

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

Chef Specials

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

Monday

BREAKFAST: Scrambled Eggs, Sweet Potato Hash, 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: Egg Whites & Swiss on an English Muffin, 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 Pancakes, 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

Breakfast Sandwich: Egg Whites & Swiss on an English Muffin

Pancakes: Plain or Blueberry

French Toast

Breakfast Sides

Breakfast Potatoes

CEREAL:

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

Cold: Corn Flakes®, Cheerios®, Rice Krispies®, Raisin Bran®, Rice Chex®

YOGURT

Regular: Plain, Vanilla, Blueberry, Peach, Strawberry, Cottage Cheese

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: Regular or 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 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, Turkey, Roast Beef, Swiss Cheese

GLUTEN-FREE OPTIONS

Pasta, Bagel Flat, Dinner Roll, White Bread

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 or Caesar Salad (Side or Entree)

*Add Grilled Chicken Breast to the Entree size

Chef Salad

Hummus, Vegetable & Pita Platter

Fresh Fruit Platter

*Add Cottage Cheese, 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

Sweet Treats: Limit of 1 per meal

Angel Food Cake, Apple Crisp*