

BREAKFAST

BEVERAGES

Juice: Apple – Prune

Fresh Brewed Iced Tea

Milk: Whole – Skim - Chocolate

Lactaid - Vanilla Soy

SIDE ITEMS

(Please choose 4)

FRUIT: Banana - Peaches – Pears - Applesauce

YOGURT:

Regular: Plain – Vanilla

Lite: Peach

HOT CEREAL:

Oatmeal – Cinnamon Oatmeal - Cream of Wheat

BREAKFAST BAKERY:

MUFFINS: Blueberry - Corn

MAIN COURSE

(Please choose 1)

Eggs: Scrambled - Egg Whites

Hard Boiled Egg

Omelet: Egg - Egg White

Choice of Toppings: Mushroom - Diced

Ham -Sliced Turkey

Choice of Cheese: American - Swiss

Pancakes: Buttermilk - Blueberry - Banana

French Toast: Plain - Blueberry - Banana

CONDIMENTS:

Smart Balance - Jelly - Diet Jelly – Cream

Cheese –Lite Cream Cheese - Butter - Honey

Mayonnaise - Lite Mayonnaise

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

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



Stony Brook Medicine

LUNCH & DINNER (Choose 1 Main Course)

ENTREES

Oven Roasted Turkey Served with Gravy

Home Made Meatloaf Served with Gravy

Macaroni & Cheese: Served in a Creamy Cheese Sauce

Scrambled Eggs - Omelets

Grilled Cheese Sandwich

Choice of Bread:

White - Whole Wheat

Choice of Cheese:

American - Swiss

DELI SPECIALS:

Classic Tuna Sandwich

Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Choice of Bread:

White - Whole Wheat

Choice of Cheese:

American - Swiss

Smucker's Uncrustable Peanut Butter and Jelly Sandwich

Cottage Cheese Platter: Served with Peaches & Pears

SOUPS & SIDES

BROTH:

Beef - Chicken - Vegetable

SIDES:

Baked Potato - Macaroni & Cheese
Mashed Potatoes – Mashed Sweet Potatoes
Brown Rice – Steamed White Rice
Penne Pasta - Stuffing - Cottage Cheese
Broccoli - Corn – Green Beans
Sautéed Spinach
Cuban Style Black Beans (Vegetarian)

DESSERTS

Bakery:

(Please choose 1)

Angel Food Cake

Brownie

Cheese Cake

Chocolate Angel Food Cake

Low-Fat Chocolate Mousse

Fruits: Banana - Peaches - Pears

Applesauce

Gelatin: (Regular or Sugar-Free)

Orange

Ice Cream: Vanilla – Chocolate

Sugar-Free Vanilla

Italian Ice: Orange

Pudding: Vanilla – Chocolate - Rice



Stony Brook **Medicine**

How to Place an Order

TONSILLECTOMY DIET:

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

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.

Room Number: _____

Date: _____

Name: _____

Diet: _____

7/21



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