

# BREAKFAST

## Beverages

**Milk:** Whole(7g) - Skim(7g) - Lactaid(13g)  
Vanilla Soy(18g)  
**Soda:** Diet Ginger-Ale - Seltzer  
**Juice:** V8(6g)  
**Fresh Brewed Iced Tea** (Unsweetened)

## Fruit

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

## Yogurt

**Lite:** Strawberry (14g) – Peach (14g) - Vanilla (13g)

## Cereal

**Hot:** Oatmeal (18g) – Cinnamon Oatmeal (18g)  
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) – Bran Muffin (30g)  
**Bagels:** Plain (47g) – Sesame (47g) - Whole Wheat (47g)  
Everything (47g)  
**Rolls:** Kaiser Roll (47g)

## Sides

**Sides:** Sausage Patty - Turkey Sausage - Home Fries (14g)

**\*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 Entrees

**Eggs:** Scrambled - Egg Whites - Hard Boiled Egg  
**Omelet:** Egg - Egg White  
**Choice of 4 Toppings:** Red Onions – Broccoli  
Baby Spinach - Peppers – Mushroom - Diced Ham or Turkey  
American Cheese or Swiss Cheese  
**Pancake:** Buttermilk (26g) –Blueberry (29g) -Banana (34g)  
**Silver Dollar Pancakes:** Buttermilk (26g)  
Blueberry (29g) - Banana (34g)  
**French Toast:** Plain (23g) – Blueberry (26g) – Banana (30g)  
**French Toast Sticks:** Plain (46g) - Blueberry (49g)  
Banana (54g)  
**Egg Sandwich**  
**Bread:** Kaiser Roll (47g)  
**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 (48g)

### Condiments

Mayonnaise - Mustard - Lite Mayo - Ketchup(3g)  
Sour Cream (1g) - 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 Salmon** (8g)

**Home Made Meatloaf with Gravy** (7g)

**Sliced Roast Beef with Mushroom Gravy**

**Cheese Quesadilla:** Chicken (24g), Black Bean (49g), or Plain Cheese (24g)

**Grilled Chicken Paillard:** Served over Sautéed Spinach & Mashed Potatoes (13g)

**Hot Roast Beef on Ciabatta Roll with Caramelized Onions** (55g)

**Panini:** Fresh Mozzarella, Tomato & Basil (52g)

**Fajitas:** Sautéed Chicken (24g), Shrimp (24g), or Tofu (27g)

## From The Grill

**Hamburger - Grilled Marinated Chicken**

**Turkey Burger** (*Antibiotic-Free!*) - **Black Bean Burger** (22g)

**Grilled Cheese Sandwich**

**Choice of Bread (\*per slice):**

\*Rye (16g) - \*Whole Wheat (13g) - \*White (13g)

Regular Burger Bun (30g) - Whole Wheat Burger Bun (28g)

**Choice of Toppings:**

Lettuce - Tomato - Sautéed Mushrooms - Sautéed Onions

Swiss Cheese or American Cheese

## Pizza (106g) - ½ Pizza (53g):

**Individual Personal Cheese Pizza**

**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:** Romaine - Baby Spinach

Seasonal Baby Field Greens

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

Tofu (2g) - Chilled Salmon - Chicken Salad - Tuna Salad

**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

Lite Ranch (4g) - Lite Caesar (3g)

## Cold Plates / Entrée Salads

**Cottage Cheese Plate:** Cottage Cheese and Fresh Seasonal Fruit (37g)

**Yogurt Platter:** Lite Vanilla Yogurt with Seasonal Fruit (40g)

**Crudités & Hummus Salad:** Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip (4g)

## Deli Specials

**Grilled Chicken Caesar Wrap (58g):** 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 (13g) - \*Whole Wheat (13g) - \*Seedless Rye (16g)

Kaiser Roll (47g) - Tortilla Wrap (58g)

**Choice of Toppings:** Lettuce - Tomato - American Cheese

Swiss Cheese



# SOUPS, SIDES & DESSERTS

## Soup

LS Tomato (21g) - Campbell's Tomato Soup (25g)

Chicken & Rice Soup (12g)

(Soups listed above served with one pack of saltines)

Lentil Soup (28g) - Pasta Fagioli (41g)

**Broth:** Beef (2g) - Chicken (2g) - Vegetable (2g)

## Sides:

Baked Potato (21g) - Dinner Roll (15g)

Baked Steak Fries (25g) - Mac & Cheese (12g)

Mashed Potatoes (15g) - Mashed Sweet Potatoes (19g)

Brown Rice (12g) - Steamed White Rice (14g) - Stuffing (10g)

Baby Carrots - Broccoli - Corn (11g) - Green Beans

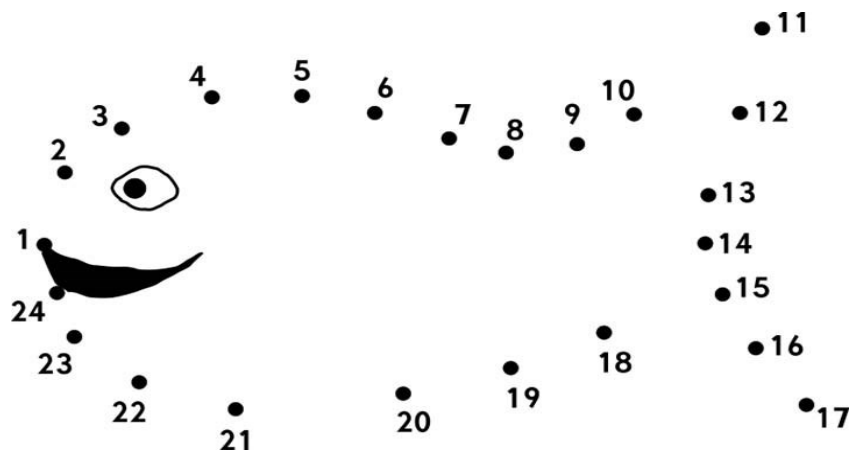
Cuban Style Black Beans (vegetarian) (15g)

Crackers & Peanut Butter (19g)

**Side Salads:** Garden - Cottage Cheese (6g) - Spanish Slaw

Vegetable Sticks - Macaroni Salad (21g) - Potato Salad (23g)

Cucumber Slices - Hummus & Carrots (3g)



## Desserts

**Angel Food Cake (28g)**

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

**Ice Cream:** Sugar-Free Vanilla (20g)

**Chilled Fruit:** Peaches (14g) - Pears (18g) - Applesauce (12g)

Mandarin Oranges (13g) - Fruit Salad (18g)

**Cookies:** Graham Crackers (11g)

**Pudding:** Sugar-Free Vanilla (13g) - Sugar-Free Chocolate (13g)

**Lemon Italian Ice (17 g)**

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

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 90 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.*

1/23



Stony Brook Medicine