

# 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 (2 ea.)

**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 | Orange Mango Applesauce | Mandarin Oranges

Fruit Salad

## 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

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:

# Unrestricted

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) 444-3463 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.

## 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.



CBORD Patient   
The CBORD Group, Inc.  
Facility ID: sbuh11794

## 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#: \_\_\_\_\_



Stony Brook **Medicine**

# 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 Breadcrumbs, 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 | Turkey Burger (Antibiotic Free!) | Black Bean Burger**  
**Grilled Cheese Sandwich**  
**Choice of Bread:** White | Whole Wheat | Seeded 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 | Seeded 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