

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

Chef Specials

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

Monday

BREAKFAST: Belgian Waffle with Strawberries, Scrambled Eggs, Cream of Wheat®

LUNCH: Mediterranean Pork Tenderloin, Fingerling Potatoes, Seasoned Steamed Broccoli

DINNER: Chicken Caprese, Penne Marinara, Seasoned Roasted Cauliflower

Tuesday

BREAKFAST: Sunrise Egg White Muffin, Breakfast Potatoes, Steel Cut Oats, Fresh Fruit Salad

LUNCH: Chef Denise's Chicken Francese, Turmeric Rice, Seasoned Fresh Green Beans

DINNER: Yankee Pot Roast, Parslied Potatoes, Seasoned Roasted Vegetables

Wednesday

BREAKFAST: Omelet, Sweet Potato Hash, Cream of Wheat®, Fresh Fruit Salad

LUNCH: Rigatoni Pasta with Turkey Bolognese, Seasoned Roasted Brussels Sprouts, Garden Salad

DINNER: Baked Islip Cod Dijon, Turmeric Rice, Seasoned Fresh Green Beans

Thursday

BREAKFAST: Sirloin Steak & Egg White Patty, Sweet Potato Hash, Steel Cut Oats, Fresh Fruit Salad

LUNCH: Chicken Pot Pie, Seasoned Steamed Broccoli

DINNER: Braised Beef Short Ribs, Homemade Mashed Potatoes, Seasoned Roasted Vegetables

Friday

BREAKFAST: Egg White Brookie (Our Eggs Benedict), Hash Browns, Cream of Wheat, Fresh Fruit Salad

LUNCH: Chicken Parmigiana, Penne Marinara, Seasoned Sautéed Squash Medley

DINNER: Grilled Salmon with Yellow Tomato Relish, Turmeric Rice, Seasoned Grilled Asparagus

Saturday

BREAKFAST: Buttermilk Pancake, Scrambled Eggs, Steel Cut Oats, Diced Peaches

LUNCH: Lasagna Pinwheel with Turkey Bolognese, Garden Salad, Wheat Dinner Roll

Dinner: Roasted Turkey with Gravy, Herb Stuffing, Glazed Carrots

Sunday

BREAKFAST: Scrambled Eggs, Breakfast Potatoes, Steel Cut Oats, Fresh Fruit Salad

LUNCH: Mother's Meatloaf, Homemade Mashed Potatoes, Seasoned Green Peas & Carrots

DINNER: Bowtie Pasta with Grilled Chicken, Broccoli & Sundried Tomatoes, Garden Salad

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 Swiss Cheese

Belgian Waffles with Strawberries

Pancakes: Plain or Blueberry

French Toast

Breakfast Sides

Breakfast Potatoes

CEREAL:

Hot: Steel Cut Oats, Cream of Wheat®, Cream of Rice®

Cold: Cheerios®, Rice Krispies®, Raisin Bran®

YOGURT

Regular: Plain, Vanilla, Blueberry, Peach, Strawberry

Light: Vanilla, Blueberry, Peach, Strawberry

FRUIT

Fresh Fruit: Banana, Orange, Fresh Fruit Salad, Red Grapes, Apple

Fruit Cups: Applesauce, Diced Pears, Mandarin Oranges, Diced Peaches

Bakery

Muffins (low-fat): Blueberry or Banana

Bagels: Plain, Whole Wheat, Everything, Sesame

Beverages

Coffee: Regular or Decaf

Tea: Regular, Decaf, Chamomile, Iced Tea

Hot Chocolate: No Sugar Added

Milk: Whole, Skim, Lactaid®, Vanilla Soy, Low Fat Chocolate

Juice: Orange, Apple, Cranberry, Prune, V8® (low sodium)

Soda: Ginger Ale, Diet Ginger Ale, Seltzer

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

Cardiac 2g Diet

Lunch and Dinner - Available 11am to 7pm

Main Course

HOT ENTRÉES: Beef Meatloaf, Sliced Roasted Turkey, Chicken Francese, Lemon Baked Salmon, Lasagna Pinwheel with Turkey Meat Sauce

GRILL: Hamburger, Cheeseburger (Swiss Cheese), Turkey Burger, Black Bean Burger, Grilled Cheese (Swiss Cheese), Grilled Chicken Breast

DELI: Chicken Salad, Tuna Salad, Egg Salad, Turkey, Roast Beef, Swiss

GLUTEN-FREE OPTIONS

Pasta, Bagel Flat, Dinner Roll, White Bread, Hamburger Bun

Soup and Sides

SOUP: Chicken and Rice, LS Tomato

SIDES: Homemade Mashed Potatoes, Mashed Sweet Potatoes, Baked Fries, White Rice, Seasoned Fresh Green Beans, Seasoned Broccoli, Seasoned Carrots

Salads

Garden Salad (Side or Entree)

*Add Grilled Chicken Breast to the Entree size

Chef Salad

Hummus, Vegetable & Pita Platter

Fresh Fruit Platter

*Add NSA Vanilla Yogurt or Chicken Salad

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

Pudding (NSA): Chocolate, Vanilla or Rice

Ice Cream (NSA): Chocolate or Vanilla

Gelatin (regular or NSA): Strawberry or Orange

Fruit Ice: Cherry, Lemon, Orange, NSA Lemon

Cookies: Fig Newtons, Graham Crackers

Sweet Treats: Limit of 1 per meal

Banana Nilla® Wafer Pudding*, Apple Crisp*