

# 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

**To place your order, please choose:**

One (1) **Main Course**

Up to Five (5) **Sides**

Three (3) **Beverages**

1. Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone, between the hours of 7am and 7pm.
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 specifically prepared meal will be served to you 60-90 minutes of your request.

### **SPECIAL / RESTRICTED DIETS**

Please note that not all menu items are appropriate for your diet. If you are on a special or restricted diet, our Room Service Associate would be happy to assist you with your meal selection. For your safety, we will accept your menu selections after your physician has entered your diet order.

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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