

BREAKFAST

BEVERAGES

Coffee: Regular | Decaffeinated

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

Hot Chocolate: Regular | No Sugar Added

Milk: 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: Turkey or Ham

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/Low Fiber

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

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 | Tomato Basil Soup
Broth: Beef | Chicken | Vegetable

SIDES

Mac & Cheese | Mashed Potatoes | Mashed Sweet Potatoes | 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: Banana | Peaches | Pears | Applesauce | Orange Mango Applesauce
Cookies: Chocolate Chip | Lorna Doones | 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