

**\*Some items on the 'Chef Specials' menu may not be compliant for your diet**

## Chef Specials

\*NSA= No Sugar Added (Contains Splenda®)

### Monday

**BREAKFAST:** Scrambled Eggs, Sweet Potato Hash (17g) Cream of Wheat® (12g)

**LUNCH:** Mediterranean Pork Tenderloin (3g), Fingerling Potatoes (23g), Seasoned Steamed Broccoli

**DINNER:** Chicken Caprese (7g), Penne Marinara (18g), Seasoned Roasted Cauliflower (3g)

### Tuesday

**BREAKFAST:** Egg White Sunrise Muffin Bite (8g), Breakfast Potatoes (21g), Steel Cut Oats (10g), Fresh Fruit Salad (14g)

**LUNCH:** Chef Denise's Chicken Francese (4g), Turmeric Rice (21g), Seasoned Fresh Green Beans (4g)

**DINNER:** Yankee Pot Roast (1g), Parslief Potatoes (26g), Seasoned Roasted Vegetables (4g)

### Wednesday

**BREAKFAST:** Omelet with Swiss (3g), Sweet Potato Hash (17g), Cream of Wheat® (12g), Fresh Fruit Salad (14g)

**LUNCH:** Rigatoni Pasta with Turkey Bolognese (31g), Seasoned Roasted Brussels Sprouts (5g), Garden Salad

**DINNER:** Baked Islip Cod Dijon (4g), Turmeric Rice (21g), Seasoned Fresh Green Beans (4g)

### Thursday

**BREAKFAST:** Swiss Cheese Omelet (3g), Steel Cut Oats (10g), Breakfast Potatoes (21g), Fresh Fruit Salad (14g)

**LUNCH:** Chicken Pot Pie (11g), Seasoned Steamed Broccoli (4g)

**DINNER:** Braised Beef Short Ribs (1g), Homemade Mashed Potatoes (14g), Seasoned Roasted Vegetables (4g)

### Friday

**BREAKFAST:** Egg White Brookie (9g), Hash Browns (13g), Fresh Fruit Salad (14g), Cream of Wheat® (12g)

**LUNCH:** Chicken Parmigiana (10g), Penne Marinara (18g), Seasoned Sautéed Squash Medley (1g)

**DINNER:** Grilled Salmon with Yellow Tomato Relish (3g), Seasoned Grilled Asparagus, Turmeric Rice (21g)

### Saturday

**BREAKFAST:** Buttermilk Pancake with Diet Syrup (23g), Scrambled Eggs, Diced Peaches (14g), Steel Cut Oats (10g)

**LUNCH:** Lasagna Pinwheel with Turkey Bolognese (31g), Garden Salad, Wheat Dinner Roll (15g)

**DINNER:** Roasted Turkey with Gravy, Herb Stuffing (5g), Seasoned Carrots

### Sunday

**BREAKFAST:** Scrambled Eggs, Breakfast Potatoes (21g), Steel Cut Oats (10g), Fresh Fruit Salad (14g)

**LUNCH:** Mother's Meatloaf (8g), Homemade Mashed Potatoes (14g), Seasoned Green Beans

**DINNER:** Bowtie Pasta with Grilled Chicken, Broccoli and Sundried Tomato (46g), Garden Salad

## How to Order

1. Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone.
2. Identify yourself to the Room Service Associate who will verify your name, room number, and diet assigned by your physician.
3. Place your order! Your specially prepared meal will be served to you within 60 - 90 minutes of your request.

### For Visitors- HOW TO ORDER FROM THIS MENU

Guests can dine with patients. Please purchase a **Guest Meal Card** at *The Marketplace Café* on **Level 5**.

## À la carte

### **Breakfast -** Available 7am to 10am

#### Main Course

**Eggs:** Scrambled, Whites, or Hard Boiled (2ea)

**Omelet:** Plain, Swiss (3g)

**Pancakes:** Plain (18g each) or Blueberry (24g)

**French Toast** (27g)

#### Breakfast Sides

**Breakfast Potatoes (21g)**

#### CEREAL:

**Hot:** Steel Cut Oats (10g), Cream of Wheat® (12g), Cream of Rice® (18g)

**Cold:** Cheerios® (14g), Rice Krispies® (16g), Raisin Bran® (28)

#### YOGURT

Lite Blueberry (15g), Lite Peach (13g), Lite Strawberry (15g), Lite Vanilla (14g), Plain (12g), Cottage Cheese (6g)

#### FRUIT

**Fresh Fruit:** Banana (27g), Orange (13g),

Red Grapes (10g), Apple (25g) Fresh Fruit Salad (14g)

**Fruit Cups:** Applesauce (12g), Diced Pears (18g), Mandarin Oranges (13g), Diced Peaches (14g)

#### Bakery

**Muffins:** Low-Fat Blueberry Muffin (30g), Low-Fat Banana Muffin (30g)

**Bagels:** Plain (40g), Whole Wheat (40g), Everything (40g), Sesame (40g)

#### Beverages

**Coffee:** Regular or Decaf

**Tea:** Regular, Decaf, Chamomile, Iced Tea

Hot Chocolate: No Sugar Added (11g)

**Milk:** Whole (6), Skim (6g), Lactaid® (13g), Vanilla Soy (18g)

**Juice:** V8® (Low Sodium) (6g)

*For your health and safety, we will accept your menu selections only after your physician has entered your diet order.*

## LFLC2 Carb-Control

### **Lunch and Dinner -** Available 11am to 7pm

#### Main Course

##### **HOT ENTREES**

Beef Meatloaf With Gravy (8g), Sliced Roasted Turkey,

Chicken Francese With White Wine Sauce (5g), Lemon Baked Salmon,

Lasagna Pinwheel with Turkey Meat Sauce (31g)

##### **GRILL**

Hamburger (30g), Swiss Cheeseburger (30g),

Turkey Burger, Black Bean Burger (26g), Grilled Chicken Breast,

Grilled Swiss Cheese (32g)

##### **DELI**

Turkey, Roast Beef, Swiss, Chicken Salad (4g), Tuna Salad (4g)

##### **GLUTEN-FREE OPTIONS**

Pasta (43g), Dinner Roll (15g), White Bread (2 slices 32g)

#### Soup and Sides

**SIDES:** Homemade Mashed Potatoes (14g), Mashed Sweet Potatoes (22g),

Baked Fries (25g), White Rice (15g), Seasoned Fresh Green Beans, Seasoned Broccoli, Seasoned Carrots

**SOUP:** Chicken and Rice (10g), Low Sodium Tomato (16g),

Soup of the Day (Ask your call center operator)

#### Salads

Garden Salad (Side or Entree)

\*Add Chicken to the Entree size

Chef Salad (2g), Hummus & Veggie Platter (16g)

Fruit Plate \*add Lite Vanilla Yogurt (39g), Plain Yogurt (35g) or

Chicken Salad (29g)

#### Desserts \*NSA= No Sugar Added (Contains Splenda®)

**Pudding (No Sugar Added):** Chocolate (13g), Vanilla (13g), Rice (14g)

**Ice cream (No Sugar Added):** Chocolate (18g), Vanilla (20g)

**Gelatin (No Sugar Added):** Strawberry (2g), Orange (2g)

**Cookies:** Graham Crackers (11g)

**Fruit Ice:** No Sugar Added Lemon (20g)

#### Sweet Treats: Limit of 1 per meal

Angel Food Cake (28g), Apple Crisp (15)\*