

BREAKFAST

BEVERAGES

Fresh-Brewed Unsweetened Iced Tea

Milk: Whole | Skim | Lactaid | Vanilla Soy Milk | Low-Fat Chocolate Milk

Juice: Apple | Prune |

CONDIMENTS

Butter | Smart Balance | Diet Jelly | Cream Cheese | Lite Cream Cheese | Peanut

Butter Coffee Creamers | Sugar Splenda | Equal | Sweet & Low | Syrup Diet Syrup

Honey | Lemon Juice | Sour Cream | 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: Mushrooms | Ham or Turkey | American Cheese or Swiss Cheese

Pancakes: Buttermilk | Blueberry | Banana

French Toast: Plain | Blueberry | Banana

SIDE ITEMS (please choose 4 total)

Fruit: Banana | Peaches | Pears | Applesauce | Mango Orange Applesauce

YOGURT:

Regular: Vanilla | Plain

Lite : Peach | Vanilla

CEREAL:

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

Instant Cream of Wheat

BREAKFAST BAKERY (please choose 1 item only):

Muffins: Blueberry | Corn | Low-Fat Blueberry | Low-Fat Banana

Breads: White | Wheat

ADDITIONAL SIDES

Hard-Boiled Egg | 1/2 portion Scrambled 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:

Tonsillectomy

Food choices that are soft, non-acidic, non-abrasive, and are easy to swallow.

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

DIET: Tonsillectomy

MAIN COURSE

Oven Roasted Turkey with Gravy
Homemade Meatloaf with Gravy
Macaroni & Cheese: Served in a Creamy Cheese Sauce

PASTA BAR

Choice of Pasta: Penne | Linguini
Gluten-Free Red Lentil Pasta
Choice of Sauce: Butter
Choice of Toppings: Mushrooms

FROM THE GRILL

Grilled Cheese Sandwich
Choice of Bread: White | Whole Wheat
Choice of Toppings: Sautéed Mushrooms | Sautéed Onions
Ham | American Cheese or Swiss Cheese

COLD PLATES

Cottage Cheese, Peaches & Pears

DELI SPECIALS

Chicken Salad | Tuna Salad | Turkey
Choice of Bread: White | Whole Wheat
Choice of Toppings: Swiss Cheese | American Cheese

SOUPS, SIDES & DESSERTS

SOUP

Chicken & Rice Soup
Broth: Beef | Chicken | Vegetable

SIDES

Baked Potato | Dinner Roll | Mac & Cheese | Mashed Potatoes
Mashed Sweet Potatoes | Brown Rice | Steamed White Rice | Stuffing
Baby Carrots | Broccoli Corn | Green | Cottage Cheese
Cuban Style Black Beans (veg.) | Penne (Plain) | GF Red Lentil Pasta

DESSERTS

Bakery (choose 1): Angel Food Cake | Brownie | Cheese Cake
Chocolate Angel Food Cake | Low-Fat Chocolate Mousse
Fruit: Banana | Peaches | Pears | Applesauce | Orange Mango Applesauce
Gelatin: (Regular or Sugar-Free) Orange
Ice Cream: Vanilla | Chocolate | No Sugar Added Vanilla
No Sugar Added Chocolate
Fruit Ice: Orange
Pudding: Vanilla | Chocolate | Rice | No Sugar Added Vanilla
No Sugar Added Chocolate | No Sugar Added Rice Pudding