

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.

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.

NAME: _____

ROOM #: _____

DATE: _____

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:

IDDSI Level 3 (Loose Puree, Thin Liquids)

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.

Our Goals is to exceed your expectations. For this dedication we hope that if your receive a “**Press Ganey Survey**” we earn 5 out of 5 in your rating. If for any reason you would not rate your service a 5, please call or contact your Ambassador right away and let us know how we can improve our service to you.



BREAKFAST

BEVERAGES

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Unsweetened Iced Tea | Chamomile

Hot Chocolate: Regular | No Sugar Added

Milk: Whole | Skim | Lactaid | Vanilla Soy Milk | Low-Fat Chocolate Milk

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

Soda: Ginger Ale | Diet Ginger Ale | Seltzer

CONDIMENTS

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

Diet Syrup | Honey | Ketchup | BBQ Sauce | Sour Cream | Salt | Pepper

Sugar | Splenda | Equal | Sweet & Low

CEREAL

Cream of Wheat | Cream of Rice | Oatmeal | Cinnamon Oatmeal

FRUIT (Baby Food)

Applesauce | Pears | Bananas | Peaches

YOGURT

Regular: Vanilla | Plain

PUDDING

Chocolate | Vanilla | No Sugar Added Chocolate | No Sugar Added Vanilla

LUNCH & DINNER

MAIN COURSE (Pureed)

Chicken Francaise with Gravy

Oven Roasted Turkey with Gravy

Roast Beef Served with Gravy

Roasted Chicken Breast Served with Gravy

SOUPS, SIDES & DESERTS

SIDES

Carrots | Green Beans | Peas | Sweet Potato

Mashed Potatoes | Beef Broth | Chicken Broth | Vegetable Broth

Low-Sodium Tomato Basil Soup | Lentil Soup

FRUIT (Baby Food)

Applesauce | Pears | Bananas | Peaches

DESSERT

Pudding (Regular or No Sugar Added): Vanilla | Chocolate
No Sugar Added Vanilla | No Sugar Added Chocolate

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

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

Ice Cream (Regular or No Sugar Added): Vanilla | Chocolate