

BREAKFAST

BEVERAGES

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile
Fresh-Brewed Ice Tea

Hot Chocolate: Regular - Sugar-Free

Milk: Whole - 1% - Skim - Lactaid - Vanilla Soy
Low-Fat Chocolate

Juice: Apple - Cranberry - Orange - Prune - V8
Tomato

Soda: Ginger Ale - Diet Ginger Ale - Seltzer

THICKENED BEVERAGES

Juice: Orange - Apple - Cranberry

Coffee: Decaffeinated

Tea: Decaffeinated - Iced Tea

Peach-Mango Beverage (Sugar-Free)

Milk - Water

BREAKFAST ENTRÉES:

Scrambled Eggs

**Home-style Waffle
Bread**

FRUITS:

Peaches - Pears - Applesauce

CEREAL:

Hot: Oatmeal - Cinnamon Oatmeal
Cream of Wheat

Cold: Raisin Bran - Corn Flakes

YOGURT:

Vanilla (Regular or Light) - Plain

Condiments

Butter – Smart Balance – Cream Cheese– Light
Cream Cheese – Grape Jelly – Strawberry Jam
Diet Jelly

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



Stony Brook Medicine

LUNCH & DINNER

PUREED ENTRÉES:

Chicken Francaise:

Served with a Lemon, White Wine Sauce

Grilled Chicken Parmesan:

Served with Marinara Sauce

Oven Roasted Turkey Served with Gravy

Broiled Cod With Lemon & Garlic

Home Made Meatloaf Served with Gravy

House Made Roast Beef with Gravy

Lasagna Soufflé

Chicken Cutlet Served with Gravy

PUREED PASTA BAR:

Choice of Pasta:

Elbow Macaroni - Linguini

Choice of Sauce:

Marinara

Garlic, Extra Virgin Olive Oil & White Wine

Meat Sauce

Butter Sauce

Vodka Sauce

Macaroni & Cheese



Stony Brook **Medicine**

SOUPS & SIDES

SOUP:

***Not available on diets with thickened liquids**

Campbell's Cream of Tomato

Low-Sodium Tomato - Lentil - Pasta Fagioli

SIDES:

Macaroni & Cheese - Mashed Potatoes

Mashed Sweet Potatoes - Carrots - Broccoli - Peas

Green Beans - Bread

DESSERTS :

Chilled Fruit: Peaches - Pears - Applesauce

Gelatin: (Regular or Sugar-Free)

Strawberry - Orange

Ice Cream: Vanilla - Chocolate

Sugar-Free Vanilla

Pudding: (Regular or Sugar-Free)

Vanilla - Chocolate

Italian Ice: Cherry - Lemon - Orange

Low-fat Chocolate Mousse

Cheesecake

Pureed Diet

Your physician has ordered a pureed or dysphagia diet for you. Foods on these diets are prepared to a smooth texture. Additionally your physician may have ordered thickened liquids to a nectar or honey consistency.

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.



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