

# BREAKFAST

## BEVERAGES

**Coffee:** Regular | Decaffeinated

**Tea:** Regular | Decaffeinated | Chamomile | Fresh Brewed Unsweetened Iced Tea

**Milk:** Whole | Skim | Lactaid

**Juice:** Apple | Cranberry

**Soda:** Ginger Ale | Diet Ginger Ale | Seltzer

## CONDIMENTS

Butter | Smart Balance | Grape Jelly | Strawberry Jam | Diet Jelly | Cream Cheese | Salt

Pepper | Honey Mustard | Lite Cream Cheese | Coffee Creamers | Sugar

Splenda | Equal | Sweet & Low | Syrup | Diet Syrup | Honey Lemon Juice | Herb Seasoning

Sour Cream | Mustard | Mayonnaise | Light Mayonnaise

## MAIN COURSE (please choose 1)

**Eggs:** Scrambled | Scrambled Egg Whites | Hard-Boiled Eggs ( 2ea )

**Omelet:** Egg | Egg White

**Choice of 4 Toppings:** Red Onions | Broccoli | Peppers | Mushrooms

Turkey | American Cheese or Swiss Cheese

**Pancakes:** Buttermilk | Blueberry

**French Toast:** Plain | Blueberry

## EGG SANDWICH

**Bread:** Kaiser Roll

**Choice of Cheese:** American or Swiss

**Choice of Meat:** Fresh Sliced Turkey | Ham | Sausage Patty

## SIDE ITEMS (please choose 4 total)

**Whole Fruit:** Apple | Grapes

**Chilled Fruit:** Peaches | Pears | Applesauce | Mandarin Oranges

## CEREAL:

**Hot:** Oatmeal | Cinnamon Oatmeal | Cream of Wheat

**Cold:** Rice Krispies | Corn Flakes | Rice Chex | Cheerios

## BREAKFAST BAKERY (please choose 1 item only):

**Bagels:** Plain | Sesame | Everything | Whole Wheat

**Bread:** White | Wheat | Seeded Rye | Kaiser Roll

## ADDITIONAL SIDES:

Pork Sausage Patty | Turkey Sausage | Hard-Boiled Egg | 1/2 portion Eggs

During your stay at Stony Brook Hospital, your diet is ordered by your doctor and may change a few times due to tests, treatment or surgery.

## DIET:

# Renal

Your physician has ordered a potassium restricted diet for you. A sodium, protein, phosphorus and/or fluid restriction may also have been ordered.

### To place your order, please choose:

One (1) **Main Course**

Four (4) **Sides (Breakfast)**

Four (4) or Five (5) **Sides (Lunch & Dinner)**

Three (3) **Beverages**

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.*

### We Need Your Feedback!

If you receive a patient satisfaction survey in the mail, please fill it out and return it.

Your opinion counts!

9/23

NAME: \_\_\_\_\_

DATE/ROOM#: \_\_\_\_\_



**Stony Brook Medicine**

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

Limited Items are available all day long. Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels

# LUNCH & DINNER

## MAIN COURSE

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce

**Oven Roasted Turkey with Gravy**

**Baked Salmon:** Served with Breadcrumbs, Garlic & Lemon

**Baked White Fish:** Oven Roasted with Garlic & Lemon

**Homemade Meatloaf with Gravy**

**Grilled Marinated Chicken Breast**

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

**Macaroni & Cheese:** Served in a Creamy Cheese Sauce

**Sliced Roast Beef with Mushroom Gravy**

## PASTA BAR

**Choice of Pasta:** Penne | Linguini | Gluten-Free Red Lentil Pasta

**Choice of Sauce:** Butter | Garlic, Extra Virgin Olive Oil & White Wine

**Choice of Toppings:** Mixed Vegetables | Mushrooms | Chicken

## FROM THE GRILL

**Hamburger | Grilled Marinated Chicken | Turkey Burger** (*Antibiotic Free!*)

**Grilled Cheese Sandwich**

**Choice of Bread:** White | Whole Wheat | Seeded Rye | Hamburger Bun

**Choice of Toppings:** Lettuce | Sautéed Mushrooms | Sautéed Onions | Ham

(\**Grilled Cheese Only*) | American Cheese or Swiss Cheese

## DELI SPECIALS

**Chicken Salad | Tuna Salad | Oven Roasted Turkey | Slow-Cooked Roast Beef**

**Choice of Bread:** White | Whole Wheat | Seeded Rye | Kaiser Roll | Tortilla Wrap

**Choice of Toppings:** Lettuce | Swiss Cheese | American Cheese

# DIET: Renal

## SIDES & DESSERTS

### SIDES

Dinner Roll | Mac & Cheese | Brown Rice | Steamed White Rice

Stuffing | Baby Carrots | Broccoli | Corn | Green Beans

Penne (Plain) | GF Red Lentil Pasta | Garden Salad | Cottage Cheese

Vegetable Sticks | Cucumber Slices | Macaroni Salad

### DESSERTS

**Bakery (choose 1):** Lemon Pound Cake | Angel Food Cake

**Peach Pear Cobbler**

**Fruit:** Apple | Grapes | Peaches | Pears | Applesauce

**Cookies:** Oatmeal Raisin | Lorna Doones | Fig Newtons

Graham Crackers

**Gelatin:** (Regular or Sugar-Free) Strawberry | Orange

**Ice Cream:** Vanilla | No Sugar Added Vanilla

**Fruit Ice:** Cherry | Orange | Lemon | No Sugar Added Lemon

**Pudding:** No Sugar Added Vanilla | No Sugar Added Rice Pudding