

How to Place an Order

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.

DIET:

IDDSI Pureed (Level 4)

Your physician has ordered a Dysphagia diet for you.

Dysphagia diets are designed for problems with chewing and/or swallowing. Additionally your physician may have ordered thickened liquids to a mildly thick (2) or moderately thick (3) consistency.

The International Dysphagia Diet Standardization Initiative (IDDSI), has developed a global standardized way of describing foods and drinks that are safest for people with chewing or swallowing problems.

The IDDSI framework consists of 8 levels (0 - 7), where drinks are measured from Levels 0 - 4, while foods are measured from Levels 3 - 7.

Please visit <https://iddsi.org/> for further information.

Room Number: _____ Date: _____
Name: _____

BEVERAGES

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Chamomile |

Fresh-Brewed Iced Tea

Hot Chocolate: Regular | Sugar-Free

Milk: Whole | Skim | Lactaid | Vanilla Soy |

Low-Fat Chocolate Milk

Juice: Orange | Apple | Tomato | Cranberry | Prune
| V8

Soda: Ginger Ale | Diet Ginger Ale | Seltzer

BEVERAGES (Thickened)

Juice: Orange | Apple | Cranberry

Coffee: Decaffeinated

Hot Tea: Decaffeinated

Sweetened Iced Tea

Peach-Mango Beverage (Sugar-Free)

Thickened Dairy Drink (Reduced Fat Milk)

Water with lemon

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.

To place your order, please choose:

One (1) **Main Course**

Four (4) **Sides (Breakfast)**

Four (4) or Five (5) **Sides (Lunch &**

Dinner)

Three (3) **Beverages**

Breakfast

MAIN COURSE

Eggs (Pureed): Scrambled Eggs

French Toast (Pureed)

FRUIT:

Diced Peaches | Diced Pears | Applesauce

YOGURT:

Regular: Vanilla | Plain

Lite : Plain | Vanilla

CEREAL:

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

CONDIMENTS

Butter | Smart Balance | Grape Jelly | Strawberry Jam |
Diet Jelly | Syrup | Diet Syrup

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long: Scrambled Eggs, Hard-Boiled Eggs,

Omelets, Cereal and Plain Bagels.

We Need Your Feedback!

If you receive a patient satisfaction survey in the mail, please fill it out and return it. Your opinion counts!

Please call 8-3463 (8-DINE) to place your meal order

6/23

Main Course (Pureed)

Lunch, Dinner, & Dessert

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Grilled Chicken Parmesan: Served with Marinara Sauce

Oven Roasted Turkey with Gravy

Roast Beef with Gravy

Roasted Chicken Breast with Gravy

Vegetable Lasagna (Gluten-Free)

Chicken Enchiladas

PASTA BAR:

Choice of Pasta: Pepe

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

SIDES (Pureed):

Pasta & Cheese | Pasta | Mashed Potatoes | Cream of Rice | Mashed Sweet Potatoes | Carrots | Broccoli | Peas | Green Beans

Desserts

Fruit: Diced Peaches | Diced Pears | Applesauce

Gelatin: (Regular or Sugar-Free) Strawberry | Orange

Ice Cream: Vanilla | Chocolate | Sugar-Free Vanilla

Italian Ice: Cherry | Orange | Lemon

Pudding (Regular or Sugar-Free): Vanilla | Chocolate

Pureed Apple Pie