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

**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**
(Choose 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
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 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 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.