

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

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

Hot Chocolate: No Sugar Added(1C)

Milk: Whole (1/2C) - 1% (1/2C) - Skim (1/2C) - Lactaid (1C) - Soy (1.5C)

Diet Ginger-Ale - Seltzer

Sides:

Sides: Sausage Patty - Turkey Sausage - Home Fries (1C)

Juice & Fruits

Juice: V8 - Tomato Juice

Fruits: Banana (2C) - Orange (1C) - Apple (2C)

Seasonal Melon (1C)

Chilled Fruit: Peaches (1C) - Pears (1C) - Applesauce (1C)

Mandarin Oranges (1C) - Fruit Salad (1C)

Yogurt

Regular: Plain (1C)

Lite: Strawberry (1C) - Peach (1C)

Cereal

Hot: Oatmeal (1C) - Cinnamon Oatmeal (1C) - Cream of Wheat (1C)

Cold: Corn Flakes (1C) - Cheerios (1C)

Crispy Rice (1C) - Raisin Bran (2C) - Rice Chex (1C)

Breakfast Entrees

Eggs: Scrambled - Egg Whites -Hard Boiled Egg

Omelet: Egg - Egg White

Choice of 4 Toppings: Red Onions - Broccoli - Baby Spinach

Peppers - Mushroom - Diced Ham - Turkey - Cheese

Pancakes (1 Carb each): Buttermilk -Blueberry Pancake
Banana Pancake

French Toast (2 Carbs each): Plain - Blueberry - Banana

Egg Sandwich

Choice of Bread: Kaiser Roll (3C) - Whole Wheat Kaiser Roll (3C)

Choice of Cheese: American - Swiss

Choice of Meat: Ham - Sausage Patty - Fresh Sliced Turkey
(Chefs) Healthy Sandwich Option: Scrambled Egg Whites

Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll (3C)

Breakfast Bakery

Muffins: Blueberry (2C) - Corn (2C)

Bagels 1/2: Plain (2C) - Sesame (2C) - Whole Wheat (2C)
Kaiser Roll (3C) - Whole Wheat Kaiser Roll (3C)

Choice of: Smart Balance - Diet Jelly - Cream Cheese
Lite Cream Cheese - Peanut Butter (1/2C)

Note: 1C = 1 carb serving or 15 grams

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



LUNCH & DINNER

Hot Entree's

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 Flank Steak & Onion Sandwich (3C)

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes (1C)

Fajitas: Choice of Sautéed Chicken, Shrimp, or Tofu (2C)

Macaroni & Cheese: Macaroni in Creamy Cheese Sauce (2C)

Panini: Fresh Mozzarella, Basil, & Tomato

Pasta Bar

Choice of Pasta: Penne - Linguini - Whole Wheat Penne (2C)

Choice of Sauce: Vodka Sauce - Meat Sauce - Butter Sauce

Marinara Sauce - Garlic & Extra Virgin Olive Oil & a Touch of White Wine

Choice of Toppings: Mixed Vegetables - Mushrooms

Diced Marinated Chicken

From The Grill

Hamburger - Grilled Marinated Chicken - Turkey Burger

Black Bean Burger - Grilled Cheese Sandwich

Choice of Bread (*per slice): *Rye Bread - *Whole Wheat Bread

*Sliced White Bread (1C per slice) - Regular Burger Bun (2C)

Whole Wheat Burger Bun (2C)

Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms

Swiss Cheese - American Cheese - Sautéed Onions

Pizza (5 Carbs):

Individual Personal Cheese Pizza

Choice of Toppings: Peppers - Mushrooms - Pepperoni

Red Onion - Black Olives - Broccoli

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: Garden Seasoning - Baked Shrimp - Marinated Grilled Chicken - Sliced Flank Steak - Tofu

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

Cherry Tomatoes - Green Peppers - Croutons - Walnut Pcs

Sliced Black Olives Sliced Cucumbers - Chickpeas - Mushrooms

Sunflower Seeds

Dressings: Lite Italian - Olive Oil and Vinegar - Lite Ranch

Lite Caesar

Cold Plates / Entrée Salads

Cottage Cheese Plate: Cottage Cheese and Fresh Seasonal Fruit (1C)

Fresh Fruit Plate with Plain Yogurt (2C)

Crudités & Hummus Salad (1/2C): Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots)

Served with Creamy Hummus Dip

Deli Specials

Grilled Chicken Caesar Wrap (4C): Marinated Grilled Chicken, Romaine Lettuce, Creamy Caesar Dressing

Classic Tuna / Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef

Choice of Bread (*per slice): *Sliced White (1C)

*Sliced Whole Wheat (1C) - Kaiser Roll (3C) -

*Sliced Seedless Rye (1C)

Wrap (4C) - Plain Bagel (4C)- 1/2 Plain Bagel (2C)

Choice of Toppings: Lettuce - Tomato - Pickles -American Cheese Swiss Cheese

Condiments: Mayo - Mustard - Lite Mayo - Ketchup - Sour Cream



Stony Brook Medicine

SOUPS, SIDES & DESSERTS

Soups

Soups: Campbell's Tomato (2C) - Chicken Rice (1C) Lentil Soup (2C)

Pasta Fagioli (3C)

Broths: Beef - Chicken - Vegetable

Sides

Choice of: Baked Potato (2C) - Dinner Roll (1C) - Baked Steak Fries (3C)

Mac & Cheese (1C) - Mashed Potatoes (1C) - Mashed Sweet Potatoes (1C)

Brown Rice (1C) - Steamed White Rice (1C) - Stuffing (1C) - Baby Carrots

Broccoli - Corn (0.5C) - Green Beans - Cuban Style Black Beans (veg.) (1C)

Sides Salads Garden - Cottage Cheese - Spanish Slaw
Vegetable Sticks - Macaroni Salad (2C) - Potato Salad (2C)
Crackers & Peanut Butter (1.5C)
Cucumber Slices, Hummus and Veggie Stick Side Salad

Desserts

Choice of: Angel Food Cake (2C) - Chocolate Angel Food Cake (2C)

Fresh Marinated Fruit Salad (1C)

Chilled Fruit: Peaches (1C) - Pears (1C) - Applesauce (1C)
Mandarin Oranges (1C)

Cookies: Graham Crackers (1C)

Gelatin: (Sugar Free) Strawberry or Orange

Ice Cream: Sugar Free Vanilla (1C)

Pudding: Sugar Free Vanilla (1C) - Sugar Free Chocolate (1C)



Stony Brook **Medicine**

GESTATIONAL DIABETIC 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