

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile
Fresh Brewed Ice Tea

Hot Chocolate: Sugar-Free (11g)

Milk: Skim (7g) - Lactaid (13g) - Vanilla Soy (18g)

Soda: Diet Ginger-Ale - Seltzer

Juice: V8 (6g)

Condiments

Smart Balance - Diet Jelly (2g) - Peanut Butter (5g)

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

Herb Seasoning - Pepper - Splenda - Sweet & Low

Lite Mayonnaise

Fruit

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

Seasonal Melon (10g) - Peaches (14g) - Pears (18g)

Applesauce (12g) - Mandarin Oranges (13g)

Fruit Salad (18g)

Yogurt

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

MAIN COURSE *(PLEASE CHOOSE 1)*

Breakfast Entrees (Please Choose 1)

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 (48g)

Breakfast Bakery (Please choose 1)

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

Whole Wheat (24g)

Kaiser Roll (47g)

Blueberry Muffin (29g)

Cereal

Hot: Oatmeal (18g) - Cinnamon Oatmeal (18g)

Cream of Wheat (21g)

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

Raisin Bran (28g)

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels



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)

From The Grill

Hamburger - Grilled Marinated Chicken

Turkey Burger (Antibiotic - Free!)

Grilled Swiss Cheese Sandwich

Choice of Bread (*per slice): Rye (16g) - White (13g)

Whole Wheat (13g) - Hamburger Bun (30g)

Whole Wheat Hamburger Bun (28g)

Choice of Toppings: Lettuce - Tomato - Swiss Cheese
Sautéed Onion - Sautéed Mushroom

Pasta Bar

Choice of Pasta: Penne (30g) - Linguini (21g)

Whole Wheat Penne (30g)

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 - Field Greens
Baby Spinach

Choice of (1) Protein: Marinated Grilled Chicken
Tofu(3g) - Chilled Salmon - Chicken Salad

Choice of (up to 4) Toppings: Red Onions

Cherry Tomatoes - Bell Peppers - Croutons (5g)

Walnut Pcs (2g) - Cucumbers - Mushrooms

Sunflower Seeds (3g)

Dressings: Olive Oil - Red Wine Vinegar - Lite Italian

Cold Plates

Fresh Fruit Plate with Lite Vanilla Yogurt (40g)

Crudités & Hummus Salad (4g): 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 (13g) - Wheat (13g)

Seedless Rye (16g)

Choice of Toppings: Lettuce - Tomato - Swiss Cheese



Stony Brook Medicine

SOUPS, SIDES & DESSERTS

Soups

Campbell's Tomato Soup (20g) - Chicken & Rice Soup (26g)
Lentil Soup (18g)

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

Sides

Baked Potato (21g) - Dinner Roll (20g)

Baked Steak Fries (22g) - Mashed Potatoes (15g)

Mashed Sweet Potatoes (17g) - Brown Rice (12g)

Steamed White Rice (14g) - Stuffing (10g) - Baby Carrots

Broccoli - Corn (11g) Green Beans - Spanish Slaw

Cuban Style Black Beans (veg.) (15g) - Garden Salad

Cucumber Slices - Hummus & Carrot Side Salad (3g)

Desserts

Fruit: Fresh Marinated Fruit Salad (18g)
Peaches (14g) - Pears (18g) - Applesauce (12g)
Mandarin Oranges (13g)

Cookie: Graham Crackers (11g)

Gelatin: Sugar-Free Strawberry (2g) or Orange (2g)

Ice Cream: Sugar-Free Vanilla (20g)

Pudding: Sugar-Free Vanilla (13g)
Sugar Free Chocolate (13g)

Italian Ice: Lemon (17g)



Stony Brook **Medicine**

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.



Stony Brook Medicine