

# BREAKFAST

## BEVERAGES

**Coffee:** Regular- Decaffeinated

**Tea:** Regular - Decaffeinated - Chamomile

Fresh-Brewed Iced Tea

**Hot Chocolate:** Regular

**Milk:** Whole - Skim - Lactaid - Vanilla Soy

Low-Fat Chocolate

**Soda:** Ginger-Ale - Diet Ginger-Ale - Seltzer

**Juice:** Orange - Apple - Prune - Cranberry - Tomato - Grape Juice

## CONDIMENTS

Jelly - Butter - Cream Cheese - Peanut Butter

## FRUIT

Banana - Orange - Apple - Applesauce

## YOGURT

**Regular:** Vanilla - Strawberry

**Lite:** Vanilla - Strawberry - Peach

## CEREAL

**Hot:** Oatmeal - Cinnamon Oatmeal - Cream of Wheat

**Cold:** Corn Flakes - Crispy Rice - Cheerios - Raisin Bran - Rice Chex

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels

## MAIN COURSE *(Please choose 1)*

### Pre-Packed Halal Breakfast Entrée:

Omelet with Pancakes (\*contains cream cheese)

**Egg Omelet:** Egg or Egg Whites

**Choice of 4 Toppings:** Red Onions - Broccoli - Spinach - Peppers  
Mushrooms - American Cheese or Swiss Cheese

**Hard Boiled Eggs (2)**

### Pre-Packaged Kosher Breakfast Entrees:

Texas-Style French Toast with Maple Syrup

Egg Omelet served with Diced Home-fried Potatoes

## BREAKFAST BAKERY

**Bagel:** Lender's Plain Bagel

**Bread:** Kosher White

Dial 8-3463 (8-DINE) from 7 am to 7 pm to place order



**Stony Brook Medicine**

# LUNCH & DINNER

## Halal Meal Packs

*PRE-PACKAGED FROZEN HALAL MEALS THAT ARE HEATED IN OUR  
MICROWAVE*

**Tandoori Chicken with Rice:** Halal Chicken Thighs, Basmati Rice & Lentils with Tandoori Spice Blend

**Biryani Chicken with Rice:** Halal Chicken Thighs, Basmati Rice & Lentils with Biryani Spice Blend

**Lubiah Stew with Beef & Rice:** Halal Ground Beef, Basmati Rice, Tomatoes, Green Beans, Garbanzo Beans, Onions and Spices

## KOSHER MEAL PACK

*THE FOLLOWING ENTREES ARE PRE-PACKAGED FROZEN KOSHER ITEMS THAT ARE HEATED IN THE MICROWAVE.*

**Roasted Chicken:** served with Roasted Potatoes & Green Beans

**Yankee-Style Pot Roast:** served with Bowtie Noodles, Green Beans & Sliced Carrots

**Roasted Turkey:** served with Sweet Potatoes & Green Peas

**Salisbury Steak:** served with Creamy Mashed Potatoes, Green Peas & Carrots

**Baked Fish with Lemon:** served with Rice Pilaf & Green Beans

**Vegetable-Stuffed Pepper:** served with penne pasta, green beans & carrots

**Bruno's™ Specialty Foods Gluten-Free Cheese Lasagna:**

Cheese Lasagna served with Peas & Mushrooms

**Bruno's™ Specialty Foods Gluten-Free Baked Ziti:**

Baked Ziti served with Peas & Carrots

**Tuna:** (Individual Can)

*THE FOLLOWING ENTREES ARE MADE IN HOUSE AND DO NOT CONTAIN ANY  
CHICKEN, BEEF, OR PORK.*

**Broiled Flounder:** Dressed with Breadcrumbs, Garlic, Lemon & Herbs

**Baked Salmon**

**Cheese Quesadillas:** Black Bean or Plain Cheese

**Macaroni & Cheese:** Served in a Creamy Cheese Sauce

**Panini:** Fresh Mozzarella, Basil, & Tomato

## PASTA BAR

**Choice of Pasta:** Penne - Linguini - Whole Wheat Pasta

**Choice of Sauce:** Vodka Sauce - Butter Sauce - Marinara  
Garlic, Extra Virgin Olive Oil & White Wine

**Choice of Topping:** Mixed Vegetables - Mushrooms

## PIZZA

**Individual Personal Cheese Pizza**

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

## Shake It Up' Salad Station

*(All of our salads are made in house with fresh produce.)*

**Choice of Lettuce:** Romaine Lettuce - Baby Field Greens - Spinach

**Choice of (up to 5) Toppings:** Sliced Red Onions - Cherry Tomatoes  
Bell Peppers - Croutons - Walnuts - Black Olives - Cucumbers  
Dried Cranberries - Chickpeas - Mushrooms - Sunflower Seeds

## COLD PLATES

**Cottage Cheese Plate:** Cottage Cheese and Fresh Seasonal Fruit

**Yogurt Plate:** Seasonal Fruit served with Vanilla Yogurt (Light or  
Regular)

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



# SIDES & DESSERTS

## SIDES

Baked Steak Fries - Baked Potato - Mashed Potatoes

Mashed Sweet Potatoes - Baby Carrots - Broccoli - Green Beans

Cuban Style Black Beans - Corn - Steamed White Rice

Brown Rice - Stuffing - Mac & Cheese - Penne with Marinara Sauce

Plain Penne - Dinner Roll - Vegetable Sticks - Cucumber Slices

Hummus & Veggie Sticks - Spanish Slaw - Macaroni Salad

Potato Salad - Cottage Cheese - Peanut Butter & Crackers

## DESSERTS

**Lemon Pound Cake - Angel Food Cake - Brownie - Cheese Cake**

**Chocolate Angel Food Cake - Peach Pear Cobbler**

**Low-Fat Chocolate Mousse**

**Chilled Fruit:** Peaches - Pears - Applesauce - Mandarin Oranges

Fruit Salad - Grapes - Seasonal Melon

**Cookies:** Chocolate Chip - Oatmeal Raisin - Lorna Doone

Fig Newtons - Graham Crackers

**Ice Cream:** Vanilla - Chocolate - Sugar-Free Vanilla

**Fruit Ice:** Cherry - Orange - Lemon

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# How to Place an Order

## DIET:

## Halal

Although our kitchen is not Halal certified, we offer a variety of items that are vegetarian as well as a variety of items that are Kosher. We hope that these items will meet your needs.

Our menu provides a variety of pre-packaged Kosher entrées from Spring Valley, based in Goshen, NY. If you have any questions regarding our Kosher

services, please contact your nurse who can direct you to the

Hospital's Chaplain and Rabbi of Young Israel of

Huntington: (631) 275-2936.

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 90 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.*

Room Number: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Diet: \_\_\_\_\_

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