

## 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.

### DIET:

#### Pureed with Moderately Thick (Level 3) / Mildly Thick Liquids (Level 2)

Your physician has ordered a Dysphagia diet for you. Dysphagia diets are designed for problems with chewing and/or swallowing. Additionally your physician may have ordered thickened liquids to a mildly thick (2) or moderately thick (3) consistency

The International Dysphagia Diet Standardization Initiative (IDDSI), has developed a global standardized way of describing foods and drinks that are safest for people with chewing or swallowing problems.

The IDDSI framework consists of 8 levels (0 - 7), where **drinks** are measured from Levels 0 - 4, while **foods** are measured from Levels 3 - 7.

Please visit <https://iddsi.org/> for further information.

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.

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

### BEVERAGES

Coffee: Decaffeinated

Tea: Decaffeinated | Sweetened Iced Tea

Peach-Mango Beverage (Sugar-Free)

Thickened Dairy Drink (Reduced Fat Milk)

Water with Lemon

\*No Thin Liquids Allowed On This Diet\*

### CONDIMENTS

Butter | Smart Balance | Grape Jelly | Strawberry Jam | Diet Jelly | Syrup | Diet Syrup

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

Limited Items are available all day long: Scrambled Eggs, Hard-Boiled Eggs, Omelets, Cereal and Plain Bagels.

### To place your order, please choose:

One (1) **Main Course**

Four (4) **Sides (Breakfast)**

Four (4) or Five (5) **Sides (Lunch & Dinner)**

Three (3) **Beverages**

## Breakfast

### MAIN COURSE

Eggs: Pureed Scrambled Eggs

French Toast: Pureed French Toast

### FRUIT:

Chilled Fruit: Diced Peaches | Diced Pears | Applesauce |

### YOGURT:

Regular: Plain

Lite : Plain

### CEREAL:

Hot: Oatmeal | Cinnamon Oatmeal | Cream of Wheat | Cream of Rice

### We Need Your Feedback!

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

Please call 8-3463 (8-DINE) to place your meal order

6/23

## Main Course (Pureed)

## *Lunch, Dinner, & Dessert*

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce

**Grilled Chicken Parmesan:** Layered with Marinara Sauce & Mozzarella Cheese

**Oven Roasted Turkey with Gravy**

**Homemade Meatloaf with Gravy**

**Roast Beef with Gravy**

**Roasted Chicken Breast Served with Gravy**

**Vegetable Lasagna (Gluten-Free)**

**Chicken Enchiladas**

### **PASTA BAR (Pureed):**

**Choice of Pasta:** Pepe

**Choice of Sauce:** Vodka | Meat | Butter

Marinara | Garlic, Extra Virgin Olive Oil & White Wine | Cheese

\*Pasta and Choice of Sauce Will Be Pureed Together\*

### **SIDES (Pureed):**

Macaroni & Cheese - Mashed Potatoes

Mashed Sweet Potatoes - Cream of Rice

Carrots - Broccoli - Peas - Green Beans

\*Soups and broths are **NOT** available for thickened liquid diets\*

### **Desserts**

**Chilled Fruit:** Peaches - Pears - Applesauce

**Pudding:** (Regular or Sugar-Free)

Vanilla - Chocolate

**Pureed Apple Pie**