

# Stony Brook Hospital Distinguished Dining

Serving our community one meal at a time!

IDDSI Level 7: Easy to Chew Diet

\*Some items on the 'Chef Specials' menu may not be compliant for your diet

## Chef Specials

### Monday

**BREAKFAST:** Scrambled Eggs with Cheddar Cheese, Sweet Potato Hash, Cream of Wheat®

**LUNCH:** Roasted Turkey, Homemade Mashed Potatoes, Chopped Broccoli, Brownie

**DINNER:** Chicken Caprese, Orecchiette Pasta with Lemon Basil Pesto, Seasoned Carrots, Banana Pudding with Nilla® Wafer\*

### Tuesday

**BREAKFAST:** Sunrise Egg Muffin, Breakfast Potatoes, Steel Cut Oats,

**LUNCH:** Chef Denise's Chicken Francese, Turmeric Rice, Chopped Green Beans, Cheesecake

**DINNER:** Yankee Pot Roast, Penne Pasta, Seasoned Carrots, Lemon Bar

### Wednesday

**BREAKFAST:** Cheddar Cheese Omelet, Sweet Potato Hash, Cream of Wheat®

**LUNCH:** Rigatoni Pasta with Turkey Bolognese, Seasoned Carrots, Cinnamon Dusted Pound Cake with Blueberry Sauce

**DINNER:** Baked Islip Cod Dijon, Turmeric Rice, Chopped Green Beans, Blueberry Crisp\*

### Thursday

**BREAKFAST:** Omelet, Breakfast Potatoes, Steel Cut Oats

**LUNCH:** Chicken Pot Pie, Chopped Broccoli, Chocolate Mousse

**DINNER:** Braised Beef Short Ribs, Homemade Mashed Potatoes, Seasoned Carrots

### Friday

**BREAKFAST:** Egg Brookie (Our Eggs Benedict), Hash Browns, Cream of Wheat

**LUNCH:** Roasted Turkey, Penne Marinara, Chopped Green Beans, Guiltless Tiramisu\*

**DINNER:** Grilled Salmon, Turmeric Rice, Seasoned Carrots, Strawberry Cloud Cake

### Saturday

**BREAKFAST:** Cinnamon Apple Pancakes, Scrambled Eggs, Steel Cut Oats, Diced Peaches

**LUNCH:** Lasagna Pinwheel with Turkey Bolognese, Chicken and Rice Soup

**Dinner:** Roasted Turkey with Gravy, Herb Stuffing, Glazed Carrots

### Sunday

**BREAKFAST:** Scrambled Eggs, Breakfast Potatoes, Steel Cut Oats

**LUNCH:** Mother's Meatloaf, Homemade Mashed Potatoes, Seasoned Green Peas & Carrots, Apple Crisp\*

**DINNER:** Bowtie Pasta with Grilled Chicken & Sundried Tomatoes, Seasoned Carrots, Chocolate Silk Tart with Raspberry Sauce

## 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 Cheddar Cheese

**Denver Omelet:** Cheese, Onions, Peppers & Ham

**Pancakes:** Plain or Blueberry

**French Toast**

### Breakfast Sides

#### **Breakfast Potatoes**

#### **CEREAL:**

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

**Cold:** Rice Krispies®

#### **YOGURT**

**Regular or Light:** Vanilla, Blueberry, Peach, Strawberry, Plain,

**Cottage Cheese**

#### **FRUIT**

**Fresh Fruit:** Banana

**Fruit Cups:** Applesauce, Diced Pears, Mandarin Oranges, Diced Peaches

### Bakery

**Muffins:** Blueberry, Banana

### 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) (6g)

*For your health and safety, we will accept your menu selections only after your physician has entered your diet order.*

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## **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:** Black Bean Burger, Grilled Cheese, Personal Pizza

\*Choice of GF, White, Wheat or Rye Bread

**DELI:** Tuna Salad, Egg Salad, Turkey, Roast Beef American, Cheddar, Swiss, Potato Salad

**PASTA:** Rigatoni or Penne Pasta **SAUCE:** Marinara or Bolognese

**GLUTEN-FREE OPTIONS:** Pasta, White Bread

### Soup and Sides

**SOUP:** Chicken and Rice, LS Tomato, Soup of the Day

**SIDES:** Homemade Mashed Potatoes, Mashed Sweet Potatoes, Baked Fries, Macaroni & Cheese, White Rice, Chopped Green Beans, Chopped Broccoli, Seasoned Carrots, Hummus

### Desserts \*NSA= No Sugar Added (Contains Splenda®)

**Pudding (Regular or NSA):** Chocolate, Vanilla or Rice

**Ice Cream (Regular or 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

Cheesecake, Brownie, Chocolate Mousse, Angel Food Cake, Apple Crisp\*