs, Hash Browns, Fresh Fruit Salad

LUNCH: Chicken Parmigiana, GF Pasta with Marinara, Seasoned Sautéed Squash Medley

DINNER: Grilled Salmon with Yellow Tomato Relish, Seasoned Grilled Asparagus, Turmeric Rice, Strawberry Cloud Cake

Saturday

BREAKFAST: Scrambled Eggs, Pork Sausage, Peaches

LUNCH: GF Pasta with Turkey Bolognese, Garden Salad

DINNER: Roasted Turkey with Lemon Velouté, Homemade Mashed Potatoes, Glazed Carrots

Sunday

BREAKFAST: Scrambled Eggs, Breakfast Potatoes, Turkey Sausage, Fresh Fruit Salad

LUNCH: Beef Meatloaf, Homemade Mashed Potatoes, Seasoned Green Peas and Carrots

DINNER: GF Pasta with Grilled Chicken, Broccoli and Sundried Tomato, Garden Salad

How to Order

1. Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone.
2. Identify yourself to the Room Service Associate who will verify your name, room number, and diet assigned by your physician.
3. Place your order! Your specially prepared meal will be served to you within 60 - 90 minutes of your request.

For Visitors- HOW TO ORDER FROM THIS MENU

Guests can dine with patients. Please purchase a **Guest Meal Card** at *The Marketplace Café* on **Level 5**.

À la carte

Breakfast - Available 7am to 10am

Main Course

Eggs: Scrambled, Whites, or Hard Boiled (2ea)

Omelet: Plain, Cheddar

Denver Omelet: Cheese, Onions, Bell Peppers

GF French Toast

Breakfast Sides

Breakfast Potatoes, Pork Sausage Link, Turkey Sausage Patty

YOGURT

Regular: Plain, Vanilla, Blueberry, Peach, Strawberry,

Cottage Cheese

Light: Vanilla, Blueberry, Peach, Strawberry

FRUIT

Fresh Fruit: Banana, Orange, Fresh Fruit Salad, Red Grapes, Apple

Fruit Cups: Applesauce, Diced Pears, Mandarin Oranges, Diced Peaches

Gluten-Free Bakery

GF Dinner Roll

GF Bread

GF Burger Bun

GF Bagel Flat

GF Blueberry Muffin

Beverages

Coffee: Regular or Decaf

Tea: Regular, Decaf, Chamomile, Iced Tea

Hot Chocolate: Regular or No Sugar Added

Milk: Whole, Skim, Lactaid®, Vanilla Soy, Low Fat Chocolate

Juice: Orange, Apple, Cranberry, Prune, V8® (low sodium)

Soda: Ginger Ale, Diet Ginger Ale, Seltzer

Gluten Restricted

Lunch and Dinner - Available 11am to 7pm

Main Course

HOT ENTRÉES: Sliced Roasted Turkey, Lemon Baked Salmon, Meatloaf, GF Pasta with Turkey Bolognese

GRILL: Hamburger, Cheeseburger, Grilled Cheese
GF Personal Pizza (plain or pepperoni), Turkey Burger, Black Bean Burger, Grilled Chicken Breast

DELI

Chicken Salad, Tuna Salad, Egg Salad, Turkey, Roast Beef

Cheese: American, Cheddar, Swiss

Side: Cole Slaw, Potato Salad

Soup and Sides

SIDES: Homemade Mashed Potatoes, Mashed Sweet Potatoes, Baked Fries, White Rice, Seasoned Fresh Green Beans, Seasoned Broccoli, Seasoned Carrots

SOUP: Chicken and Rice

Salads

Garden Salad, Caesar Salad (Side or Entree)

*Add Chicken to the Entree size

Chef Salad, Hummus, Vegetables & Crudites

Fruit Plate (NSA Vanilla yogurt, plain yogurt or Cottage Cheese)

Desserts *NSA= No Sugar Added (Contains Splenda®)

Pudding (regular and NSA): Chocolate, Vanilla, Rice

Ice Cream (regular or NSA): Chocolate or Vanilla

Gelatin (Regular or NSA): Strawberry or Orange

Fruit Ice: Cherry, Orange, Lemon, NSA Lemon

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