BREAKFAST

Beverages
- Milk: Whole (7g) - Skim (7g) - Lactaid (14g)
  - Vanilla Soy (18g)
- Soda: Diet Ginger Ale - Seltzer
  - Juice: V8 (6g)
- Fresh Brewed Iced Tea (Unsweetened)

Fruit
- Whole Fruit: Banana (27g) – Orange (15g) – Apple (25g) Seasonal Melon (10g)
- Chilled Fruit: Peaches (14g) – Pears (18g) – Fruit Salad (20g)
  - Applesauce (12g) - Mandarin Oranges (13g)

Yogurt
- Lite: Strawberry (13g) – Peach (13g) - Vanilla (13g)

Cereal
- Hot: Oatmeal (14g) – Cinnamon Oatmeal (14g)
  - Cream of Wheat (12g)
- Cold: Corn Flakes (18g) – Rice Krispies (16g) – Cheerios (14g) Rice Chex (16g) - Raisin Bran (28g)

Breakfast Bakery
- Muffins: Blueberry (29g) – Corn (29g) – Low Fat Banana (30g)
- Bagels: Plain (47g) – Sesame (47g) - Whole Wheat (47g) Everything (47g)
- Rolls: Kaiser Roll (43g)

Sides
- Sides: Sausage Patty - Turkey Sausage - Home Fries (20g)

*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 Entrees
- Eggs: Scrambled - Egg Whites - Hard Boiled Egg
- Omelet: Whole Egg - Egg White

Choice of 4 Toppings:
- Red Onions – Broccoli
- Baby Spinach - Peppers – Mushroom – Diced Ham or Turkey

American Cheese or Swiss Cheese

Pancake (1pc):
- Buttermilk (18g) – Blueberry (24g) - Banana (32g)

Silver Dollar Pancakes (2pc):
- Buttermilk (18g) Blueberry (24g) - Banana (32g)

French Toast (1pc):
- Plain (27g) – Blueberry (33g) – Banana (41g)

French Toast Sticks:
- Plain (27g) - Blueberry (33g) Banana (68g)

Egg Sandwich
- Bread: Kaiser Roll (43g)

Choice of Cheese: American or Swiss

Choice of Meat: Ham - Sausage Patty - Sliced Turkey

Healthy Sandwich Option:
Scrambled Egg Whites, Sliced Turkey & Lacy Swiss on Whole Wheat Kaiser Roll 38g

Condiments
- Mayonnaise - Mustard - Lite Mayo - Ketchup (3g)
- Sour Cream (2g) - Pickles - BBQ Sauce (8g)
- Parmesan Cheese - Salsa (2g) - Butter - Smart Balance
LUNCH & DINNER

Hot Entrees
Chicken Francaise: Sautéed in a Lemon, White Wine Sauce (4g)
Grilled Chicken Parmesan (4g)
Oven Baked Chicken Tenders (27g)
Oven Roasted Turkey with Gravy
Baked White Fish: Sauteed with Garlic & Lemon
Baked Salmon: Served with Breadcrumbs and Lemon (1g)
Home Made Meatloaf with Gravy (7g)
Sliced Roast Beef with Mushroom Gravy
Quesadilla: Chicken (24g), Black Bean (45g) or Cheese (24g)
Grilled Chicken Breast
Hot Roast Beef with Caramelized Onions on a Ciabatta Roll (48g)
Panini: Fresh Mozzarella, Tomato & Basil (52g)
Fajitas: Sautéed Chicken (24g), Shrimp (24g), or Tofu (26g)

From The Grill
Hamburger - Grilled Marinated Chicken
Turkey Burger (Antibiotic-Free!) - Black Bean Burger (26g)
Grilled Cheese Sandwich
Choice of Bread (*per slice):
Rye (19g) - Whole Wheat (13g) - White (14g)

Regular Burger Bun (30g) - Whole Wheat Burger Bun (28g)
Choice of Toppings:
Lettuce – Tomato - Sautéed Mushrooms - Swiss Cheese, American Cheese - Sautéed Onions

Individual Personal Cheese Pizza (½ Pizza (53g):
Choice of Toppings: Peppers - Mushrooms - Pepperoni Red Onion - Black Olives - Broccoli

Shake It Up Salad Station
(Create your own Main Course Gourmet Salad)
Choice of Lettuce: Chopped Romaine Lettuce – Baby Spinach Seasonal Baby Field Greens
Choice of (1) Protein: Baked Shrimp - Marinated Grilled Chicken Chilled Salmon – Tofu (2g)
Choice of (up to 4) Toppings: Sliced Red Onions – Tomatoes Green Peppers – Croutons (5g) – Walnut Pcs (2g) – Black Olives Cucumbers - Chickpeas (5g) – Mushrooms - Sunflower Seeds (3g)

Dressings: Lite Italian (1g) - Olive Oil and Vinegar Fat Free Ranch (4g) - Lite Caesar (3g)

Cold Plates / Entrée Salads
Cottage Cheese and Fresh Seasonal Fruit (33g)

Crudité & Hummus Platter: Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip (16g)

Deli Specials
Grilled Chicken Caesar Wrap (55g): Marinated Grilled Chicken, Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing
Classic Tuna Sandwich
Chicken Salad Sandwich
Oven Roasted Turkey Sandwich
Slow Cooked Roasted Beef Sandwich
Choice of Bread (*per slice):
*White (14g) – *Whole Wheat (13g) - *Seeded Rye (16g)
Kaiser Roll (43g) - Tortilla Wrap (52g)
Choice of Toppings: Lettuce – Tomato – American Cheese Swiss Cheese

Stony Brook Medicine
SOUPS, SIDES & DESSERTS

**Soup**
Campbell’s Tomato Soup (19g) - Chicken & Rice Soup (10g)
Lentil Soup (20g) - Pasta Fagioli (41g)
**Broth:** Beef (2g) - Chicken (2g) - Vegetable (2g)

**Sides:**
Baked Potato (32g) - Dinner Roll (15g)
Baked Steak Fries (25g) - Mac & Cheese (12g)
Mashed Potatoes (14g) - Mashed Sweet Potatoes (22g)
Brown Rice (14g) - Steamed White Rice (15g) – Stuffing (11g)
Baby Carrots – Broccoli – Corn (14g) - Green Beans
Cuban Style Black Beans (vegetarian) (15g)
Crackers & Peanut Butter (20g)
**Side Salads:** Garden - Cottage Cheese (6g) - Spanish Slaw -
Vegetable Sticks – Macaroni Salad (21g) – Potato Salad (23g)
Cucumber Slices - Hummus & Carrots (4g)

**Desserts**
Angel Food Cake (28g) Chocolate Angel Food Cake (29g)

**Ice Cream:** No Sugar Added Vanilla (20g) or Chocolate (19g)
**Pudding:** No Sugar Added Vanilla (13g) or Chocolate (13g)
**Cookies:** Graham Crackers (11g)
**Chilled Fruit:** Peaches (12g) – Pears (14g) – Applesauce (12g)
Mandarin Oranges (14g) - Fruit Salad (18g)
Distinguished Dining has been developed to help provide you with the finest patient care.

Our commitment in the Food and Nutrition Department is to provide our patients with sound nutritional guidance, the freshest and finest restaurant quality foods and healthy meal choices prepared by culinary trained professionals. Our “Room Service” style of food service enables you, the patient, to choose from a restaurant style menu, tailored to your diet, which offers a wide variety of choices at any given time during the operations hours. If at any time your diet is changed during your stay, your Room Service Ambassador will provide you with a new menu that reflects your new diet.

**Welcome to Stony Brook University Hospital’s Distinguished Dining: Excellence in Service and Cuisine**

**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.

**DIET:**

**Pediatric, Carbohydrate-Controlled**

A diet for pediatric patients with carbohydrate restrictions for each meal. Food items containing carbohydrates are labeled on your menu with the grams of carbohydrates they contain. Our Call Center Operators will be happy to suggest items to help meet your carbohydrate goal for each meal.

*For your safety, we will accept your menu selections only after your physician has entered your diet order.*

Room Number: ___________________________ Date: __________

Name: ____________________________________________________________

Diet: _____________________________________________________________

**Stony Brook Medicine**