

How to Place an Order

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.

Room Number: _____ Date: _____

Name: _____

Diet: _____

Guests and Visitors Dining with Patients

Guests and visitors have the option to dine with the patient; the cost per meal is \$10.00 per person per meal.

Simply visit one of our food establishments

(The Market Place Café or Skyline Deli) to purchase a guest meal card. Select your meal preference from the Distinguished Dining Room Service Menu for Guests, and place your order after the patient places his/her order.

Your guest meal card must be redeemed when your ambassador delivers your meals.

Explanation of Diets

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.

Our staff of highly qualified registered dietitians will be happy to provide you with nutrition counseling as needed. For more information, please call 444-1433.

BARIATRIC SOLID DIET:

Your physician has ordered a Bariatric Solid Diet for you. Foods that contain carbohydrates and fats should be limited. Your diet should be focused on foods high in protein.

Our Goals is to exceed your expectations. For this dedication we hope that if your receive a “**Press Ganey Survey**” we earn 5 out of 5 in your rating. If for any reason you would not rate your service a 5, please call or contact your Ambassador right away and let us know how we can improve our service to you.

Please call 8-3463 (8-DINE) to place your meal order

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*Distinguished Dining at
Stony Brook University
Hospital*

Room Service Menu

**Dial 8-3463 (8-DINE)
between 7 am and 7 pm**
to place your breakfast, lunch, and dinner order



Breakfast

BEVERAGES:

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile

Fresh Brewed Ice Tea

Hot Chocolate: No Added Sugar (10g)

Milk: 1% (7g) - Skim (7g) - Lactaid (13g)

Juice: Low Sodium V8 (7g)

BREAKFAST ENTRÉE'S:

Eggs: Scrambled - Egg Whites - Hard Boiled Egg

Omelet: Egg - Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Spinach

Peppers - Mushroom - Turkey - Swiss Cheese

FRUITS:

Fruits: Banana (25g) - Orange (15g) - Apple (25g)

Seasonal Melon (10g)

Chilled Fruit: Peaches (12g) - Pears (14g) - Applesauce (12g)

Mandarin Oranges (14g) - Fruit Salad (18g)

YOGURT:

Regular: Plain (12g)

Lite: Strawberry (13g) - Peach (13g)

CEREAL:

Hot: Oatmeal (14g) - Cinnamon Oatmeal (14g)

Cream of Wheat (12g)- Cream of Wheat Package (20g)

Cold: Corn Flakes (18g) - Cheerios (14g) Crispy Rice (16g)

Rice Chex (16g)

CONDIMENTS:

Choice of: Smart Balance - Diet Jelly (3g)

Lite Cream Cheese (1g) - Butter- Peanut Butter- Salt- Pepper

SIDES:

Graham Crackers- Saltines

*g = grams

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Lunch and Dinner: Choose One Main Course

Main Course

HOT ENTRÉE'S:

Chicken Francaise: Sautéed in a Lemon White Wine Sauce (4g)

Grilled Chicken Parmesan (4g): Marinara Sauce

Oven Roasted Turkey: Served with Gravy

Broiled Flounder: Dressed with Garlic Lemon Herb (8g)

Baked Salmon (8g)

Home Made Meatloaf: Served with Gravy (7g)

FROM THE GRILL: (No Bread)

Hamburger

Grilled Marinated Chicken

Turkey Burger

Black Bean Burger (22g)

Choice of Toppings: Lettuce - Tomato

Sautéed Mushrooms- Swiss Cheese -Sautéed Onions

CONDIMENTS:

Choice of: Smart Balance - Diet Jelly (3g)

Lite Cream Cheese (1g) - Butter-Peanut Butter

Salt- Pepper-Mustard - Lite Mayo -Ketchup (3g)

*g = grams

SOUPS:

Soups: Chicken Rice (12g) -Lentil Soup (28g)

Broths: Beef (2g) - Chicken (2g) - Vegetable (2g)

SIDES:

Choice of: Baked Potato (32g) - Baked Steak Fries (40g)

Mashed Potatoes (13g) - Mashed Sweet Potatoes (12g) Brown Rice (12g)

Baby Carrots -Broccoli - Corn (11g) - Green Beans

Side Salads: Garden - Cottage Cheese (6g) - Spanish Slaw

Vegetable Sticks - Cucumber Slices- Hummus and Veggie Stick Side (3g)

Main Course

SHAKE IT UP SALAD STATION:

Create Your Own Main Course Gourmet Salad

Choice of Lettuce: Chopped Romaine Lettuce

Seasonal Baby Field Greens -Baby Hand Picked Spinach

Choice of (1) Protein: Tofu (3g)- Sliced Flank Steak

Marinated Grilled Chicken

Choice of (up to 4) Toppings: Sliced Red Onions

Cherry Tomatoes - Green Peppers - Croutons (5g)

Walnut Pcs (2g)- Sliced Cucumbers - Chickpeas (5g)

Sliced Mushrooms

Dressings: Lite Italian (1g) - Fat Free Ranch

ENTRÉE SALADS:

Cottage Cheese Plate: Cottage Cheese and Fresh Fruit (36g)

Fresh Fruit Plate with Plain Yogurt (38g)

Crudités & Hummus Salad (6g): Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots)

Served with Creamy Hummus Dip

DELI SPECIALS: (No Bread)

Classic Tuna / Chicken Salad

Oven Roasted Turkey

Slow Cooked Roasted Beef

Choice of Toppings: Lettuce - Tomato—Swiss Cheese

Choice of Crackers: Saltines- Whole Wheat Crackers

Soups, Sides, & Desserts

DESSERTS:

Chilled Fruit: Peaches (12g) - Pears (14g) - Applesauce (12g)

Mandarin Oranges (14g)-Fresh Marinated Fruit Salad (18g)

Cookies: Graham Crackers (11g)

Gelatin: (Sugar Free) Strawberry (3g) or Orange (2g)

Ice Cream: Sugar Free Vanilla (18g)

Pudding: Sugar Free Vanilla (13g) - Sugar Free Chocolate (13g)

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