

# 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

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