

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 4 (Pureed w/ Thickened Beverages)

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.



DIET: IDDSI LEVEL 4 (Pureed w/ Thickened Beverages)

BREAKEAKFAST

THICKENED BEVERAGES

Coffee: Decaffeinated

Hot Tea: Decaffeinated

Peach-Mango Beverage (Sugar-Free)

Thickened Dairy Drink (Reduced Fat Milk)

Water with Lemon

CONDIMENTS

Butter | Smart Balance | Grape Jelly | Strawberry Jam | Diet Jelly | Syrup |
Diet Syrup Cream Cheese | Lite Cream Cheese | Honey | Ketchup | BBQ
Sauce Sour Cream

BREAKFAST ENTREES

Pureed Scrambled Eggs

Pureed Scrambled Eggs with Cheese

Pureed French Toast

Pureed Pork Sausage

CEREAL

Pureed Cold Cereal: Raisin Bran | Corn Flakes

FRUIT (Pureed)

Peaches | Pears | Applesauce | Orange Mango Applesauce

YOGURT

Regular: Vanilla | Plain

Lite: Vanilla

LUNCH & DINNER

MAIN COURSE (Pureed)

Chicken Francaise: Sautéed with a Lemon & White Wine Sauce

Grilled Chicken Parmesan: Served with Marinara Sauce

Oven Roasted Turkey Served with Gravy

Roast Beef Served with Gravy

Roasted Chicken Breast Served with Gravy

Vegetable Lasagna (GF)

Chicken Enchiladas

Pureed Meatloaf

PUREED PASTA WITH CHOICE OF SAUCE:

Vodka | Meat | Marinara | Cheese | Butter

Garlic, Extra Virgin Oil & White Wine

SOUPS, SIDES & DESERTS

SIDES

Pureed Pasta & Cheese Sauce | Mashed Potatoes | Mashed Sweet Potatoes

Pureed Stuffing | Pureed Carrots | Pureed Broccoli | Pureed Green Beans

Pureed Pasta (Plain) | Pureed Peas | Pureed Cuban Style Black Beans

DESSERTS (if diet allows)

Pureed Apple Pie

Fruit (Pureed): Bananas | Peaches | Pears | Applesauce

Orange Mango Applesauce

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