

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.

Our Goal is to exceed your expectations. For this dedication we hope that if you 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.

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

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 5 (Minced + Moist)

or

IDDSI Level 6 (Soft + Bite Size)

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.

**** Please note, individuals on a soft and bite sized diet may choose from the minced and moist options, however those on minced and moist may not choose from soft and bite sized.****

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.

NAME: _____

DATE/ROOM# _____

9/23



DIET: IDDSI LEVEL 5 (Minced & Moist) and LEVEL 6 (Soft & Bite Sized)

BREAKFAST

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

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: SOFT & BITE SIZED

Pureed Scrambled Eggs

Diced French Toast

Pureed Pork Sausage

Diced Cheese Omelet

Diced Breakfast Potatoes

BREAKFAST ENTREES: MINCED & MOIST

Pureed Scrambled Eggs

Minced French Toast

Pureed Pork Sausage

CEREAL: SUITABLE FOR BOTH DIETS

Baby Food Oatmeal | Cream of Wheat | Cream of Rice

Pureed Cold Cereal: Raisin Bran | Corn Flakes

FRUITS: SOFT & BITE SIZED

Peaches | Pears | Applesauce | Orange Mango Applesauce

FRUITS: MINCED & MOIST

Pureed Peaches | Pureed Pears | Applesauce | Orange Mango Applesauce

YOGURT

Regular: Vanilla | Plain | Strawberry

Lite: Vanilla | Peach | Strawberry | Blueberry

LUNCH & DINNER

HOT ENTRÉE: SOFT & BITE SIZED

Diced Chicken with a Lemon Francaise Sauce

Diced Pot Roast Served with Gravy

Diced Beef Meatloaf Served with Gravy

Diced Oven Roasted Turkey Served with Gravy

Diced Chicken Enchiladas

Diced Vegetable Lasagna (GF)

Diced Seafood Casserole

HOT ENTRÉE: MINCED & MOIST

Minced Chicken with a Lemon Francaise Sauce

Minced Oven Roasted Turkey with Gravy

Minced Roast Beef Served with Gravy

Minced Beef Meatloaf Served with Gravy

Minced Vegetable Lasagna (GF)

Minced Chicken Enchiladas

Minced Chicken Parmesan

Minced Chicken with Gravy

Minced Tofu Minced Seafood Casserole

COLD ENTRÉE: SUITABLE FOR BOTH DIETS

Hummus | Tuna Salad | Chicken Salad

PUREED PASTA WITH CHOICE OF SAUCE

Marinara | Vodka | Meat | | Cheese | Butter | Garlic, Extra Virgin Oil & White Wine

SOUPS, SIDES & DESERTS

SIDES

Pepe Pasta & Cheese Sauce | Mashed Potatoes | Mashed Sweet Potatoes | Pureed Stuffing | Moist Rice | Pureed Carrots | Minced Broccoli | Minced Green Beans

SOUPS & BROTH(if diet allows)

Tomato Basil | Cream of Tomato | Beef Broth | Chicken Broth
Vegetable Broth

DESSERTS (if diet allows)

Apple Pie (Minced)

Pudding: Vanilla | Chocolate | Rice Pudding Sugar-free Vanilla | Sugar-Free Chocolate | Sugar-Free Rice Pudding

Fruits: Peaches | Pears | Applesauce

Ice Cream: Vanilla | Chocolate

Italian Ices: Cherry | Lemon | Orange | no sugar added Lemon

Gelatin: (Regular or Sugar Free) Strawberry | Orange