

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.

To place your order, please choose:

One (1) **Main Course**

Up to Five (5) **Sides**

Three (3) **Beverages**

1. Dial 8-3463 (8-DINE), or (631) 638 -3463 from your cell phone, between the hours of 7am and 7pm.
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 specifically prepared meal will be served to you 60-90 minutes of your request.

### **SPECIAL / RESTRICTED DIETS**

Please note that not all menu items are appropriate for your diet. If you are on a special or restricted diet, our Room Service Associate would be happy to assist you with your meal selection. For your safety, we will accept your menu selections 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!

NAME/ROOM#: \_\_\_\_\_

# DIET: Unrestricted



**CBORD Patient**   
The CBORD Group, Inc

Facility ID: sbuh11794



### **Enjoy Seamless Dining at Your Fingertips!**

To get started:

1. Scan the QR code, download, and install the app.
2. Create your account and log in, entering the Facility ID (**sbuh11794**), the patient's Billing ID (or Encounter #), and Date of Birth
3. Start exploring a selection of options to meet your nutritional needs and place your order effortlessly
4. Our self-ordering Patient app may not be suitable for your diet order. Please call our Call Center to speak with a representative who can guide you through your available selections.

# BREAKFAST

## BEVERAGES

**Coffee:** Regular | Decaffeinated

**Tea:** Regular | Decaffeinated | Chamomile

Fresh-Brewed Unsweetened Iced Tea

**Hot Chocolate:** Regular | No Sugar Added

**Milk:** Whole | Skim | Lactaid | Vanilla Soy Milk

Low-Fat Chocolate Milk

**Juice:** Orange | Apple | Tomato | Cranberry | Prune | V8

**Soda:** Ginger Ale | Diet Ginger Ale | Seltzer

## CONDIMENTS

Butter | Smart Balance | Grape Jelly | Strawberry Jam | Ketchup

Diet Jelly | Cream Cheese | BBQ Sauce | Salt | Pepper | Honey Mustard

| Lite Cream Cheese | Peanut Butter | Coffee Creamers | Sugar

Splenda | Equal | Sweet & Low | Syrup | Diet Syrup | Honey | Lemon

Juice | Herb Seasoning | Salsa | Sour Cream | Mustard | 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:** Red Onions | Broccoli | Spinach | Peppers

Mushrooms | Ham or Turkey | American Cheese or Swiss Cheese

**Pancakes:** Buttermilk | Blueberry | Banana

**French Toast:** Plain | Blueberry | Banana

## EGG SANDWICH

**Bread:** Kaiser Roll | Whole Wheat Kaiser Roll

**Choice of Cheese:** American or Swiss

**Choice of Meat:** Ham | Sausage Patty | Fresh Sliced Turkey

**Chef's Healthy Sandwich Option:** Egg Whites, Turkey & Lacy Swiss  
on a Whole Wheat Kaiser Roll

## SIDE ITEMS (please choose 4 total)

**Whole Fruit:** Banana | Orange | Apple | Grapes | Seasonal Melon

**Chilled Fruit:** Peaches | Pears | Applesauce | Fruit Salad

Orange Mango Applesauce | Mandarin Oranges

## YOGURT:

**Regular:** Vanilla | Strawberry | Plain

**Lite :** Strawberry | Peach | Vanilla | Blueberry

## CEREAL:

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

Instant Oatmeal | Instant Cream of Wheat

**Cold:** Rice Krispies | Corn Flakes | Raisin Bran | Rice Chex

Cheerios

## BREAKFAST BAKERY (please choose 1 item only):

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

**Bagels:** Plain | Sesame | Everything | Whole Wheat

**Breads:** White | Wheat | Rye | Kaiser Roll | Whole Wheat Kaiser  
Roll

## ADDITIONAL SIDES

Pork Sausage Patty | Turkey Sausage Links | Home Fries

Hard-Boiled Egg | 1/2 portion Scrambled Eggs

**\*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: Unrestricted**

## MAIN COURSE

*Special of the Day – Available until 2pm (ask your Ambassador!)*

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce

**Grilled Chicken Parmesan:** Layered with Marinara Sauce & Mozzarella Cheese

**Oven Roasted Turkey with Gravy**

**Baked Salmon:** Served with Garlic & Lemon

**Baked White Fish:** Oven Roasted with Garlic & Lemon

**Homemade Meatloaf with Gravy**

**Grilled Marinated Chicken Breast**

**Hot Roast Beef on Ciabatta Roll with Caramelized Onions**

**Fajitas:** Choice of Chicken, Shrimp, or Tofu

**Quesadillas:** Chicken, Black Bean, or Plain Cheese

**Macaroni & Cheese:** Served in a Creamy Cheese Sauce

**Fresh Mozzarella, Basil & Tomato Panini**

**Sliced Roast Beef with Mushroom Gravy**

## PASTA BAR

**Choice of Pasta:** Penne | Linguini | Gluten-Free Red Lentil Pasta

**Choice of Sauce:** Marinara | Meat | Butter | Vodka Sauce  
Garlic, Extra Virgin Olive Oil & White Wine

**Choice of Toppings:** Mixed Vegetables | Mushrooms | Chicken | Tofu

## FROM THE GRILL

**Hamburger | Grilled Marinated Chicken | Black Bean Burger**

**Grilled Cheese Sandwich | Turkey Burger (Antibiotic Free!)**

**Choice of Bread:** White | Whole Wheat | Rye | Hamburger Bun

Whole Wheat Burger Bun

**Choice of Toppings:** Lettuce | Tomato | Sautéed Mushrooms

Sautéed Onions | Ham (\*Grilled Cheese Only)

American Cheese or Swiss Cheese

## SHAKE IT UP' SALAD STATION

*(Create your own Main Course Gourmet Salad)*

**Choice of Lettuce:** Romaine | Field Greens | Spinach

**Choice of (1) Protein:** Grilled Chicken | Tofu | Chilled Salmon  
Chicken Salad | Tuna Salad | Shrimp

**Choice of (up to 4) Toppings:** Red Onions | Cherry Tomatoes  
Bell Peppers | Croutons | Walnuts | Cucumbers | Dried Cranberries  
Chickpeas | Sliced Mushrooms | Sunflower Seeds

**Dressings:** Olive Oil | Red Wine Vinegar | Fat Free Italian  
Fat Free Ranch | Light Caesar

## PIZZA

**Individual Personal Cheese Pizza with:**

**Choice of Toppings:** Plain | Peppers | Mushrooms | Pepperoni  
Red Onions | Black Olives | Broccoli

## COLD PLATES

**Fresh Fruit Plate with Vanilla (Regular or Lite) or Plain Yogurt**

**Cottage Cheese and Fresh Seasonal Fruit Plate**

**Crudités & Hummus Platter :** Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with  
Creamy Hummus Dip

## DELI SPECIALS

**Chicken Caesar Salad Wrap:** Marinated Grilled Chicken, Romaine  
Lettuce, Parmesan Cheese & Creamy Caesar Dressing

**Chicken Salad | Tuna Salad | Oven Roasted Turkey**

**Slow-Cooked Roast Beef**

**Choice of Bread:** White | Whole Wheat | Rye | Kaiser Roll | Tortilla  
Wrap

**Choice of Toppings:** Lettuce | Tomato | Swiss Cheese | American  
Cheese

## SOUPS, SIDES & DESSERTS

### SOUP

#### *Soup du Jour, served with crackers*

Campbell's Cream of Tomato Soup | Chicken & Rice Soup  
Lentil Soup | Pasta Fagioli | Low-Sodium Tomato Basil Soup

**Broth:** Beef | Chicken | Vegetable

### SIDES

Baked Potato | Dinner Roll | Baked Steak Fries | Mac & Cheese  
Mashed Potatoes | Mashed Sweet Potatoes | Brown Rice  
Steamed White Rice | Stuffing | Baby Carrots | Broccoli | Corn  
Green Beans | Cuban Style Black Beans (veg.) | Penne with Marinara  
Sauce | Penne (Plain) | GF Red Lentil Pasta | Garden Salad | Cottage  
Cheese | Spanish Slaw | Vegetable Sticks | Cucumber Slices  
Macaroni Salad | Potato Salad | Peanut Butter & Crackers  
Hummus & Carrots

### DESSERTS

**Bakery (choose 1):** Lemon Pound Cake | Angel Food Cake  
Brownie | Cheese Cake | Chocolate Angel Food Cake  
Peach Pear Cobbler | Low-Fat Chocolate Mousse

**Fruit:** Banana | Orange | Apple | Grapes | Seasonal Melon | Peaches  
Pears | Applesauce | Orange | Mango Applesauce  
Mandarin Oranges | Fruit Salad

**Cookies:** Chocolate Chip | Oatmeal Raisin | Lorna Doones  
Fig Newtons | Graham Crackers

**Gelatin:** (Regular or Sugar-Free) Strawberry | Orange

**Ice Cream:** Vanilla | Chocolate | No Sugar Added Vanilla  
No Sugar Added Chocolate

**Fruit Ice:** Cherry | Orange | Lemon | No Sugar Added Lemon

**Pudding:** Vanilla | Chocolate | Rice | No Sugar Added Vanilla  
No Sugar Added Chocolate