

# Stony Brook Hospital Distinguished Dining

Serving our Community one meal at a time

Low Fiber/ Low Residue

**\*Items on the 'Chef Specials' menu may not be compliant for your diet**

## Chef Specials

*\*NSA= No Sugar Added (Contains Splenda®)*

### Monday

**BREAKFAST:** Scrambled Eggs with Cheddar Cheese, Turkey Sausage, Cream of Wheat®

**LUNCH:** Mediterranean Pork Tenderloin, Homemade Mashed Potatoes, Seasoned Carrots

**DINNER:** Grilled Chicken Breast, Penne with Lemon Sauce, Seasoned Carrots

### Tuesday

**BREAKFAST:** Omelet, Turkey Sausage, Cream of Wheat, Diced Peaches

**LUNCH:** Chef Denise's Chicken Francese, Turmeric Rice, Seasoned Carrots

**DINNER:** Yankee Pot Roast, Homemade Mashed Potatoes, Seasoned Carrots

### Wednesday

**BREAKFAST:** Cheddar Cheese Omelet, Cream of Wheat®

**LUNCH:** Rigatoni Pasta with Alfredo Bolognese, Seasoned Carrots

**DINNER:** Broiled White Fish, Turmeric Rice, Diced Zucchini

### Thursday

**BREAKFAST:** Swiss Cheese Omelet, Cream of Wheat, Pears

**LUNCH:** Grilled Chicken Breast, Seasoned Carrots, Chocolate Mousse

**DINNER:** Braised Beef Short Ribs, Homemade Mashed Potatoes, Seasoned Carrots

### Friday

**BREAKFAST:** Egg Brookie (Our Eggs Benedict), Cream of Wheat

**LUNCH:** Grilled Chicken Breast, Penne with Lemon Sauce, Chopped Green Beans

**DINNER:** Lemon Baked Salmon, Turmeric Rice, Diced Zucchini

### Saturday

**BREAKFAST:** Cinnamon Apple Pancakes, Turkey Sausage Link, Scrambled Eggs, Diced Peaches, Cream of Wheat

**LUNCH:** Lasagna Pinwheel with Alfredo Bolognese, Seasoned Carrots, Cherry Tart

**Dinner:** Roasted Turkey with Gravy, Herb Stuffing, Glazed Carrots

### Sunday

**BREAKFAST:** Scrambled Eggs, Breakfast Potatoes, Turkey Sausage, Cream of Wheat

**LUNCH:** Sliced Roasted Turkey, Homemade Mashed Potatoes, Seasoned Carrots

**DINNER:** Grilled Chicken Breast, Penne Pasta, Diced Zucchini

## How to Order

1. Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone.
2. Identify yourself to the Room Service Associate who will verify your name, room number, and diet assigned by your physician.
3. Place your order! Your specially prepared meal will be served to you within 60 - 90 minutes of your request.

### For Visitors- HOW TO ORDER FROM THIS MENU

Guests can dine with patients. Please purchase a **Guest Meal Card** at *The Marketplace Café* on **Level 5**.

## À la carte

### **Breakfast -** Available 7am to 10am

#### Main Course

**Eggs:** Scrambled, Whites, or Hard Boiled (2 ea)

**Omelet:** Plain or Cheddar Cheese

**Pancakes**

**French Toast**

#### Breakfast Sides

**Turkey Sausage Patty**

#### **CEREAL:**

**Hot:** Cream of Wheat®, Cream of Rice®

**Cold:** Corn Flakes®, Rice Krispies®, Rice Chex®

#### **YOGURT**

**Regular:** Plain, Vanilla, Cottage Cheese

**Light:** Vanilla, Peach

#### **FRUIT**

**Fresh Fruit:** Banana

**Fruit Cups:** Applesauce, Diced Pears, Diced Peaches

#### Bakery

**Bagels:** Plain

#### Beverages

**Coffee:** Regular or Decaf

**Tea:** Regular, Decaf, Chamomile, Iced Tea

**Hot Chocolate:** Regular or No Sugar Added

**Milk:** Whole, Skim, Lactaid®, Vanilla Soy, Low Fat Chocolate

**Juice:** Orange, Apple, Cranberry

**Soda:** Ginger Ale, Diet Ginger Ale, Seltzer

*For your health and safety, we will accept your menu selections only after your physician has entered your diet order.*

## Low Fiber/ Low Residue

### **Lunch and Dinner -** Available 11am to 7pm

#### Main Course

**HOT ENTRÉES:** Sliced Roasted Turkey, Chicken Francese, Baked Lemon

Salmon, Lasagna Pinwheel with Alfredo

**GRILL:** Hamburger, Cheeseburger, Turkey Burger, Grilled Cheese,

Grilled Chicken Breast, Chicken Tenders

**DELI:** Tuna Salad, Egg Salad, Turkey, Roast Beef

**Cheese:** American, Cheddar, Swiss

**Side:** Fruit Plate with Cottage Cheese

#### **GLUTEN-FREE OPTIONS**

Pasta, Dinner Roll

#### Soup and Sides

**SOUP:** Chicken and Rice, LS Tomato

**SIDES:** Homemade Mashed Potatoes, Mashed Sweet Potatoes, Penne,

Macaroni and Cheese, White Rice, Seasoned Carrots

#### Desserts \*NSA= No Sugar Added (Contains Splenda®)

**Pudding (regular or NSA):** Chocolate, Vanilla or Rice

**Ice Cream:** Chocolate or Vanilla

**Gelatin (regular or NSA):** Strawberry or Orange

**Fruit Ice:** Cherry, Lemon, Orange, NSA Lemon

#### Sweet Treats: Limit of 1 per meal

Cheesecake, Brownie, Chocolate Mousse, Angel Food Cake,

**Cookies:** Chocolate Chip