

BREAKFAST

BEVERAGES

Coffee: Regular – Decaffeinated

Tea: Regular – Decaffeinated – Chamomile
Fresh - Brewed Iced Tea

Milk: Whole – Skim – Lactaid

Soda: Ginger-Ale – Diet Ginger-Ale - Seltzer

Juice: Apple – Cranberry

SIDE ITEMS *(Please choose 4)*

FRUIT

Whole Fruit: Apple - Grapes

Chilled Fruit: Peaches – Pears – Applesauce

CEREAL:

Hot: Oatmeal – Cinnamon Oatmeal

Cream of Wheat

Cold: Rice Krispies – Rice Chex – Corn Flakes

Cheerios

BREAKFAST BAKERY *(please choose 1 item)*

Bagels: Plain - Sesame – Everything – Whole Wheat

Kaiser Roll

Bread: White – Wheat – Rye

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

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

MAIN COURSE

(Please Choose 1)

Eggs: Scrambled - Egg Whites

Hard Boiled Eggs(2 per order)

Omelet: Egg - Egg White

Choice of 4 Toppings: Red Onions – Broccoli
Peppers - Mushrooms - Turkey – American or Swiss
Cheese

Pancakes: Buttermilk - Blueberry

French Toast: Plain - Blueberry

BREAKFAST SANDWICH:

Eggs or Egg Whites on a Kaiser Roll with:

Choice of Cheese: Swiss Cheese or American

Meat: Turkey

CONDIMENTS

Smart Balance – Butter – Grape Jelly

Strawberry Jam – Honey – Lemon Juice

Cream Cheese – Lite Cream Cheese – Salt – Pepper

Herb Seasoning – Syrup – Diet Syrup – Sugar

Equal – Splenda – Sweet & Low



Stony Brook Medicine

LUNCH & DINNER

(Please Choose 1 Main Course)

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Oven Roasted Turkey Served with Gravy

Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon

Home Made Meatloaf Served with Gravy

Sliced Roast Beef with Mushroom Gravy

Marinated Chicken Breast

Macaroni & Cheese: Served in a Creamy Cheese Sauce

Oven-Baked Chicken Tenders

FROM THE GRILL:

Hamburger - Turkey Burger (Antibiotic - Free!)

Swiss Cheese Burger - Grilled Swiss Cheese Sandwich

Choice of Toppings:

Lettuce – Sautéed Onion – Sautéed Mushrooms

American Cheese - Swiss Cheese

Choice of Bread: Seedless Rye - Whole Wheat White - Hamburger Bun

PASTA BAR

Choice of Pasta: Penne - Linguini

Gluten-Free Red Lentil Rotini

Add: Diced Marinated Chicken - Mixed Vegetables

Choice of Sauce: Garlic & Extra Virgin Olive Oil Butter Sauce

DELI SPECIALS:

Choose of (1) Protein: Roast Beef – Turkey Chicken Salad - Tuna Salad

Choice of Bread: Seedless Rye - Kaiser Roll White Bread – Wheat Bread - Tortilla Wrap

Choice of Toppings: Lettuce - Swiss Cheese



Stony Brook **Medicine**

SIDE ITEMS

Penne - Brown Rice - Steamed White Rice - Stuffing
Baby Carrots - Broccoli - Corn - Green Beans
Whole Wheat Dinner Roll - Whole Wheat Crackers
Macaroni and Cheese - GF Red Lentil Pasta

SIDES SALADS:

Garden - Vegetable Sticks
Cucumber Slices - Macaroni Salad

Dressings: Olive Oil - Red Wine Vinegar
Lite Ranch - Lite Italian

DESSERTS

BAKERY (please choose 1)

Lemon Pound Cake
Peach & Pear Cobble
Angel Food Cake (Plain or Add Melba Sauce)

Chilled Fruit: Peaches - Pears - Applesauce

Whole Fruit: Apple - Grapes

Cookies: Lorna Doone - Fig Newtons
Graham Crackers - Oatmeal Raisin Cookies

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

Ice Cream: Vanilla - Sugar Free Vanilla

Italian Ice: Cherry - Lemon - Orange

RENAL DIET

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

- Potassium is a mineral found in most foods especially fruits, vegetables and many dairy products and therefore these foods are limited on this diet.
- Sodium is also found in most foods and is especially concentrated in salt, processed and convenience foods such as cold cuts, hot dogs, sausage canned soups and TV dinners
- Protein is found mostly in meats, poultry, fish, dairy products and legumes. Vegetables and grains provide smaller amounts.
- Phosphorus is abundantly found in dairy products, nuts, legumes, meats, poultry, and fish.

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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