

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 7: Easy to Chew Diet

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,

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 Bolognese, Seasoned Carrots, Cinnamon Dusted Pound Cake with Blueberry Sauce

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

Thursday

BREAKFAST: Omelet, Breakfast Potatoes, Steel Cut Oats

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), Hash Browns, Cream of Wheat

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

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

Saturday

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

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

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

Sunday

BREAKFAST: Scrambled Eggs, Breakfast Potatoes, Steel Cut Oats

LUNCH: Mother's 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

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: Rice Krispies®

YOGURT

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

Cottage Cheese

FRUIT

Fresh Fruit: Banana, Orange, Red Grapes

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

Bakery

Muffins: Blueberry, Banana

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)

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

IDDSI Level 7: Easy to Chew Diet

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, 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*