

# BREAKFAST

## BEVERAGES

**Coffee:** Regular | Decaffeinated

**Tea:** Regular | Decaffeinated | Chamomile | Fresh-Brewed Unsweetened Iced Tea

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

**Milk:** Whole | Skim | Lactaid | Vanilla Soy Milk | Low-Fat Chocolate Milk

**Juice:** Orange | Apple | Tomato | Cranberry

**Soda:** Ginger Ale | Diet Ginger Ale | Seltzer

## CONDIMENTS

Butter | Smart Balance | Grape Jelly | Ketchup | Diet Jelly | Cream Cheese | BBQ Sauce | Salt | Pepper |

Honey Mustard | Lite Cream Cheese | Peanut Butter | Coffee Creamers | Sugar | Splenda | Equal |

Sweet & Low | Syrup Diet Syrup | Honey | Lemon Juice | Sour Cream | Mustard | Mayonnaise | Light Mayonnaise

## MAIN COURSE (please choose 1)

**Eggs:** Scrambled | Scrambled Egg Whites | Hard-Boiled Eggs ( 2 )

**Omelet:** Egg | Egg White

**Choice of 4 Toppings:** Ham or Turkey | American Cheese or Swiss Cheese

**Pancakes:** Buttermilk | Banana

**French Toast:** Plain | Banana

## EGG SANDWICH

**Bread:** Kaiser Roll

**Choice of Cheese:** American or Swiss

**Choice of Meat:** Fresh Sliced Turkey

## SIDE ITEMS (please choose 4 total)

**Fruit:** Banana | Peaches | Pears | Applesauce | Mango Orange Applesauce

## YOGURT:

**Regular:** Vanilla | Plain

**Lite :** Peach | Vanilla

## CEREAL:

**Hot:** Cream of Wheat | Instant Cream of Wheat

**Cold:** Rice Krispies | Corn Flakes | Rice Chex

## BREAKFAST BAKERY (please choose 1 item only):

**Muffins:** Blueberry | Corn | Low-Fat Blueberry | Low-Fat Banana

**Breads:** White | Kaiser Roll | Plain Bagel

## ADDITIONAL SIDES

Hard-Boiled Egg | 1/2 portion Scrambled Eggs

**\*Breakfast Ends Daily at 10:00AM\***

Limited Items are available all day long. Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels

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 Residue

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.

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

One (1) **Main Course**

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

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

Three (3) **Beverages**

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: \_\_\_\_\_



# LUNCH & DINNER

DIET: Low Residue

## MAIN COURSE

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce  
**Oven Roasted Turkey with Gravy**  
**Baked Salmon:** Served with Breadcrumbs, Garlic & Lemon  
**Baked White Fish:** Oven Roasted with Garlic & Lemon  
**Homemade Meatloaf with Gravy**  
**Macaroni & Cheese:** Served in a Creamy Cheese Sauce  
**Sliced Roast Beef with Gravy**  
**Marinated Grilled Chicken Breast**

## PASTA BAR

**Choice of Pasta:** Penne | Linguini  
**Choice of Sauce:** Butter | Garlic, Extra Virgin Olive Oil & White Wine  
**Choice of Toppings:** Mixed Vegetables | Mushrooms | Chicken | Tofu

## FROM THE GRILL

**Hamburger | Grilled Marinated Chicken | Turkey Burger** (*Antibiotic Free!*)  
**Grilled Cheese Sandwich**  
**Choice of Bread:** White | Hamburger Bun  
**Choice of Toppings:** Ham (*\*Grilled Cheese Only*) | American Cheese or Swiss Cheese

## PIZZA

**Individual Personal Cheese Pizza**

## COLD PLATES

**Cottage Cheese Plate with Peaches & Pears**

## DELI SPECIALS

**Chicken Salad | Tuna Salad | Oven Roasted Turkey**  
**Slow-Cooked Roast Beef**  
**Choice of Bread:** White | Kaiser Roll | Tortilla Wrap  
**Choice of Toppings:** Swiss Cheese | American Cheese

# SOUPS, SIDES & DESSERTS

## SOUP

Campbell's Cream of Tomato Soup | Chicken & Rice Soup  
**Broth:** Beef | Chicken | Vegetable

## SIDES

Mac & Cheese | Mashed Potatoes | Mashed Sweet Potatoes | Brown Rice  
Steamed White Rice | Baby Carrots | Green Beans | Penne (Plain)  
Cottage Cheese | Peanut Butter & Crackers

## DESSERTS

**Bakery (choose 1):** Angel Food Cake | Cheese Cake | Chocolate Angel Food Cake  
**Low-Fat Chocolate Mousse**

**Fruit:** Apple | Peaches | Pears | Applesauce | Orange Mango Applesauce  
**Cookies:** Chocolate Chip | Lorna Doones | Fig Newtons | Graham Crackers  
**Gelatin:** (Regular or Sugar-Free) Strawberry | Orange  
**Ice Cream:** Vanilla | Chocolate  
**Fruit Ice:** Cherry | Orange | Lemon | No Sugar Added Lemon  
**Pudding:** Vanilla | Chocolate | Rice