

# BREAKFAST

## **Beverage:**

**Coffee:** Regular - Decaffeinated

**Tea:** Regular- Decaffeinated - Chamomile - Fresh-Brewed Iced Tea

**Sugar-free Hot Chocolate (11g)**

**Milk:** Whole (6g) - Skim (6g) - Lactaid (13g)

Vanilla Soy Milk (18g)

**Soda:** Diet Ginger-Ale - Seltzer

## **Fruit:**

Banana (27g) - Orange (12g) - Apple (25g)- Applesauce (12g)

## **Yogurt:**

Plain (12g) - Vanilla Lite n' Fit (13g)

## **Breakfast Entrees:**

**Egg Omelet(9g):**

Served with Diced Home-Fried Potatoes

## **Cold Cereal:**

Kellogg's Corn Flakes (18g) - Kellogg's Rice Krispies (16g)

Cheerios (14g) - Raisin Bran (28g) - Rice Chex (16g)

## **Breakfast Bakery:**

**Bagel:** Lender's™ Plain Bagel(30g)

**Bread:** Kosher White(14g)

## **Condiments:**

Diet Jelly(2g) - Butter - Cream Cheese(1g)

Peanut Butter(5g)

# LUNCH & DINNER

## LUNCH & DINNER ENTREES

### **Baked Chicken (27 g):**

served with Gravy, Roasted Potatoes & Green Beans

### **Beef Brisket (25 g):**

served with Noodle Pudding & Green Beans

### **Roasted Turkey (46 g) :**

served with Sweet Potatoes & Green Peas

### **Salisbury Steak (35 g) :**

served with Creamy Mashed Potatoes, Green Peas & Carrots

### **Fish Baked with Lemon (35 g) :**

served with Rice Pilaf & Green Beans

### **Tuna (Individual Can) (Og)**

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**Milk:** Whole (6g) - Skim (6g) - Lactaid (13g)

Vanilla Soy Milk (18g)

**Soda:** Diet-Ginger Ale - Seltzer



Stony Brook **Medicine**

# DESSERTS

## **DESSERT**

### **Gelatin:**

Sugar-Free Strawberry (2g) - Sugar-Free Orange (2g)

### **Kozy Shack™ Pudding:**

Sugar-Free Chocolate (13 g) – Sugar-Free Vanilla (13 g)

Rice (21 g)

**Lemon Italian Ice (17 g)**



DIET:

## Kosher, Carbohydrate-Controlled

If you have any questions regarding our Kosher services, please contact your nurse who can direct you to the Hospital's Jewish Chaplain and Rabbi at

(631) 786-6535

Depending on your diet, each meal will be restricted to 45g or 60g of carbohydrates. Ask your ambassador if you have questions making your selections.

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

Room Number: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Diet: \_\_\_\_\_

## 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.*

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