

# BREAKFAST

## Beverages

**Coffee:** Regular – Decaffeinated

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

**Milk:** Whole – 1% – Skim – Lactaid – Soy  
Low Fat Chocolate Milk

**Soft Drink:** Ginger-Ale – Diet Ginger-Ale – Seltzer

## Juice & Fruits

**Juice:** Orange – Apple – Tomato – Cranberry – Prune

**Fresh Fruit:** Banana – Orange Apple  
Seasonal Melon

**Chilled Fruits:** Peaches – Applesauce – Pears  
Mandarin Oranges – Marinated Fruit Salad

## Yogurt

**Regular:** Plain – Vanilla – Strawberry

**Lite:** Strawberry – Peach

## Breakfast Entrees

**Eggs:** Scrambled – Egg Whites – Hard Boiled Egg

**Omelet:** Egg – Egg White

**Choice of 4 Toppings:** Diced Red Onions

Baby Spinach—Diced Peppers – Ham – Broccoli

Sliced Turkey – Sliced Mushroom

**Choice of Cheese:** American – Swiss

## Sides

**Choice of:**

Sausage Patty

Turkey Sausage Links

Home Fries

## Cereal

Rice Chex

**\*Breakfast Ends Daily at 10:00AM\***

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



# LUNCH & DINNER

## Hot Entrée

**Grilled Chicken Parmesan:**

**Oven Roasted Turkey:**

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

**Sliced Roast Beef:**

## From The Grill (Plain NO Buns/Bread)

**Sliced Flank Steak:**

Served with Mushrooms and Onions

**Hamburger:**

**Cheese Burger:** American or Swiss Cheese

**Toppings:** Lettuce – Tomato

## Shake It Up Salad Station

(Create your own Main Course Gourmet Salad)

**Choice of Lettuce:** Chopped Romaine Lettuce  
Seasonal Baby Field Greens – Baby Spinach

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

Marinated Grilled Chicken – Sliced Flank Steak

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

Cherry Tomatoes – Green Peppers – Walnut Pcs

Sliced Black Olives - Sliced Cucumbers

Dried Cranberries - Chickpeas –Sliced Mushrooms

Sunflower Seeds

**Dressings:** Lemon Juice - Olive Oil and Vinegar

## Cold Plates / Entrée Salads

**Fresh Fruit Plate with Vanilla Yogurt**

**Hummus Plate:** Fresh Garden Vegetables

(Cucumbers, Cherry Tomatoes, Celery & Carrots)

Served with Creamy Hummus Dip



Stony Brook **Medicine**

# SOUPS, SIDES & DESSERTS

## *Soups*

**Soups:** Lentil

**Broths:** Vegetable

## *Sides*

**Choice of:** Baked Potato - Potato Chips- Steamed White Rice – Baby Carrots – Broccoli – Baby Spinach

Baked Steak Fries – Brown Rice

Cuban Style Black Beans (vegetarian)

## *Sides Salad*

Hummus & Carrot Plate

Cucumber Slices

## *Desserts*

**Fresh Marinated Fruit Salad**

**Chilled Fruit:** Peaches – Pears – Applesauce

Mandarin Oranges

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

Strawberry or Orange

**Fresh Fruit:**

Banana – Apple – Orange -Seasonal Melon

**Ice Cream:** Vanilla – Chocolate

**Pudding:** Vanilla – Chocolate – Rice

**Italian Ice:** Cherry – Lemon - Orange

# **GLUTEN RESTRICTED DIET**

Your physician has ordered a gluten restricted diet for you. This diet does not allow wheat, rye, barley or oats in any form. Gluten is a protein found in these grains. Gluten can also be hidden in many food additives and other ingredients including modified food starch, hydrolyzed vegetable or plant protein and malt .

The following is a good resource for additional information on gluten restricted diets.

Celiac Disease Foundation

[www.celiac.org](http://www.celiac.org)

Phone# 818-990-2354

Email [cdf@celiac.org](mailto:cdf@celiac.org)

**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**