

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 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.

**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.

#### To place your order, please choose:

- One (1) **Main Course**
- Up to Five (5) **Sides**
- Three (3) **Beverages**

1. Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone, between the hours of 7am and 7pm.
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 specifically prepared meal will be served to you 60-90 minutes of your request.

### SPECIAL / RESTRICTED DIETS

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#### Enjoy Seamless Dining at Your Fingertips!

To get started:

1. Scan the QR code, download, and install the app.
2. Create your account and log in, entering the Facility ID (**sbuh11794**), the patient's Billing ID (or Encounter #), and Date of Birth
3. Start exploring a selection of options to meet your nutritional needs and place your order effortlessly
4. Our self-ordering Patient app may not be suitable for your diet order. Please call our Call Center to speak with a representative who can guide you through your available selections.



CBORD Patient   
The CBORD Group, Inc.  
Facility ID: sbuh11794

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