

# BREAKFAST

## Beverages

**Milk:** Whole - Skim - Lactaid - Vanilla 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

## 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

## 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

**\*Breakfast Ends Daily at 10:00AM\***

Limited Items are available all day long.

Scrambled Eggs, Omelets, Hard-Boiled, Cereal, and Plain Bagels



# 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

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

**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  
Whole Wheat 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

## 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  
Tofu - Chilled Salmon - Tuna Salad - Chicken Salad

**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 - Red Wine Vinegar - Lite Ranch

## 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



**Stony Brook Medicine**

# 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

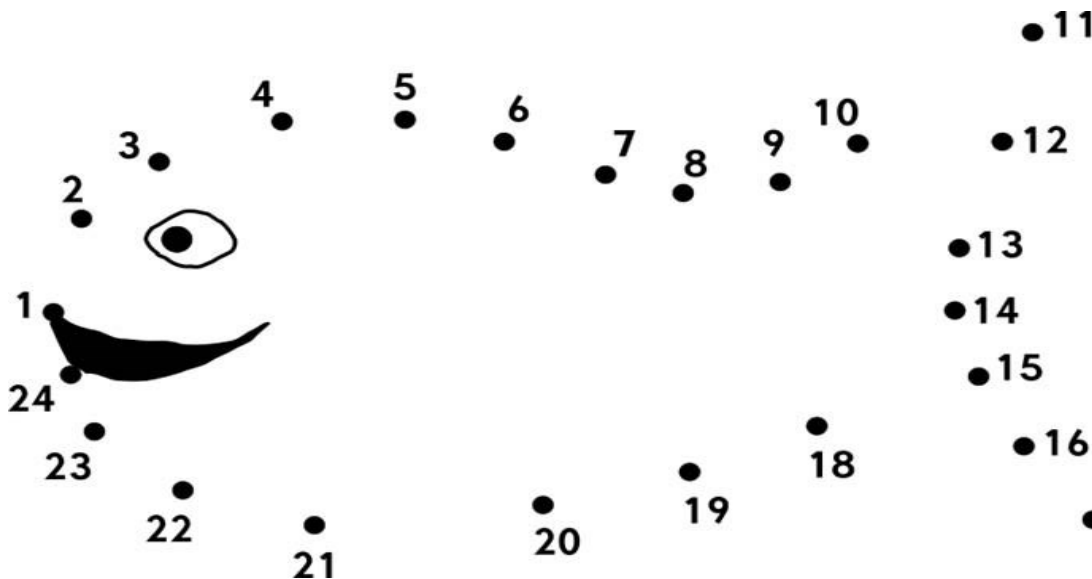
Fig Newton - Graham Crackers

**Gelatin:** (Regular or Sugar-Free)

Strawberry - Orange

**Ice Cream:** Vanilla - Chocolate - Sugar-Free Vanilla

**Pudding:** Vanilla - Chocolate - Rice



Stony Brook **Medicine**

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 patient care.

Our commitment in the Food and Nutrition Department is to provide our patients with sound nutritional guidance, the

freshness 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 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.*

7/21



Stony Brook Medicine