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

Breakfast Ends Daily at 10:00AM

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.** Dial8 -DINE(extension8-3463)betweenthehoursof 7 am and 7 pm.
- Identify yourself to the Room Service Associate, who will verify yourname, roomnumber, and the diet ordered by your physician.
- Place your order. Yourspecially 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

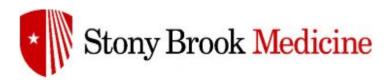
Please note that not all menuitems are appropriate for all diets. If you are on a special or restricted diet, our Room Service Associate will assist you with your meal selections.

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#:	



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