

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

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

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