

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/ 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.



DIET: IDDSI LEVEL 4 (Pureed w/ Thin Liquids )

# BREAKEAKFAST

## 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 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

Low-Sodium Tomato Basil Soup

## DESSERTS

**Pureed Apple Pie**

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

Orange Mango Applesauce

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

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

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