

Stony Brook Hospital Distinguished Dining

Serving our Community one meal at a time

Carbohydrate-Controlled

Diet

***Items on the 'Chef Specials' menu may not be compliant for your diet**

Chef Specials

Monday

BREAKFAST: Belgian Waffle with Strawberries (24g), Pork Sausage, Side of Scrambled Eggs, Cream of Wheat® (12g)

LUNCH: Mediterranean Pork Tenderloin (3g), Fingerling Potatoes (23g), Seasoned Steamed Broccoli (4g)

DINNER: Chicken Caprese (7g), Penne Marinara (30g), Seasoned Roasted Cauliflower (3g)

Tuesday

BREAKFAST: Sunrise Egg Muffin (8g), Turkey Sausage (1g), Breakfast Potatoes (21g), Steel Cut Oats (10g), Fresh Fruit Salad (14g)

LUNCH: Chef Denise's Chicken Francese (5g), Turmeric Rice (21g), Seasoned Fresh Green Beans (4g)

DINNER: Yankee Pot Roast (1g), Parslied Potatoes (22g), Seasoned Roasted Vegetables (10g)

Wednesday

BREAKFAST: Cheddar Cheese Omelet (3g), Sweet Potato Hash (17g), Cream of Wheat® (12g)

LUNCH: Rigatoni Pasta with Turkey Bolognese (31g), Seasoned Roasted Brussels Sprouts (5g), Garden Salad,

DINNER: Baked Islip Cod Dijon (4g), Turmeric Rice (21g), Seasoned Fresh Green Beans (4g)

Thursday

BREAKFAST: Foghorn Leghorn (Sirloin Steak & Eggs) (4g), Sweet Potato Hash (17g), Steel Cut Oats (10g), Fresh Fruit Salad (14g)

LUNCH: Chicken Pot Pie (11g), Seasoned Steamed Broccoli (4g)

DINNER: Braised Beef Short Ribs (14g), Homemade Mashed Potatoes (14g), Seasoned Roasted Vegetables (10g)

Friday

BREAKFAST: Egg Brookie (Our Eggs Benedict) (9g), Hash Browns (13g), Cream of Wheat (12g), Fresh Fruit Salad (14g)

LUNCH: Chicken Parmigiana (10g), Penne Marinara (30g), Seasoned Sautéed Squash Medley (1g)

DINNER: Grilled Salmon with Yellow Tomato Relish (3g), Turmeric Rice (21g), Seasoned Grilled Asparagus

Saturday

BREAKFAST: Buttermilk Pancake with Diet Syrup (23g), Pork Sausage Link, Scrambled Eggs, Steel Cut Oats (10g), Fresh Fruit Salad (14g)

LUNCH: Lasagna Pinwheel with Turkey Bolgnese (31g), Garden Salad, Dinner Roll (15g)

Dinner: Roasted Turkey with Gravy (3g), Herb Stuffing (5g), Glazed Carrots (7g)

Sunday

BREAKFAST: Scrambled Eggs, Breakfast Potatoes (21g), Turkey Sausage (1g), Steel Cut Oats (10g), Fresh Fruit Salad (14g)

LUNCH: Mother's Meatloaf (8g), Homemade Mashed Potatoes (14g), Seasoned Green Peas & Carrots (6g)

DINNER: Bowtie Pasta with Grilled Chicken, Broccoli & Sundried Tomatoes (46g), Caesar Salad (8g)

How to Order

1. Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone.
2. Identify yourself to the Room Service Associate who will verify your name, room number, and diet assigned by your physician.
3. Place your order! Your specially prepared meal will be served to you within 60 - 90 minutes of your request.

For Visitors- HOW TO ORDER FROM THIS MENU

Guests can dine with patients. Please purchase a **Guest Meal Card** at *The Marketplace Café* on **Level 5**.

À la carte

Breakfast - Available 7am to 10am

Main Course

Eggs: Scrambled, Whites, or Hard Boiled (2ea)
Omelet: Plain or Cheddar Cheese (3g)
Denver Omelet: Cheese, Onions, Peppers & Ham (8g)
Belgian Waffle with Strawberries (24g)
Pancakes: Plain (18g each) or Blueberry (24g each)
French Toast (27g)

Breakfast Sides

Breakfast Potatoes (21g), Pork Sausage Link, Turkey Sausage Patty(1g)

CEREAL:

Hot: Steel Cut Oats (10g), Cream of Wheat® (12g), Cream of Rice® (18g)
Cold: Corn Flakes®(18g), Cheerios®(14g), Rice Krispies®(16g), Raisin Bran®(28g), Rice Chex®(16g)

YOGURT

Light: Vanilla (14g), Blueberry (15g), Peach (13g), Strawberry (15g), Plain (12g), **Cottage Cheese** (6g)

FRUIT

Fresh Fruit: Banana (27g), Orange (13g), Fresh Fruit Salad (14g), Red Grapes (10g), Apple (25g)
Fruit Cups: Applesauce (12g), Diced Pears (18g), Mandarin Oranges (13g), Diced Peaches (14g)

Bakery

Muffins (low fat): Blueberry (30g) or Banana (30g)
Bagels: Plain (40g), Whole Wheat (40g), Everything (40g), Sesame (40g)

Beverages

Coffee: Regular or Decaf
Tea: Regular, Decaf, Chamomile, Iced Tea
Hot Chocolate: No Sugar Added (11g)
Milk: Whole (6g), Skim (6g), Lactaid®(13g), Vanilla Soy (18g)
Juice: Prune, V8® (low sodium) (6g)
Soda: Diet Ginger Ale, Seltzer

For your health and safety, we will accept your menu selections only after your physician has entered your diet order.

Carbohydrate-Controlled Diet

Lunch and Dinner - Available 11am to 7pm

Main Course

HOT ENTRÉES: Beef Meatloaf w/ Gravy (8g), Sliced Roasted Turkey, Chicken Francese (5g), Lemon Baked Salmon, Lasagna Pinwheel with Turkey Meat Sauce (31g)

GRILL: Hamburger, Cheeseburger, Turkey Burger, Black Bean Burger (26g), Grilled Cheese*, Grilled Chicken Breast, Chicken Tenders (23g), Half Personal Pizza (cheese or pepperoni)(53g)
* Choice of White (26g), Wheat (26g) or Rye Bread (34g)

DELI: Chicken Salad (4g), Tuna Salad (4g), Turkey, Roast Beef American, Cheddar, Swiss, Cole Slaw (4g), Potato Salad (27g)

GLUTEN-FREE OPTIONS: Pasta (43g), Half Pizza (50g), Grilled Cheese*, Bagel Thin (21g), Dinner Roll (15g), White Bread (2 slices)(32g)

Soup and Sides

SOUP: Chicken and Rice(10g), LS Tomato(16g), Soup of the Day
SIDES: Homemade Mashed Potatoes(14g), Mashed Sweet Potatoes(22g), Baked Fries(25g), Macaroni & Cheese(12g), White Rice(15g), Seasoned Fresh Green Beans(4g), Seasoned Broccoli (4g), Seasoned Carrots (7g)

Salads

Garden Salad or Caesar Salad (Side (2g) or Entree (10g)

*Add Grilled Chicken Breast to the Entree size (15g)

Chef Salad (2g), Hummus, Vegetable & Pita Platter (32g)
Fresh Fruit Platter (25g)

*Add Cottage Cheese (33g), (NSA) Vanilla Yogurt (39g) or Chicken Salad (29g)

Desserts *NSA= No Sugar Added (Contains Splenda®)

Pudding (NSA): Chocolate (13g), Vanilla (13g) or Rice (14g)

Ice Cream (NSA): Chocolate (18g) or Vanilla (20g)

Gelatin (sugar-free): Strawberry (2g) or Orange (2g)

Fruit Ice: NSA Lemon (20g)

Cookies: Graham Crackers (11g)

Sweet Treats: Limit of 1 per meal

Banana Nilla® Wafer Pudding (15g)*, Angel Food Cake (28g), Blueberry Crisp (10g)*, Apple Crisp (15g)*