

Breakfast

MAIN COURSE

(Please choose 1)

Eggs: Scrambled Egg Whites

Omelet: Egg White

Choice of 4 Toppings: Red Onions | Broccoli | Spinach | Peppers
Mushrooms

SIDE ITEMS

(Please choose 4)

FRUIT:

Whole Fruit: Banana | Orange | Apple

Chilled Fruit: Seasonal Melon | Grapes

CEREAL:

Oatmeal | Cinnamon Oatmeal | Cream of Wheat
Oatmeal Package | Cream of Wheat Package

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.

DIET:

Low-Iodine

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 60 minutes of your request.

The Department of Food and Nutrition is here to provide you with excellent service. Feel free to let your Room Service Associate know how we can help meet your food service needs.

SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for all diets. If you are on a special or restricted diet, our Room Service Associate will assist you with your meal selections.

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

We Need Your Feedback!

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

9/23

NAME: _____

ROOM #: _____

DATE: _____



Lunch & Dinner

DIET: Low-Iodine

MAIN COURSE

(Choose 1)

Grilled Chicken Breast

Oven Roasted Turkey with Gravy

SIDES:

Penne Pasta | Carrots | Broccoli | Corn | Sautéed Spinach
Green Beans

Tomato Soup

Salads: Garden Salad | Vegetable Sticks
Cucumber Slices

Dressings: Diet Italian | Olive Oil | Red Wine Vinegar