

Stony Brook Hospital Distinguished Dining

Serving our Community one meal at a time

***Items on the 'Chef Specials' menu may not be compliant for your diet**

Chef Specials

**IDDSI Level 5: Minced & Moist
& IDDSI 6: Soft & Bite Sized**

Monday

BREAKFAST: Scrambled Eggs with Cheddar Cheese, Sweet Potato Hash, Cream of Wheat®

LUNCH: Roasted Turkey, Homemade Mashed Potatoes, Chopped Broccoli, Brownie

DINNER: Chicken Caprese, Orecchiette Pasta with Lemon Basil Pesto, Seasoned Carrots, Banana Pudding with Nilla® Wafer*

Tuesday

BREAKFAST: Sunrise Egg Muffin, Breakfast Potatoes, Steel Cut Oats, Fresh Fruit Salad

LUNCH: Chef Denise's Chicken Francese, Turmeric Rice, Chopped Green Beans, Cheesecake

DINNER: Yankee Pot Roast, Penne Pasta, Seasoned Carrots, Lemon Bar

Wednesday

BREAKFAST: Cheddar Cheese Omelet, Sweet Potato Hash, Cream of Wheat®

LUNCH: Rigatoni Pasta with Turkey Bolognesem Seasoned Carrots, Cinnamon Dusted Poundcake with Blueberry Sauce

DINNER: Baked Islip Cod Dijon, Turmeric Rice, Chopped Green Beans, Blueberry Crisp*

Thursday

BREAKFAST: Eggs & Cheddar Cheese on an English Muffin, Steel Cut Oats, Fresh Fruit Salad

LUNCH: Chicken Pot Pie, Chopped Broccoli, Chocolate Mousse

DINNER: Braised Beef Short Ribs, Homemade Mashed Potatoes, Seasoned Carrots

Friday

BREAKFAST: Egg Brookie (Our Eggs Benedict), Cream of Wheat, Fresh Fruit Salad

LUNCH: Roasted Turkey, Penne Marinara, Chopped Green Beans, Guiltless Tiramisu*

DINNER: Grilled Salmon, Turmeric Rice, Seasoned Carrots, Strawberry Coud Cake

Saturday

BREAKFAST: Cinnamon Apple Pancakes, Scrambled Eggs, Diced Peaches, Steel Cut Oats

LUNCH: Lasagna Pinwheel with Turkey Bololognese, Chicken and Rice Soup

Dinner: Roasted Turkey with Gravy, Herb Stuffing, Glazed Carrots

Sunday

BREAKFAST: Scrambled Eggs, Breakfast Potatoes, Turkey Sausage, Steel Cut Oats

LUNCH: Mothers Meatloaf, Homemade Mashed Potatoes, Seasoned Green Peas & Carrots, Apple Crisp*

DINNER: Bowtie Pasta with Grilled Chicken & Sundried Tomatoes, Seasoned Carrots, Chocolate Silk Tart with Raspberry Sauce

How to Order

1. Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone.
2. Identify yourself to the Room Service Associate who will verify your name, room number, and diet assigned by your physician.
3. Place your order! Your specially prepared meal will be served to you within 60 - 90 minutes of your request.

For Visitors- HOW TO ORDER FROM THIS MENU

Guests can dine with patients. Please purchase a **Guest Meal Card** at *The Marketplace Café* on **Level 5**.

À la carte

Breakfast - Available 7am to 10am

Main Course

Eggs: Scrambled, Whites, or Hard Boiled (2ea)

Omelet: Plain or Cheddar Cheese

Denver Omelet: Cheese, Onions, Peppers & Ham

Breakfast Sandwich: Eggs & Cheddar Cheese on an English Muffin

Pancakes: Plain or Blueberry

French Toast

Breakfast Sides

Breakfast Potatoes, Turkey Sausage Patty

CEREAL:

Hot: Steel Cut Oats, Cream of Wheat®, Cream of Rice®

Cold: Corn Flakes®, Cheerios®, Rice Krispies®, Raisin Bran®, Rice Chex®

YOGURT

Regular or Light: Vanilla, Blueberry, Peach, Strawberry, Plain,

Cottage Cheese

FRUIT

Fresh Fruit: Banana, Orange, Fresh Fruit Salad, Red Grapes

Fruit Cups: Applesauce, Diced Pears, Mandarin Oranges, Diced Peaches

Bakery

Muffins: Blueberry, Banana

Bagels: Plain, Whole Wheat, Everything, Sesame

Beverages

Coffee: Regular or Decaf

Tea: Regular, Decaf, Chamomile, Iced Tea

Hot Chocolate: Regular or No Sugar Added

Milk: Whole, Skim, Lactaid®, Vanilla Soy, Low Fat Chocolate

Juice: Orange, Apple, Cranberry, Prune, V8® (low sodium) (6g)

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&IDDSI Level 6: Soft & Bite Sized

Lunch and Dinner - Available 11am to 7pm

Main Course

HOT ENTRÉES: Beef Meatloaf, Sliced Roasted Turkey, Chicken Francese, Lemon Baked Salmon, Lasagna Pinwheel with Turkey Meat Sauce

GRILL: Black Bean Burger, Grilled Cheese
Chicken Tenders, Personal Pizza

* Choice of GF, White, Wheat or Rye Bread

DELI: Tuna Salad, Egg Salad, Turkey, Roast Beef
American, Cheddar, Swiss, Cole Slaw, Potato Salad

PASTA: Rigatoni or Penne Pasta **SAUCE:** Marinara or Bolognese

GLUTEN-FREE OPTIONS: Pasta, White Bread

Soup and Sides

SOUP: Chicken and Rice, LS Tomato, Soup of the Day

SIDES: Homemade Mashed Potatoes, Mashed Sweet Potatoes,
Baked Fries, Macaroni & Cheese, White Rice, Chopped Green Beans,
Chopped Broccoli, Seasoned Carrots, Hummus

Desserts *NSA= No Sugar Added (Contains Splenda®)

Pudding (Regular or NSA): Chocolate, Vanilla or Rice

Ice Cream (Regular or NSA): Chocolate or Vanilla

Gelatin (Regular or NSA): Strawberry or Orange

Fruit Ice: Cherry, Lemon, Orange, NSA Lemon

Sweet Treats: Limit of 1 per meal

Cheesecake, Brownie, Chocolate Mousse, Angel Food Cake,
Apple Crisp*

Cookies: Chocolate Chip, Oatmeal Raisin

For your health and safety, we will accept your menu selections only after your physician has entered your diet order.