

# 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

**\*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:

# 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**

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.

## 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.

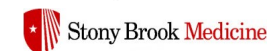


CBORD Patient  
The CBORD Group, Inc.  
Facility ID: sbuh11794

## We Need Your Feedback!

If you receive a patient satisfaction survey in the mail, please fill it out and return it.

Your opinion counts!



# 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