

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 | Honey Lemon Juice | Herb Seasoning | Salsa | Sour Cream | Mustard | Mayonnaise | Light Mayonnaise

MAIN COURSE (please choose 1)

PREPACKAGED HALAL BREAKFAST ENTRÉE

Omelet with Pancakes (*Contains cream cheese)

PREPACKAGED KOSHER BREAKFAST ENTRÉE

Texas-Style French Toast with Maple Syrup

Egg Omelet Served with Diced Home-Fried Potatoes

PREPARED IN-HOUSE (Prepared on the same grill as non-halal items)

Pancakes: Buttermilk | Blueberry | Banana

French Toast: Plain | Blueberry | Banana

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)

EGG SANDWICH

Choice of: Kaiser Roll | Whole Wheat Kaiser Roll

Choice of Cheese: American Cheese | Swiss Cheese

SIDE ITEM (Please choose 4)

FRUIT: Whole Fruit: Banana | Orange | Apple

Chilled Fruit: Peaches | Pears | Applesauce | Mandarin Oranges | Fruit Salad | Seasonal Melon | Grapes
Orange Mango Applesauce

YOGURT: Regular: Vanilla | Plain | Strawberry* (Contains Kosher gelatin)

Lite* (All Contain Kosher gelatin): Vanilla | Strawberry | Peach | Blueberry

CEREAL: Hot: Oatmeal | Cinnamon Oatmeal | Cream of Wheat

Cold: Corn Flakes | Crispy Rice | Cheerios | Raisin Bran | Rice Chex

BREAKFAST BAKERY:(Please Choose 1)

Bagel: Lender's Plain Bagel

Muffins: Blueberry | Corn | Bran | Low Fat Blueberry

Bagels: Plain | Sesame | Everything | Whole Wheat **Rolls:** Kaiser Roll | Whole Wheat Kaiser Roll

ADDITIONAL SIDES: 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:

DIET: Halal (حلال)

السَّلَامُ عَلَيْكُمْ

Asalamulikum, welcome to Stony Brook University Hospital. Although our kitchen is not Halal certified, we offer Halal pre-packaged entrees purchased from *Midamar*. The company is located in Cedar Rapids,

IA . Currently the only *Zabiha* halal item we carry from them is beef. The halal poultry entrees are not *zabiha* halal. We also carry Kosher pre-packaged entrees and a variety of vegetarian/vegan items. The Kosher pre-packaged entrees are from Spring Valley , based in Goshen, NY. The house-made vegetarian/vegan items may be prepared on cooking equipment which is used to prepare the non-halal/meat items. Your nurse can direct you to the Hospital's Chaplin service During the month of Ramadhan, dates may be available, upon request.

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

NAME: _____



Lunch & Dinner

MAIN COURSE: 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

*Zabiha halal

KOSHER MEAL PACKS

The following entrees are pre-packaged frozen kosher items that are heated in our 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 portion)

The following entrees are made in house and do not contain any chicken, beef, or pork.

Baked Salmon Filet: Served with Breadcrumbs, Garlic & Lemon

Baked White Fish Filet: Served with Garlic & Lemon

Black Bean Burger (contains egg & milk products) ✨

Hamburger Bun | Whole Wheat Burger Bun

Grilled Cheese Sandwich ✨

Choice of Bread: Seedless Rye | Whole Wheat | White

Choice of Toppings: Lettuce | Tomato | Sautéed Mushrooms | Sautéed Onions | American Cheese or Swiss Cheese

Cheese Quesadillas: Black Bean or Plain Cheese ✨

Macaroni & Cheese: elbows served in a Creamy Cheese Sauce

Panini: Fresh Mozzarella, Basil, & Tomato ✨


Fajitas: Shrimp |  Tofu ✨

PIZZA Individual Personal Cheese with:

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

PASTA BAR

Choice of Pasta: Penne | Linguini | Gluten-Free Red Lentil Pasta

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

Choice of Topping: Mixed Vegetables | Mushrooms | Tofu

*Does not contain vodka  Cooking wine, alcohol is cooked off

DIET: Halal

COLD ENTREE

'SHAKE IT UP' SALAD STATION

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

Choice of Lettuce: Romaine Lettuce | Spinach | Seasonal Field Greens

Protein(1): Tuna Salad | Baked Shrimp | Chilled Salmon | Tofu

Choice of (up to 4) Toppings: Sliced Red Onions | Walnuts | Cherry Tomatoes | Bell Peppers | Croutons | Black Olives | Cucumbers | Dried Cranberries | Chickpeas | Mushrooms | Sunflower Seeds

DELI SPECIALS

Classic Tuna Sandwich

Choice of Bread: White | Whole Wheat | Kaiser Roll | Seeded Rye | Tortilla Wrap

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

COLD PLATES

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

Cottage Cheese and Fresh Seasonal Fruit Plate

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

SOUPS, SIDES & DESSERTS

SOUPS

Campbell's Cream of Tomato Soup | Lentil Soup | Pasta Fagioli | Low-Sodium Tomato Basil Soup

Broth: Vegetable

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 | Penne (Plain) Dinner Roll | Vegetable Sticks
Cucumber Slices | Hummus & Carrots | Spanish Slaw | Macaroni Salad | Potato Salad | Cottage Cheese
Peanut Butter & Crackers

DESSERTS

BAKERY (PLEASE CHOOSE 1)

Lemon Pound Cake | **Angel Food Cake** | **Brownie** | **Cheese Cake** | **Chocolate Angel Food Cake**
Peach Pear Cobbler | **Low-Fat Chocolate Mousse**

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

Cookies: Chocolate Chip | Oatmeal Raisin | Lorna Doone | Fig Newton | Graham Crackers

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

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