Room Number:_____ Date:_____ Name:

How to Place an Order

- 1. Dial8-DINE(extension8-3463)between the hours of 7 am and 7 pm.
- 2. Identify yourself to the Room Service Associate, who will verifyyourname, room number, and the dietor-dered byyour physician.
- 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

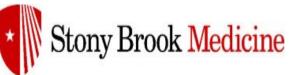
mildly thick (2) or moderately thick (3) consistency

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 (o - 7), where **drinks** are measured from Levels o - 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.



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

Lunch, Dinner, & Dessert

Main Course (Pureed)

Chicken Française: 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