

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:

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

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 60 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.

We Need Your Feedback!

If you receive a patient satisfaction survey in the mail, please fill it out and return it. Your opinion counts!

9/23

NAME: _____

ROOM #: _____

DATE: _____



Breakfast

BEVERAGES

Coffee (Instant) : Regular | Decaffeinated

Tea: Chamomile

Hot Chocolate: No Sugar Added (11g)

Milk: Whole (7g) | Skim (7g) | Lactaid (14g) | Vanilla Soy Milk (18g) |

Soda: Diet Ginger Ale | Seltzer

CONDIMENTS

Butter | Smart Balance | Ketchup (3g) | Diet Jelly (2g) | Cream Cheese (1g) | Salt | Pepper
Lite Cream Cheese | Peanut Butter (5g) | Coffee Creamers | Splenda | Equal | Sweet & Low
Diet Syrup (5g) | Herb Seasoning | Salsa (2g) | Sour Cream | Mustard | Mayonnaise Light
Mayonnaise

MAIN COURSE (please choose 1)

Egg Omelet : Served with Diced Home-Fried Potatoes (9g)

FRUIT

Banana (27g) | Orange (15g) | Apple (25g) | Applesauce (12g)

YOGURT

Lite: Strawberry (13g) | Peach (13g) | Vanilla (13g) | Blueberry (13g) | Plain (12g)

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: White (14g)

Lunch & Dinner

KOSHER MEAL PACKS

The following entrees are pre-packaged frozen kosher items that are heated in our microwave.

Baked Chicken: Served with Roasted Potatoes & Green Beans (27g)

Roasted Turkey: Served with Sweet Potatoes & Green Peas (46g)

Salisbury Steak: Served with Creamy Mashed Potatoes, Green Peas & Carrots (35g)

Baked Fish with Lemon: Served with Rice Pilaf & Green Beans (35g)

Chicken of the Sea™ Tuna (Individual Packets) (0g)

DESSERTS:

Cookies: Graham Crackers (11g)

Kozy Shack™ Kosher (Pareve) Gelatin: (Sugar-Free) Strawberry (2g) | Orange (2g)

Kozy Shack™ Pudding: No Sugar Added Chocolate (13g)

No Sugar Added Vanilla (13g) | No Sugar Added Rice Pudding (14g)

Ice Cream: No Sugar Added Vanilla (20g) | No Sugar Added Chocolate (18g)

Italian Ice: No Sugar Added Lemon (20g)