

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

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

Choice of Soup: Campbell's Tomato Soup - Lentil Soup - Vegetable Broth

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

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



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: _____

7/22



Stony Brook Medicine