

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile
Fresh Brewed Iced Tea (Decaf)

Hot Chocolate: Regular - Sugar-Free

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

Soda: Ginger-Ale - Diet Ginger Ale - Seltzer

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

Condiments

Butter - Smart Balance - Grape Jelly - Strawberry Jam

Diet Jelly - Cream Cheese - Lite Cream Cheese

Peanut Butter - Ketchup - Salt - Pepper - Coffee Creamer

Sugar - Splenda - Equal - Sweet & Low - Syrup

Diet Syrup - Honey - Lemon Juice - Herb Seasoning - Salsa

Sour Cream - Mustard - Mayonnaise - Lite Mayonnaise

BBQ Sauce - Honey Mustard

Breakfast Entrees

Eggs: Scrambled - Scrambled Egg Whites - Hard Boiled Egg (2)

Omelet: Egg - Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Spinach - Peppers

Mushroom - Diced Ham or Turkey - American Cheese or Swiss
Cheese

Pancakes: Buttermilk - Blueberry - Banana

French Toast: Plain - Blueberry - Banana

Egg Sandwich

Bread: Kaiser Roll - Whole Wheat Kaiser Roll

Choice of Cheese: American or Swiss

Choice of Meat: Ham - Sausage Patty - Sliced Turkey

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

Side Items

(Please Chose 4)

Fruit

Whole Fruit: Banana - Orange - Apple

Chilled Fruit: Diced Peaches - Diced Pears - Applesauce
Mandarin Oranges - Fruit Salad - Seasonal Melon - Grapes

Cereal

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes - Cheerios - Rice Krispies

Raisin Bran - Rice Chex

Yogurt

Regular: Vanilla - Strawberry - Plain

Lite: Strawberry - Peach - Vanilla

Breakfast Bakery (please choose 1 item only)

Muffins: Blueberry - Corn - Bran

Mini-Bagels: Plain - Sesame - Everything - Whole Wheat

Rolls: Kaiser Roll - Whole Wheat Kaiser Roll

Additional Sides

Pork Sausage Patty - Turkey Sausage - Home Fries

Hard-Boiled Egg - 1/2 Portion Scrambles Eggs

Chef's Healthy Sandwich Option:

Egg Whites, with Fresh Turkey & Lacy Swiss
on Whole Wheat Kaiser Roll



Stony Brook Medicine

LUNCH & DINNER

Hot Entree's

Special of the Day – Available until 2pm (ask you Ambassador)

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese

Oven Roasted Turkey with Gravy

Broiled Cod: Dressed with Breadcrumbs, Garlic & Lemon

Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon

Home Made Meatloaf with Gravy

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes

Fajitas: Choice of Chicken, Shrimp, or Tofu

Quesadillas: Chicken, Black Bean, or Plain Cheese

Sliced Flank Steak & Onion Sandwich: Served on a Ciabatta Roll

Macaroni & Cheese: Served in a Creamy Cheese Sauce

Panini: Fresh Mozzarella, Basil, & Tomato

Grilled Marinated Flank Steak

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 & White Wine

Choice of Toppings: Mixed Vegetables - Mushrooms - Chicken

From The Grill

Hamburger - Grilled Marinated Chicken - Turkey Burger

Black Bean Burger - Grilled Cheese Sandwich

Choice of Bread:

Seedless Rye - Whole Wheat - White - Hamburger Bun

Whole Wheat Burger Bun

Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms

Sautéed Onions - Ham (*Grilled Cheese only) - American Cheese

Swiss Cheese

Shake It Up Salad Station

Choice of (1) Lettuce: Romaine - Baby Field Greens - 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 - Black Olives - Cucumbers

Dried Cranberries - Chickpeas - Mushrooms - Sunflower Seeds

Dressings: Lite Italian - Olive Oil—Red Wine Vinegar

Lite Ranch - Lite Caesar - Fat Free Italian

Cold Plates

Cottage Cheese Plate: Cottage Cheese and Fresh Seasonal Fruit

Yogurt Plate: Seasonal Fruit & Vanilla Yogurt (Lite or Regular)

Crudités & Hummus Salad: Fresh Garden Vegetables

(Cucumbers, Tomatoes, Celery & Carrots) & Creamy Hummus Dip

Deli Specials

Grilled Chicken Caesar Wrap: Marinated Grilled Chicken,

Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing

Classic Tuna or Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Roast Beef Sandwich

Choice of Bread:

White - Whole Wheat - Kaiser Roll - Seedless Rye - Tortilla Wrap

Choice of Toppings:

Lettuce - Tomato - American Cheese or Swiss Cheese

Pizza

Individual Personal Cheese Pizza:

Choice of Toppings: Peppers - Mushrooms - Pepperoni - Red On-

ion Black Olives - Broccoli



Stony Brook Medicine

SOUPS, SIDES & DESSERTS

Soups

Soup Du Jour, Served with crackers

Campbell's Cream of Tomato - Chicken & Rice Soup

Lentil Soup - Pasta Fagioli

Low-Sodium Tomato Soup

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

Cuban Style Black Beans (veg.)

Penne with Marinara Sauce - Penne (Plain)

Garden Salad - Cottage Cheese - Spanish Slaw

Vegetable Sticks - Cucumber Slices - Macaroni Salad

Potato Salad - Peanut Butter & Crackers

Hummus & Veggie Stick

Desserts

Bakery (please choose 1)

Lemon Pound Cake

Angel Food Cake

Brownie

Cheese Cake

Chocolate Angel Food Cake

Peach Pear Cobbler

Low Fat Chocolate Mousse

Fruit: Apple - Orange - Banana - Diced Peaches

Diced Pears - Applesauce - Mandarin Oranges

Fruit Salad - Grapes - Seasonal Melon

Cookies: Chocolate Chip - Oatmeal Raisin

Lorna Doones - Fig Newtons - Graham Crackers

Gelatin: (Regular or Sugar-Free)

Strawberry or Orange

Ice Cream: Vanilla - Chocolate - Sugar-Free Vanilla

Fruit Ice: Cherry - Orange - Lemon

Pudding: Vanilla - Chocolate - Rice

Sugar-Free Vanilla - Sugar-Free Chocolate



Stony Brook **Medicine**

REGULAR DIET:

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

Suggested Food Choices: All food on the Room Service Dining menu.

Suggested Foods to Limit: None.

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 60 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.

Room Number: _____ Date: _____

Name: _____

Diet: _____

