

BREAKFAST

BEVERAGES

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile
Fresh Brewed Iced 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 - Prune
Bottled Water

SIDES

(Please Choose 4)

FRUIT

Whole Fruits: Banana - Orange - Apple

Chilled Fruit: Peaches - Pears - Applesauce
Mandarin Oranges

YOGURT

Regular: Vanilla - Strawberry

Lite: Strawberry - Peach - Vanilla

CEREAL

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes - Cheerios - Rice Krispies
Raisin Bran - Rice Chex

ADDITIONAL SIDE ITEMS

Sausage Patty - Turkey Sausage - Home Fries

BREAKFAST BAKERY *(Please choose 1 item only)*

Muffins: Blueberry - Corn - Bran

Bagels/Rolls: Plain - Sesame - Whole Wheat - Kaiser Roll

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

MAIN COURSE

(Please Choose 1)

BREAKFAST ENTRÉES

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

Omelet: Whole Egg - Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Peppers Mush-
room - Diced Ham - Turkey

Choice of Cheese: American - Swiss

Buttermilk Pancakes

French Toast

EGG SANDWICH

Eggs on a Kaiser Roll and Served with:

Cheese: American - Swiss

Choice of Meat: Ham - Sausage Patty - Sliced Turkey

Chef's Healthy Sandwich Option:

Scrambled Egg Whites, Sliced Turkey & Lacy Swiss on Whole
Wheat Kaiser Roll

CONDIMENTS

Butter - Smart Balance - Grape Jelly - Strawberry Jam

Cream Cheese - Lite Cream Cheese - Syrup - Diet Syrup

Coffee Creamers - Milk pcs - Salt - Pepper - Ketchup - Honey

Lemon Juice - Sugar - Splenda - Equal - Sweet & Low

Peanut Butter - Sour Cream - Salsa - Pickles - BBQ Sauce



Stony Brook Medicine

LUNCH & DINNER *(Choose 1 Main Course)*

HOT ENTRÉES

Special of the Day – Available at Lunch Only

(Ask your Ambassador!)

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Grilled Chicken Parmesan: Layered with Marinara & Mozzarella Cheese

Oven Roasted Turkey with Gravy

Broiled Cod: Dressed with Breadcrumbs, Garlic & Lemon

Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon

Home Made Meatloaf Served with Gravy

Sliced Roast Beef with Mushroom Gravy

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes

Fajitas: Sautéed Chicken, Shrimp, or Tofu

Quesadillas: Choice of Cheese, Chicken, or Black Bean

Flank Steak & Onion Sandwich: Served on a Ciabatta Roll

Macaroni & Cheese: Served in a Creamy Cheese Sauce

Marinated Sliced Flank Steak

FROM THE GRILL

Hamburger - Grilled Marinated Chicken

Black Bean Burger - Grilled Cheese Sandwich

Turkey Burger *(Antibiotic-Free!)*

Choice of Bread: Rye - Whole Wheat - White - Hamburger Bun

Whole Wheat Burger Bun

Choice of Toppings: Sautéed Mushrooms –Swiss Cheese

American Cheese - Sautéed Onions - Sliced Ham *(*Grilled Cheese Only)*

PASTA BAR

Choice of Pasta: Penne - Linguini - Whole Wheat Penne

Choice of Sauce: Meat Sauce - Butter Sauce - Vodka Sauce

Marinara Sauce - Garlic, Extra Virgin Olive Oil & White Wine

Choice of Toppings: Mixed Vegetables - Mushrooms

Diced Marinated Chicken

COLD PLATES

Cottage Cheese Plate: Served with Peaches & Pears

Cottage Cheese Plate: Served with Fresh Fruit

Vanilla Yogurt Plate: Served with Vanilla or Lite Vanilla Yogurt & Fresh Fruit

Vanilla Yogurt Plate: Served with Vanilla or Lite Vanilla Yogurt,

Peaches and Pears

DELI SPECIALS

Classic Tuna / Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Choice of Bread: White - Whole Wheat - Kaiser Roll

Seedless Rye - Tortilla Wrap

Choice of Cheese: American - Swiss Cheese

Smuckers Uncrustable Peanut Butter & Jelly Sandwich

PIZZA

Individual Cheese Pizza

Toppings: Peppers - Mushrooms - Pepperoni - Red Onion

Black Olives - Broccoli



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SOUPS, SIDES & DESSERTS

SOUPS

Campbell's Tomato Soup - Chicken & Rice Soup
Lentil Soup - Pasta Fagioli

Broth: Beef - Chicken - Vegetable

SIDES

Baked Potato - Baked Steak Fries - Mac & Cheese
Mashed Potatoes - Mashed Sweet Potatoes
Wheat Dinner Roll - Brown Rice - Steamed White Rice
Stuffing - Baby Carrots - Broccoli - Corn - Green Beans
Cuban Style Black Beans (veg.)

Side Salads: Cottage Cheese - Vegetable Sticks
Hummus & Carrots

DESSERTS

Lemon Pound Cake - Angel Food Cake
Chocolate Angel Food Cake - Peach Pear Cobbler
Low Fat Chocolate Mousse - Brownie
Cheese Cake

Cookies: Chocolate Chip - Oatmeal Raisin - Lorna Doone
Fig Newton-Graham Crackers

Gelatin: (Regular or Sugar-Free)
Strawberry - Orange

Ice Cream: Vanilla - Chocolate - Sugar-Free Vanilla

Pudding: Vanilla - Chocolate - Rice
Sugar-Free Vanilla - Sugar-Free Chocolate

Italian Ice: Cherry - Lemon - Orange



Stony Brook **Medicine**

NEUTROPENIC DIET:

Your physician has ordered a Neutropenic Diet for you. It is provided to all patients with a weakened immune system. During this time, it will be more difficult for your body to protect itself from harmful bacteria found in some foods and beverages.

While in the hospital, you will be receiving bottled water.

After discharge, you can consume tap water and home-made ice made from city water service.

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.

Room Number: _____ Date: _____

Name: _____

Diet: _____



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