

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile - Fresh Brewed Ice Tea

Hot Chocolate: Sugar Free (10g)

Milk: 1% (7g) - Skim (7g) - Lactaid (13g) - Vanilla Soy (18g)

Soda: Diet Ginger-Ale - Seltzer

Condiments

Coffee Creamer - Splenda - Equal - Sweet & Low - Lemon Juice - Peanut Butter (6g) - Ketchup (3g) - Herb Seasoning Pepper - Diet Jelly (3g) - Lite Cream Cheese (1g)

Smart Balance - Sugar - Diet Syrup (4g) Parmesan Cheese Salsa (2g) - BBQ Sauce (7g)

Fruits

Fruit: Banana (25g) - Orange (15g) - Apple (25g) Seasonal Melon (10g)

Peaches (12g) - Pears (14g) - Applesauce (12g)

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

Yogurt

Lite: Strawberry (14g) - Peach (14g) - Vanilla (13g)

Cereal

Hot: Oatmeal (14g) - Cinnamon Oatmeal (14g) Cream of Wheat (12g)

Cold: Corn Flakes (18g) - Cheerios (14g)

Crispy Rice (16g) Raisin Bran (25g) - Rice Chex (16g)

Breakfast Entrees (Please Choose 1)

Eggs: Scrambled - Egg Whites - Hard boiled Eggs (2)

Omelet: Regular - Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Spinach Peppers - Mushroom - Turkey - Swiss Cheese

Pancakes: Buttermilk (26g) - Blueberry (29g) Banana (34g)

French Toast: Plain (23g) - Blueberry (26g) - Banana (30g)

Egg Sandwich

Bread - Kaiser Roll (43g)

Cheese: Swiss

Meat: Fresh Sliced Turkey

Breakfast Bakery

Muffins: Blueberry (29g) - Corn (29g)

Bagels: Plain (47g) - Sesame (47g) - Whole Wheat (47g) Kaiser Roll (43g)

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

Healthy Sandwich Option:

Egg Whites with

Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll (45g)

*g = grams of carbohydrates

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.



LUNCH & DINNER

Hot Entree's

- Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce (4g)
Grilled Chicken Parmesan: layered with Marinara and Mozz.(4g)
Oven Roasted Turkey: Served with Gravy
Broiled Cod: Served with Breadcrumbs, Garlic & Lemon (8g)
Baked Salmon: Served with Breadcrumbs, Garlic & Lemon(8g)
Home Made Meatloaf with Gravy (5g)
Sliced Flank Steak & Onion Sandwich: Served on a Ciabatta Roll (54g)
Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes (13g)
Fajitas: Choice of Sautéed Chicken (24g), Shrimp (24g),Tofu (27g)
Macaroni & Cheese: Served in a Creamy Cheese Sauce (24g)
Panini: Fresh Mozzarella, Basil, & Tomato (52g)
- Grilled Marinated Flank Steak**

From The Grill

- Hamburger - Grilled Marinated Chicken - Turkey Burger**
Black Bean Burger (22g) - Grilled Cheese Sandwich
Choice of Bread (*per slice): Rye Bread (19g) - Whole Wheat (14g) White (14g)
Whole Wheat Burger Bun (28g) - Regular Burger Bun (31g)
Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms Sautéed Onions - Swiss Cheese - American Cheese

Pasta Bar

- Choice of Pasta:** Penne (28g) - Linguini (20g)
Whole Wheat Penne (28g)
Choice of Sauce: Vodka (5g) - Meat Sauce (8g)- Butter
Marinara Sauce (8g) - Garlic & Extra Virgin Olive Oil & White Wine
Choice of Toppings: Mixed Vegetables - Mushrooms - Chicken

*g = grams of carbohydrates

'Shake It Up' Salad Station

(Create your own Main Course Gourmet Salad)

- Choice of Lettuce:** Chopped Romaine Lettuce
Seasonal Baby Field Greens - Spinach
Choice of (1) Protein: Baked Shrimp - Marinated Grilled Chicken
Sliced Flank Steak - Tofu (3g)
Choice of (up to 4) Toppings: Sliced Red Onions
Cherry Tomatoes - Bell Peppers - Croutons (5g) - Walnut (2g)
Black Olives - Sliced Cucumbers - Chickpeas (5g) - Mushrooms
Sunflower Seeds (3g)

Cold Plates

Cottage Cheese and Fresh Seasonal Fruit Plate (36g)

Dressings: Lite Italian (1g) - Olive Oil—Red Wine Vinegar

Fresh Fruit Plate with Lite Vanilla Yogurt (38g)

Crudités & Hummus Salad (6g): Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots)
Served with Creamy Hummus Dip

Deli Specials

- Grilled Chicken Caesar Wrap (58g):** Marinated Grilled Chicken, Romaine lettuce, Parmesan Cheese & Creamy Caesar Dressing
Classic Tuna / Chicken Salad Sandwich
Oven Roasted Turkey Sandwich
Slow Cooked Roasted Beef Sandwich
Choice of Bread (*per slice): *White (14g) - *Whole Wheat (14g) - Kaiser Roll (43g) - *Seedless Rye (19g) - Tortilla Wrap (53g)
Choice of Toppings: Lettuce - Tomato - American Cheese - Swiss Cheese

Pizza (80g) - 1/2 Pizza (40g)

Individual Personal Cheese Pizza

Choice of Toppings: Plain - Peppers - Mushrooms - Pepperoni
Red onions - Black Olives - Broccoli



SOUPS, SIDES & DESSERTS

Soups

Campbell's Tomato Soup (25g) - Chicken & Rice Soup (12g)
Lentil Soup (28g) - Pasta Fagioli (41g)

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

Sides:

Baked Potato (32g) - Dinner Roll (14g) - Baked Steak Fries (40g) - Mashed Potatoes (13g) - Mashed Sweet Potatoes (19g)
Brown Rice (12g) - Steamed White Rice (14g)
Mac & Cheese (12g) Stuffing (10g) Baby Carrots - Broccoli
Corn (11g) Green Beans - Cuban Style Black Beans (veg.) (19g) - Crackers & Peanut Butter (21g)

Side Salads:

Garden - Cottage Cheese (6g) - Spanish Slaw
Vegetable Sticks - Macaroni Salad - Potato Salad (31g)

Desserts

Angel Food Cake (28g) - Chocolate Angel Food Cake (29g)

Fruit: Peaches (12g) - Pears (14g) - Applesauce (12g)
Mandarin Oranges (14g) - Grapes (14g) - Fruit Salad (18g)
Apple (25g) - Banana (25g) - Orange (15g)

Cookies: Graham Crackers (11g)

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

Ice Cream: Sugar-Free Vanilla (18g)

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

*g = grams of carbohydrates

CARDIAC CARBOHYDRATE

CONTROL DIET:

Your physician has ordered a diabetic diet for you which is carbohydrate controlled. Foods which contain carbohydrates include fruits, breads and starchy foods, dairy products, (except cheese), and sweets.

Room Number: _____ Date: _____

Name: _____

Diet: _____

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.



Stony Brook Medicine