

BREAKFAST

BEVERAGES:

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile - Iced Tea

Hot Chocolate: Regular- Sugar-Free

Milk: Whole - 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 or 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.

7/21



Stony Brook Medicine