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)

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 hour 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: ____________________________

Stony Brook Medicine
**MAIN COURSE & 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

*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)
- **Grilled Cheese Sandwich**: Hamburger Bun | Whole Wheat Burger Bun
- **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**: elbow macaroni served in a Cheesy Sauce
- **Panini**: Fresh Mozzarella, Basil, & Tomato
- **Fajitas**: Shrimp & Tofu

**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

**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

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**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

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**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

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**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**

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**DIET: Halal**