

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)

Omelet: Egg | Egg White

Choice of 4 Toppings: Red Onions | Broccoli | Spinach | Peppers | Mushrooms | American Cheese

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

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

Home Fries | 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:

Vegetarian (Lacto-Ovo)

A diet that eliminates meat, poultry, and fish but includes dairy and eggs.

Vegan items are indicated with the  symbol

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

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: Vegetarian (Lacto-Ovo)

MAIN COURSE

Baked Salmon: Served with Breadcrumbs, Garlic & Lemon

Baked White Fish: Oven Roasted with Garlic & Lemon

Tofu Fajitas (V)

Quesadillas: Black Bean or Plain Cheese

Macaroni & Cheese: Served in a Creamy Cheese Sauce

Fresh Mozzarella, Basil & Tomato Panini

PASTA BAR

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

Choice of Sauce: Marinara (V) | Butter | Vodka Sauce | Garlic, Extra Virgin Olive Oil & White Wine (V)

Choice of Toppings: Mixed Vegetables | Mushrooms | Tofu

FROM THE GRILL

Black Bean Burger (*contains milk & egg products) | **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
American Cheese or Swiss Cheese

SHAKE IT UP' SALAD STATION (V)

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Romaine | Field Greens | Spinach

Choice of (1) Protein: Tofu

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 | 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 (V)

SOUPS, SIDES & DESSERTS

SOUP

Campbell's Cream of Tomato Soup | Lentil Soup | Low-Sodium Tomato Basil Soup

Broth: Vegetable (V)

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 (V) : Cherry | Orange | Lemon | No Sugar Added Lemon

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