

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

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

Pork Sausage Patty - Turkey Sausage Links - 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

Spinach - Mushroom

Choice of meat: Diced Ham - Turkey

Choice of Cheese: American - Swiss

Buttermilk Pancakes: Plain - Banana

French Toast

EGG SANDWICH

Bread: Kaiser Roll - Whole Wheat Kaiser Roll

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

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 Wedge - 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 with 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 ciabatta roll

Sliced Roast Beef with Mushroom Gravy

Macaroni & Cheese: Macaroni in a Creamy Cheese Sauce

Panini: Fresh Mozzarella, Basil & Tomato

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

Marinated Chicken

FROM THE GRILL

Hamburger - Grilled Marinated Chicken

Black Bean Burger - Grilled Cheese Sandwich

Turkey Burger *(Antibiotic-Free!)*

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

Whole Wheat Burger Bun

Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms

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

Choice of Cheese: Swiss Cheese - American Cheese

PIZZA

Individual Cheese Pizza

Toppings: Peppers - Mushrooms - Pepperoni - Red Onion
Black Olives - Broccoli

SHAKE IT UP' SALAD STATION:

Choice of Lettuce: Chopped Romaine

Choice of (1) Protein: Marinated Grilled Chicken - Baked Shrimp

Sliced Flank Steak - Tofu

Choice of (up to 4) Toppings: Red Onions - Cherry Tomatoes

Bell Peppers - Croutons - Walnuts - Black Olives - Cucumbers

Chickpeas - Dried Cranberries - Mushrooms - Sunflower Seeds

Dressings: Lite Italian - Fat Free Italian

Olive Oil & Vinegar - Lite Ranch

COLD PLATES

Cottage Cheese Plate: Served with Peaches & Pears

Fresh Fruit Plate with Yogurt: Vanilla Yogurt (lite or regular)

Served with Peaches and Pears

Crudité's & Hummus Salad: Fresh Garden Vegetable

(Cucumbers, Cherry Tomatoes, Celery & Carrots) & Hummus Dip

DELI SPECIALS

Grilled Chicken Caesar Wrap: Marinated Grilled Chicken,

Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing

LS Classic Tuna / LS Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Smuckers Uncrustable Peanut Butter & Jelly Sandwich

Choice of Bread: White - Whole Wheat - Kaiser Roll

Seedless Rye - Tortilla Wrap

Choice of Cheese: American - Swiss Cheese



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SOUPS, SIDES & DESSERTS

SOUPS

Soup du Jour, served with crackers

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

Broth: Beef - Chicken - Vegetable

SIDES

Baked Potato - Dinner Roll - Baked Steak Fries
Mac & Cheese - Mashed Potatoes - Mashed Sweet Potatoes
Brown Rice - Steamed White Rice - Stuffing - Baby Carrots
Broccoli - Corn - Green Beans - Garden Salad
Cottage Cheese - Vegetable Sticks - Cucumber Side Salad
Hummus & Carrots - Peanut Butter & Crackers
Cuban Style Black Beans (veg.)

DESSERTS

Lemon Pound Cake - Angel Food Cake
Chocolate Angel Food Cake - Peach Pear Cobbler
Low-Fat Chocolate Mousse - Brownie
Cheese Cake - Fresh Marinated Fruit Salad

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.

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.



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