

# BREAKFAST

## BEVERAGES

**Coffee:** Regular - Decaffeinated

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

**Hot Chocolate:** Regular - Sugar-Free

**Milk:** Whole - 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

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, Hard-Boiled Eggs, Cereal and Bagels

## MAIN COURSE

*(Please Choose 1)*

### BREAKFAST ENTRÉES

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

**Omelet:** 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:** Plain - Banana

### 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



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# 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

**Cheese Quesadillas:** Chicken, or Black Bean

**Hot Roast Beef on Ciabatta Roll with Caramelized Onions**

**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

Tofu - Chilled Salmon - LS Classic Tuna - LS Chicken Salad

**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

**Crudités & 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 Toppings:** Lettuce - Tomato - Pickles

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

## 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 90 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: \_\_\_\_\_

7/21



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