BREAKFAST

*Breakfast Ends Daily at 10:00AM*
Limited Items are available all day long.
Scrambled Eggs, Omelets, Cereal and Bagels

**Beverages**
- Milk: Whole - 1% - Skim - Lactaid - Soy - Low-Fat Chocolate
- Soda: Ginger Ale - Diet Ginger Ale - Seltzer
- Juice: Orange - Apple - Tomato - Cranberry - Prune - V8

**Fruits**
- Banana - Orange - Apple - Seasonal Melon - Peaches - Pears
- Applesauce - Mandarin Oranges - Fruit Salad

**Yogurt**
- Regular: Vanilla - Strawberry
- Lite: Strawberry - Peach - Vanilla

**Cereal**
- Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat
- Cold: Corn Flakes - Crispy Rice - Cheerios - Raisin Bran - Rice Chex

**Breakfast Bakery (please choose 1 item only)**
- Muffins: Blueberry - Corn - Bran
- Bagels: Plain - Sesame - Everything - Whole Wheat - Kaiser Roll

**Sides**
- Sausage Patty - Turkey Sausage Links - Home Fries

**Baby Food**
- Beef - Chicken - Sweet Potatoes - Carrots - Green Beans - Peas
- Applesauce - Pears - Peaches - Bananas

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**Main Course (Please choose 1)**
- Eggs: Scrambled - Egg Whites - Hard Boiled Eggs (2)
- Omelet: Egg - Egg White
- Choice of 4 Toppings: Red Onions - Broccoli - Spinach - Peppers - Mushroom - Diced Ham - Turkey - American Cheese - Swiss Cheese
- Pancakes or Silver Dollar Pancakes: Buttermilk - Blueberry - Banana
- French Toast or French Toast Sticks: Plain - Blueberry - Banana
- Egg Sandwich: Kaiser Roll, Eggs, and:
  - Choice of Cheese: American - Swiss
  - Choice of Meat: Ham - Sausage Patty - Fresh Sliced Turkey

**Healthy Sandwich Option:**
Scrambled Egg Whites, Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll

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**Condiments**
- Butter - Smart Balance - Grape Jelly - Strawberry Jam
- Cream Cheese - Lite Cream Cheese - Syrup - Ketchup
- Peanut Butter - Sugar - Honey Mustard - BBQ Sauce
- Mayonnaise - Lite Mayonnaise - Salt - Pepper
LUNCH & DINNER

*Special of the Day - Available at Lunch Only

**Hot Entree’s**
- **Chicken Francaise**: Sautéed in a Lemon & White Wine Sauce
- **Grilled Chicken Parmesan**: Layered with Marinara Sauce & Mozzarella Cheese
- **Crispy Oven-Baked Chicken Tenders**
- **Roasted Turkey with Gravy**
- **Broiled Cod**: Dressed with Breadcrumbs, Garlic & Lemon
- **Baked Salmon**: Dressed with Breadcrumbs, Garlic & Lemon
- **Home Made Meatloaf with Gravy**
- **Sliced Roast Beef with Mushroom Gravy**
- **Quesadillas**: Choice of Chicken, Black Bean or Plain Cheese
- **Grilled Chicken Paillard**: Served over Sautéed Spinach & Mashed Potatoes
- **Sliced Flank Steak & Onion Sandwich**: Served on a Ciabatta Roll
  - **Panini**: Fresh Mozzarella, Tomato & Basil
- **Fajitas**: Choice of Sautéed Chicken, Shrimp, or Tofu
- **Macaroni & Cheese**: Served in Creamy Cheese Sauce

**From The Grill**
- **Hamburger** - Grilled Marinated Chicken - Turkey Burger
- **Black Bean Burger** - Grilled Cheese Sandwich
- **Choice of Bread**: Rye - Whole Wheat - White - Regular Burger Bun
- **Choice of Toppings**: Lettuce - Tomato - Sautéed Mushrooms
- **Swiss Cheese** - American Cheese - Sautéed Onions
- **Ham** (Grilled Cheese only)

**Pasta Bar**
- **Choice of Pasta**: Penne - Linguini - Whole Wheat Penne
- **Choice of Sauce**: Vodka Sauce - Meat Sauce - Butter Sauce
- **Marinara Sauce** - Garlic & Extra Virgin Olive Oil
- **Choice of Toppings**: Mixed Vegetables - Mushrooms
- **Marinated Chicken**

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**Shake It Up Salad Station**
*Create your own Main Course Gourmet Salad*

**Choice of Lettuce**: Chopped Romaine Lettuce
- Seasonal Baby Field Greens - Baby Spinach

**Choice of (1) Protein**: Baked Shrimp - Marinated Grilled Chicken
- Sliced Flank Steak - Tofu

**Choice of (up to 4) Toppings**: Red Onions - Cherry Tomatoes
- Bell Peppers - Croutons - Walnut - Sliced Black Olives
- Sliced Cucumbers - Chickpeas - Sliced Mushrooms - Sunflower Seeds

**Dressings**: Lite Italian - Olive Oil and Vinegar - Lite Ranch - Lite Caesar

**Cold Plates**
- **Cottage Cheese Plate & Seasonal Fruit Platter**
- **Yogurt Platter**: Lite or Vanilla Yogurt & Seasonal Fruit
- **Crudités & Hummus Salad**: Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip

**Deli Specials**
- **Grilled Chicken Caesar Wrap**: Marinated Grilled Chicken, Romaine Lettuce, Parmesan Cheese, and Creamy Caesar Dressing
- **Classic Tuna / Chicken Salad Sandwich**
- **Oven Roasted Turkey Sandwich**
- **Slow Cooked Roasted Beef**
- **Choice of Bread**: White - Whole Wheat - Kaiser Roll - Seedless Rye - Tortilla Wrap
- **Choice of Toppings**: Lettuce - Tomato - American Cheese
- **Swiss Cheese**

**Pizza**
- **Individual Personal Cheese Pizza**
- **Choice of Toppings**: Peppers - Mushrooms - Pepperoni
- **Red Onion** - **Black Olives** - **Broccoli**
SOUPS, SIDES & DESSERTS

**Soups**
*Soup Du Jour* - Campbell’s Tomato - Chicken Rice
Lentil Soup - Pasta Fagioli
**Broths:** 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
Cuban Style Black Beans (vegetarian) - Cottage Cheese
Spanish Slaw - Vegetable Sticks - Macaroni Salad
Potato Salad - Crackers & Peanut Butter

**Desserts**
Lemon Pound Cake - Angel Food Cake - Brownie
Chocolate Angel Food Cake - Peach Pear Cobbler
Cheese Cake

**Fruit:** Peaches - Pears - Applesauce - Mandarin Oranges
Apple - Orange - Banana - 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
Welcome to Stony Brook University Hospital’s
Distinguished Dining: Excellence in Service and Cuisine

Distinguished Dining has been developed to help provide you with the finest pa-
tient 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.

DIET:

Pediatric

A diet with no restrictions that provides adequate
nutrients to meet your nutritional needs

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 physi-
   cian.

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 ex-
cellent 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 af-
ter your physician has entered your diet order.

Stony Brook Medicine