

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile
Fresh Brewed Ice Tea

Hot Chocolate: Regular - Sugar-Free

Milk: Whole - 1% - Skim - Lactaid - Vanilla Soy
Low Fat Chocolate

Soda: Ginger-Ale - Diet Ginger-Ale - Seltzer

Juice: Orange - Apple - Tomato - Cranberry

Side Items

(Please Choose 4)

Fruit

Banana - Peaches - Pears - Applesauce

Yogurt

Regular: Vanilla

Lite: Peach - Vanilla

Cereal

Hot: Cream of Wheat

Cold: Corn Flakes - Rice Krispies - Rice Chex

Breakfast Bakery

Muffins: Corn

Bread: White - Plain Bagel - Kaiser Roll

Main Course

(Please Choose 1)

Eggs: Scrambled - Egg Whites - Hard Boiled Egg

Omelet: Whole Egg - Egg White

Toppings: Ham - American Cheese - Swiss Cheese - Turkey

Pancakes: Buttermilk - Banana

French Toast: Plain - Banana

Egg Sandwich:

Kaiser Roll with:

Egg: Whole egg - Egg Whites

Choice of Cheese: American Cheese - Swiss Cheese

Meat: Turkey

Condiments

Mustard - Mayo - Lite Mayo - Ketchup - BBQ Sauce

Honey Mustard - Sour Cream - Peanut Butter - Grape Jelly

Parmesan Cheese - Smart Balance - Butter

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



LUNCH & DINNER

Hot Entree's

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Oven Roasted Turkey Served with Gravy

Broiled Cod: Dressed with Garlic & Lemon

Baked Salmon: Dressed with Garlic & Lemon

Home Made Meatloaf Served with Gravy

Sliced Roast Beef with Gravy

Macaroni and Cheese: Served in Creamy Cheese Sauce

Oven-Baked Chicken Tenders

Grilled Marinated Flank Steak

Pasta Bar

Penne or Linguini served with:

Butter Sauce - Garlic, Olive Oil and White Wine sauce

Add: Diced Marinated Chicken - Mixed Vegetables

Pizza

Personal Cheese Pizza

From The Grill

Beef Burger - Turkey Burger - Grilled Cheese Sandwich

Choice of Cheese: American Cheese - Swiss Cheese

Choice of Bread: White - Hamburger Bun

Add: Ham (*Grilled Cheese Only)

Deli Specials

Classic Tuna / Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef Sandwich

Choice of Bread: White - Kaiser Roll

Choice of Cheese: American Cheese - Swiss Cheese

Cold Plates

Cottage Cheese Platter: Served with Peaches and Pears

Yogurt Platter: Lite or Regular Vanilla Yogurt served with Peaches and Pears

SOUPS, SIDES & DESSERTS

Soups

Campbell's Tomato Soup - Chicken & Rice Soup
Broth: Beef - Chicken - Vegetable

Sides

Mac & Cheese - Penne Pasta
Mashed Potatoes - Mashed Sweet Potatoes
Brown Rice - Steamed White Rice
Baby Carrots - Green Beans

Desserts

**Angel Food Cake - Chocolate Angel Food Cake
Cheese Cake - Low-Fat Chocolate Mousse**

Chilled Fruit: Peaches - Pears - Applesauce

Cookies: Chocolate Chip - Lorna Doones
Fig Newton - Graham Crackers

Gelatin: (Regular or Sugar Free)
Strawberry - Orange

Ice Cream: Vanilla - Chocolate

Pudding: Vanilla - Chocolate - Rice

Italian Ice: Cherry - Lemon - Orange

LOW RESIDUE DIET:

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.

Room Number: _____ Date: _____

Name: _____

Diet: _____

How to Place an Order

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.



Stony Brook Medicine