

# LUNCH & DINNER

## Hot Entrees

**Grilled Chicken Paillard:** Served over Sautéed Spinach & Mashed Potatoes

**Chicken Francaise:** Sautéed in a Lemon White Wine Sauce

**Grilled Chicken Parmesan**

**Oven Roasted Turkey:** Served with Gravy

**Broiled Flounder:** Dressed with Garlic Lemon Herb

**Baked Salmon**

**Home Made Meatloaf:** Served with Gravy

**Sliced Roast Beef**

## From The Grill

**Hamburger - Grilled Marinated Chicken -**

**Black Bean Burger - Grilled Cheese Sandwich**

**Choice of Bread:**

Rye Bread ♦ Whole Wheat Bread ♦ White Bread

Regular Burger Bun ♦ Whole Wheat Burger Bun

**Choice of Toppings**

Lettuce ♦ Tomato ♦ Sautéed Mushrooms

Swiss Cheese ♦ Sautéed Onions

## Pasta Bar

**Choice of Pasta:** Penne ♦ Linguini ♦ Whole Wheat Penne

**Choice of Sauce:** Meat Sauce ♦ Marinara Sauce

Garlic & Extra Virgin Olive Oil & a Touch of White Wine

**Choice of Toppings:** Mixed Vegetables ♦ Mushrooms

Diced Marinated Chicken

## Shake It Up Salad Station

(Create your own Main Course Gourmet Salad)

**Choice of Lettuce:** Chopped Romaine Lettuce  
Seasonal Field Greens ♦ Baby Hand Picked Spinach

**Choice of (1) Protein:** Baked Shrimp ♦ Tofu

Marinated Grilled Chicken ♦ Sliced Flank Steak

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

Cherry Tomatoes ♦ Green Peppers ♦ Croutons

Walnut Pcs ♦ Sliced Cucumbers ♦ Dried Cranberries ♦

Chickpeas ♦ Sliced Mushrooms ♦ Sunflower Seeds

**Dressings:** Lite Italian ♦ Lite Ranch

Olive Oil and Vinegar

## Cold Plates / Entrée Salads

**Fresh Fruit Plate with Plain Yogurt**

**Cottage Cheese and Fresh Fruit**

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

## Deli Specials

**Classic Tuna / Chicken Salad Sandwich**

**Oven Roasted Turkey Sandwich**

**Slow Cooked Roasted Beef Sandwich**

**Choice of Bread:** White Bread ♦ Whole Wheat Bread

Seedless Rye ♦ Kaiser Roll ♦ Wrap ♦ Plain Bagel

**Choice of Toppings:** Lettuce ♦ Tomato ♦ Swiss Cheese

**Condiments:** Mustard - Lite Mayo - Ketchup



# SOUPS, SIDES & DESSERTS

## Soups

**Soups:** Campbell's Tomato-Chicken Rice  
Lentil Soup-Pasta Fagioli

**Broths:** Beef-Chicken-Vegetable

## Sides

**Choice of:** Baked Potato -Dinner Roll

Baked Steak Fries -Mashed Potatoes

Mashed Sweet Potatoes-Brown Rice -Steamed White  
Rice-Stuffing-Baby Carrots-Broccoli -Corn

Green Beans-Cuban Style Black Beans (Vegetarian)

**Sides Salads** Garden -Cottage Cheese

Spanish Slaw -Vegetable Sticks

Crackers & Peanut Butter-Cucumbers Slices

Hummus & Carrots Plate

## Beverages

**Coffee:** Regular -Decaffeinated

**Tea:** Regular-Decaffeinated-Chamomile  
Fresh Brewed Iced Tea

**Hot Chocolate:** Regular-Sugar Free

**Milk:** 1%wSkimwLactaid-Soy

**Soft Drinks:** Ginger-Ale-Seltzer

## Desserts

**Angel Food Cake**

**Chocolate Angel Food Cake**

**Peach Pear Cobbler**

**Fresh Marinated Fruit Salad**

**Fresh Fruits:** Apple -Orange

**Chilled Fruit:** Peaches -Pears -Applesauce  
Mandarin Oranges

**Cookies:** Fig Newton-Graham Crackers

**Gelatin:** (Regular or Sugar Free)

Strawberry-Orange

**Ice Cream:** Sugar Free Vanilla

**Pudding:** Sugar Free Vanilla-Sugar Free Chocolate



Stony Brook **Medicine**

# CARDIAC CATHERIZATION HOLDING AREA CARDIAC DIET

Your physician has ordered a cardiac diet for you. It is designed to be heart healthy and follows the American Heart Association guidelines.

This diet includes lean meats and meat substitutes, fruits, vegetables and low fat or fat-free dairy products

Foods high in saturated fat and cholesterol will be limited such as whole milk and cheese, butter, eggs, fatty and fried meats

Foods high in salt will be limited such as cured meats, (bacon, hot dogs, sausage...) and canned soups

All menu items reflect heart healthy guidelines being reduced in sodium and fat

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**