

# BREAKFAST

## **BEVERAGES:**

**Coffee:** Regular - Decaffeinated

**Tea:** Regular - Decaffeinated - Chamomile - Iced Tea

**Hot Chocolate:** Regular- Sugar-Free

**Milk:** Whole - 1% - Skim - Lactaid - Vanilla Soy  
Chocolate Milk

**Soft Drink:** Ginger Ale - Diet Ginger Ale - Seltzer

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

## **THICKENED BEVERAGES:**

**Juice:** Orange - Apple - Cranberry

**Coffee:** Decaffeinated

**Tea:** Decaffeinated  
Milk

Water

**Ice Tea (Sweetened)**

**Peach Mango Drink (calorie-free)**

## MAIN COURSE

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

**Omelet:** Egg - Egg White

**Choice of 4 Toppings:** Peppers - Mushroom  
American Cheese - Swiss Cheese

**Pancakes:** Buttermilk - Banana

**French Toast:** Plain - Banana

**Side:** Home Fries

## **FRUIT:**

**Chilled Fruits:** Peaches - Applesauce - Pears  
Mandarin Oranges

## **CEREAL**

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

**Cold:** Corn Flakes - Crispy Rice

## **YOGURT**

**Regular:** Plain - Vanilla - Strawberry

**Lite:** Strawberry - Peach - Vanilla

## **BREAKFAST BAKERY:**

**Muffins:** Blueberry - Corn - Bran Muffin

**Choice of:** Smart Balance - Jelly - Diet Jelly - Butter  
Cream Cheese - Lite Cream Cheese - Peanut Butter

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



**Stony Brook Medicine**

# LUNCH & DINNER

## **HOT ENTRÉE**

### **Ground Chicken Francaise:**

Sautéed in a Lemon & White Wine Sauce

### **Ground Oven Roasted Turkey:**

Served with Gravy

### **Flaked Broiled Cod:**

Dressed with Breadcrumbs, Garlic & Lemon

### **Flaked Baked Salmon:**

Dressed with Breadcrumbs, Garlic and Lemon

### **Home Made Meatloaf:**

Served with Gravy

### **Macaroni & Cheese:**

Macaroni in Creamy Cheese Sauce

## **PASTA BAR:**

### **Choice of Pasta:**

Penne - Linguini - Whole Wheat Penne

### **Choice of Sauce:**

Vodka Sauce - Meat Sauce - Marinara Sauce

Butter Sauce - Garlic, Extra Virgin Olive Oil & White Wine

### **Choice of Toppings:**

Chopped Mixed Vegetables

## **COLD PLATES**

### **Cottage Cheese Plate:**

Cottage Cheese and Peaches & Pears

# SOUPS & SIDES

## SOUP:

**Soups:** Tomato - Lentil - Pasta Fagioli

**Broths:** Beef - Chicken - Vegetable

(Not available on diets with thickened liquids)

## SIDES:

(Some diets may not allow bread Products)

Dinner Roll - Mac & Cheese - Mashed Potatoes

Mashed Sweet Potatoes - Brown Rice

Steamed White Rice - Stuffing

Baby Carrots - Broccoli - Green Beans

Cuban Style Black Beans (Vegetarian)

# DESSERTS

**BAKERY:** (Some diets may not allow bread products)

**Lemon Pound**

**Angel Food Cake**

**Chocolate Angel Food Cake**

**Brownie**

**Low-Fat Chocolate Mousse**

**Peach Pear Cobbler**

**Cheese Cake**

**Chilled Fruit:** Peaches - Pears - Applesauce

Mandarin Oranges

**Cookies:** Graham Crackers

**Gelatin:** (Regular or Sugar-Free)

Strawberry - Orange

**Ice Cream:** Vanilla - Chocolate - Sugar-Free Vanilla

**Italian Ices:** Cherry - Lemon - Orange

**Pudding:** Vanilla - Chocolate - Rice

Sugar - Free Vanilla - Sugar-Free Chocolate



Stony Brook **Medicine**

## TEXTURE MODIFIED DIETS:

Your physician has ordered a mechanical soft or dysphagia diet for you. Meats are ground and other foods are soft and easy to chew and swallow on these diets.

Mechanical soft and dysphagia diets are designed for problems with chewing and/or swallowing. 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.*



**Stony Brook Medicine**