

## BREAKFAST

### Beverages

**Coffee:** Regular - Decaffeinated

**Tea:** Regular - Decaffeinated - Chamomile

Fresh Brewed Ice Tea

**Hot Chocolate:** Sugar Free (10g)

**Milk:** 1% (7g) - Skim (7g) - Lactaid (13g) - Soy (18g)

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

**Juice:** V8

### Condiments

Smart Balance - Diet Jelly (3g) - Peanut Butter (6g)

Lemon Juice - Coffee Creamer - Equal - Ketchup (3g)

Herb Seasoning - Pepper - Splenda - Sweet & Low

Lite Mayonnaise

### Fruit

Banana (25g) - Orange (15g) - Apple (25g)

Seasonal Melon (10g) - Peaches (12g) - Pears (14g)

Applesauce (12g) - Mandarin Oranges (14g)

Fruit Salad (18g)

### Yogurt

**Lite:** Strawberry (14g) - Peach (14g) - Vanilla (13g)

## **MAIN COURSE (PLEASE CHOOSE 1)**

### Breakfast Entrees

**Eggs:** Regular - Egg Whites - Hard-Boiled Eggs (2)

**Omelets:** Whole Egg - Egg White

**Choice of 4 Toppings:** Red Onions - Broccoli

Baby Spinach - Peppers - Mushrooms - Turkey - Swiss cheese

**Pancakes:** Buttermilk (26g) - Blueberry (29g)

Banana (34g)

**French Toast:** Plain (23g) - Blueberry (26g) - Banana (30g)

### Chef's Healthy Option Sandwich:

Egg Whites, Turkey, Swiss Cheese on a Whole Wheat or  
Plain Kaiser Roll (54g)

### Breakfast Bakery (Please choose 1)

**Bagels (Half):** Plain (24g) - Sesame (24g)

Whole Wheat (24g)

**Kaiser Roll** (43g)

**Blueberry Muffin** (29g)

### Cereal

**Hot:** Oatmeal (14g) - Cinnamon Oatmeal (14g)

Cream of Wheat (12g)

**Cold:** Cheerios (14g) - Rice Krispies (16g)

Raisin Bran (25g)

**\*Breakfast Ends Daily at 10:00AM\***

Limited Items are available all day long.



# LUNCH & DINNER *(Choose 1 Main Course)*

## Hot Entree's

### **Chicken Francaise:**

Sautéed in a Lemon White Wine Sauce (4g)

**Grilled Chicken Parmesan:** Layered with Mozzarella Cheese & Marinara Sauce (4g)

**Oven Roasted Turkey Served with Gravy**

**Broiled Cod:** Dressed with Breadcrumbs, Garlic & Lemon Herb (8g)

**Baked Salmon:** Dressed with Breadcrumbs, Garlic & Lemon Herb (8g)

**Home Made Meatloaf Served with Gravy** (7g)

**Sliced Roast Beef with Mushroom Gravy**

**Grilled Chicken Paillard:** Served over Sautéed Spinach & Mashed Potatoes (13g)

**Marinated Grilled Flank Steak**

## From The Grill

**Hamburger - Grilled Marinated Chicken**

**Turkey Burger** (*Antibiotic - Free!*)

**Grilled Swiss Cheese Sandwich**

**Choice of Bread (\*per slice):** Rye (19g) - White (14g)

Whole Wheat (14g) - Hamburger Bun (31g)

Whole Wheat Hamburger Bun (28g)

**Choice of Toppings:** Lettuce - Tomato - Swiss Cheese

Sautéed Onion - Sautéed Mushroom

## Pasta Bar

**Choice of Pasta:** Penne (28g) - Linguini (20g)

Whole Wheat Penne (28g)

**Choice of Sauce:** Meat Sauce (7g) - Marinara Sauce (8g)

Garlic, Extra Virgin Olive Oil & White Wine

**Choice of Toppings:** Mixed Vegetables - Mushrooms

Marinated Chicken

## Shake It Up Salad Station

**Choice of Lettuce:** Romaine Lettuce - Baby Field Greens Baby Spinach

**Choice of (1) Protein:** Marinated Grilled Chicken Sliced Flank Steak - Tofu(3g)

**Choice of (up to 4) Toppings:** Red Onions  
Cherry Tomatoes - Bell Peppers - Croutons (5g)  
Walnut Pcs (2g) - Cucumbers - Mushrooms

**Dressings:** Olive Oil - Red Wine Vinegar - Lite Italian

## Cold Plates

**Fresh Fruit Plate with Lite Vanilla Yogurt** (38g)

**Crudités & Hummus Salad (6g):** Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip

## Deli Specials

**Chicken Salad Sandwich**

**Oven Roasted Turkey Sandwich**

**Slow Cooked Roasted Beef Sandwich**

**Choice of Bread (\*per slice):** White (14g) - Wheat (14g)  
Seedless Rye (19g)

**Choice of Toppings:** Lettuce - Tomato - Swiss Cheese



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# SOUPS, SIDES & DESSERTS

## Soups

Campbell's Tomato Soup (21g) - Chicken & Rice Soup (12g)  
Lentil Soup (28g)

**Broths:** Beef (2g) - Chicken (2g) - Vegetable (2g)

## Sides

Baked Potato (32g) - Dinner Roll (14g)  
Baked Steak Fries (40g) - Mashed Potatoes (13g)  
Mashed Sweet Potatoes (12g) - Brown Rice (12g)  
Steamed White Rice (14g) - Stuffing (10g) - Baby Carrots  
Broccoli - Corn (11g) Green Beans - Spanish Slaw  
Cuban Style Black Beans (veg.) (19g) - Garden Salad  
Cucumber Slices - Hummus & Carrot Side Salad (3g)

## Desserts

Fresh Marinated Fruit Salad (18g)  
Peaches (12g) - Pears (14g) - Applesauce (12g)  
Mandarin Oranges (14g)  
Graham Crackers (11g)  
**Gelatin:** Sugar Free Strawberry (3g) or Orange (2g)  
**Ice Cream:** Sugar-Free Vanilla (18g)  
**Pudding:** Sugar-Free Vanilla (13g)  
Sugar Free Chocolate (13g)

# LOW SODIUM - CARDIAC CARBOHYDRATE CONTROL DIET:

Your physician has ordered a diabetic diet for you which is carbohydrate controlled. Foods which contain carbohydrates include fruits, breads and starchy foods, dairy products, (except cheese), and sweets.

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 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.*



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