

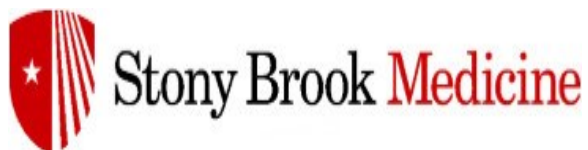
How to Place an Order

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

LOW RESIDUE DIET:

Your physician has ordered a low residue diet for you; it is lower in fiber than a regular diet and may have been ordered due to digestive difficulties or after abdominal surgery. Foods high in fiber are limited such as raw fruits and vegetables, whole grain breads and cereals.

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.



Breakfast

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long: Scrambled Eggs, Hard-Boiled Eggs,

Beverages

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Chamomile
Fresh Brewed Ice Tea

Hot Chocolate: Regular | Sugar-Free

Milk: Whole | Skim | Lactaid | Vanilla Soy

To place your order, please choose:

One (1) **Main Course**

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

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

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

MAIN COURSE

(Please choose 1)

Eggs: Scrambled | Egg Whites | Hard Boiled Egg

Omelet: Egg | Egg White

Toppings: Ham | American Cheese | Swiss Cheese | Turkey

Pancakes: Buttermilk | Banana

French Toast: Plain | Banana

Egg Sandwich

Kaiser Roll with:

Egg: Whole Egg | Egg Whites

Choice of Cheese: American Cheese | Swiss Cheese

Meat: Turkey

Side Items

(Please Choose 4)

Fruit

Banana | Peaches | Pears | Applesauce

Yogurt

Regular: Vanilla

Lite: Peach | Vanilla

Cereal

Hot: Cream of Wheat

Cold: Corn Flakes | Rice Krispies | Rice Chex

Breakfast Bakery

Muffins: Corn

Bread: White | Plain Bagel | Kaiser Roll

Main Course

(Choose One)

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Oven Roasted Turkey with Gravy

Baked Salmon : Dressed with Garlic & Lemon ψ

White Fish: Oven roasted served with Garlic & Lemon sauce ψ

Homemade Meatloaf with Gravy

Sliced Roast Beef with Gravy

Macaroni and Cheese: Served in Creamy Cheese Sauce

Oven-Baked Chicken Tenders

ψ *Our fresh fish is locally sourced and cut on Long Island*

PASTA BAR:

Penne or Linguini served with:

Butter Sauce | Garlic, Olive Oil and White Wine sauce

Add: Diced Marinated Chicken | Mixed Vegetables

FROM THE GRILL:

Hamburger | Grilled Marinated Chicken | Turkey Burger (*Antibiotic Free!*)

Black Bean Burger | Grilled Cheese Sandwich

Choice of Bread: Seedless Rye | Whole Wheat | White | Hamburger Bun

Whole Wheat Burger Bun

Choice of Toppings: Lettuce | Tomato | Sautéed Mushrooms | Sautéed Onions

Ham (**Grilled Cheese Only*) | American Cheese or Swiss

Lunch, Dinner, & Dessert

Deli Specials

Classic Tuna / Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef Sandwich

Choice of Bread: White | Kaiser Roll

Choice of Cheese: American Cheese | Swiss Cheese

Cold Plates

Cottage Cheese Platter: Served with Peaches and Pears

Yogurt Platter: Lite or Regular Vanilla

Yogurt served with Peaches and Pears

CONDIMENTS

Butter | Smart Balance | Grape Jelly |

Strawberry Jam | Diet Jelly

Cream Cheese | Lite Cream Cheese | Peanut Butter | Ketchup | Salt

Pepper | Coffee Creamers | Sugar | Splenda | Equal | Sweet & Low | Syrup

Diet Syrup | Honey | Lemon Juice | Herb Seasoning | Salsa | Sour Cream | Mustard

Soups

Campbell's Tomato Soup | Chicken & Rice Soup

Broth: Beef | Chicken | Vegetable

Sides

Mac & Cheese | Penne Pasta

Mashed Potatoes | Mashed Sweet Potatoes

Brown Rice | Steamed White Rice

Baby Carrots | Green Beans

Desserts

Angel Food Cake | Chocolate Angel Food Cake
Cheese Cake | Low-Fat Chocolate Mousse

Chilled Fruit: Peaches | Pears | Applesauce

Cookies: Chocolate Chip | Lorna Doones

Fig Newton | Graham Crackers

Gelatin: (Regular or Sugar Free)

Strawberry | Orange

Ice Cream: Vanilla | Chocolate

Pudding: Vanilla | Chocolate | Rice

Italian Ice: Cherry | Lemon | Orange