

# BREAKFAST

## BEVERAGES

**Coffee:** Regular | Decaffeinated

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

**Hot Chocolate:** Regular | No Sugar Added

**Milk:** Whole | Skim | Lactaid | Vanilla Soy Milk | Low-Fat Chocolate Milk

**Juice:** Orange | Apple | Tomato | Cranberry | Prune | V8

**Soda:** Ginger Ale | Diet Ginger Ale | Seltzer

## CONDIMENTS

Butter | Smart Balance | Grape Jelly | Strawberry Jam | Ketchup | Diet Jelly | Cream Cheese

BBQ Sauce | Salt | Pepper | Honey Mustard | Lite Cream Cheese | Peanut Butter

Coffee Creamers | Sugar | Splenda | Equal | Sweet & Low | Syrup | Diet Syrup | Lemon Juice

Herb Seasoning | Salsa | Sour Cream | Mustard | Mayonnaise | Light Mayonnaise

## MAIN COURSE (please choose 1)

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

**Omelet:** Egg | Egg White

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

Ham or Turkey | American Cheese or Swiss Cheese

## SIDE ITEMS (please choose 4 total)

**Whole Fruit:** Banana | Orange | Apple | Grapes | Seasonal Melon

**Chilled Fruit:** Peaches | Pears | Applesauce | Orange Mango Applesauce

Mandarin Oranges | Fruit Salad

## YOGURT:

**Regular:** Vanilla | Strawberry | Plain

**Lite :** Strawberry | Peach | Vanilla | Blueberry

## GLUTEN-FREE BREAKFAST BAKERY (please choose 1 item only):

**Muffins:** Blueberry

**Bagels:** Plain Bagel Thin

**Breads:** Whole Grain Roll | White Bread

## ADDITIONAL SIDES

Pork Sausage Patty | Turkey Sausage Links | Home Fries | Hard-Boiled Egg

1/2 portion Scrambled Eggs

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:

# Gluten-Free

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 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)

**\*Our highly-skilled staff members are trained to accommodate food allergies and intolerances, however our kitchen is not a gluten free facility.\***

### To place your order, please choose:

One (1) **Main Course**

Four (4) **Sides (Breakfast)**

Four (4) or Five (5) **Sides (Lunch & Dinner)**

Three (3) **Beverages**

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.*

### We Need Your Feedback!

If you receive a patient satisfaction survey in the mail, please fill it out and return it.

Your opinion counts

9/23

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

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



# LUNCH & DINNER

**DIET: Gluten-Free**

## MAIN COURSE

**Grilled Chicken Parmesan:** Layered with Marinara Sauce & Mozzarella Cheese

**Oven Roasted Turkey with Gravy**

**Baked Salmon:** Served with Garlic & Lemon

**Baked White Fish Filet:** Oven Roasted with Garlic & Lemon

**Grilled Marinated Chicken Breast**

**Sliced Roast Beef with Mushroom Gravy**

## PASTA BAR

Gluten-Free Red Lentil Pasta

**Choice of Sauce:** Marinara | Meat | Butter | Vodka Sauce

Garlic, Extra Virgin Olive Oil & White Wine

**Choice of Toppings:** Mixed Vegetables | Mushrooms | Chicken | Tofu

## FROM THE GRILL

**Hamburger | Grilled Marinated Chicken | Grilled Cheese Sandwich**

**Choice of Gluten Free Bread:** White | Bagel Thin

**Choice of Toppings:** Lettuce | Tomato | Sautéed Mushrooms | Sautéed Onions

Ham (\*Grilled Cheese Only) | 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 | Chilled Salmon | Chicken Salad

Tuna Salad | Shrimp

**Choice of (up to 4) Toppings:** Red Onions | Cherry Tomatoes | Bell Peppers

Croutons | Walnuts | Cucumbers | Dried Cranberries | Chickpeas | Black Olives

Sliced Mushrooms | Sunflower Seeds

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

## PIZZA

**Individual Personal Gluten-Free Cheese Pizza with:**

**Choice of Toppings:** Plain | Peppers | Mushrooms | Pepperoni | Red Onions | Black Olives | Broccoli

## COLD PLATES

**Fresh Fruit Plate with Vanilla (Regular or Lite) or Plain Yogurt**

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

## DELI SPECIALS

**Chicken Salad | Tuna Salad | Oven Roasted Turkey**

**Slow-Cooked Roast Beef**

**Choice of Bread:** White | Bagel Thin

**Choice of Toppings:** Lettuce | Tomato | Swiss Cheese | American Cheese

# SOUPS, SIDES & DESSERTS

## SOUP

Lentil Soup

**Broth:** Beef | Chicken | Vegetable

## SIDES

Baked Potato | Baked Steak Fries | Mac & Cheese | Mashed Potatoes

Mashed Sweet Potatoes | Brown Rice | Steamed White Rice | Stuffing

Baby Carrots | Broccoli | Corn | Green Beans | Cuban Style Black Beans (veg.)

GF Red Lentil Pasta | Garden Salad | Vegetable Sticks | Cucumber Slices

Hummus & Carrots | Sautéed Spinach

## DESSERTS

**Fruit:** Banana | Orange | Apple | Grapes | Seasonal Melon | Peaches | Pears  
Applesauce | Orange Mango Applesauce | Mandarin Oranges | Fruit Salad

**Gelatin:** (Regular or Sugar-Free) Strawberry | Orange

**Ice Cream:** Vanilla | Chocolate | No Sugar Added Vanilla

No Sugar Added Chocolate

**Fruit Ice:** Cherry | Orange | Lemon | No Sugar Added Lemon

**Pudding:** Vanilla | Chocolate | Rice | No Sugar Added Vanilla

No Sugar Added Chocolate