

# BREAKFAST

## Beverages

**Coffee:** Regular - Decaffeinated

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

**Hot Chocolate:** Regular - Sugar-Free

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

**Soda:** Ginger-Ale - Diet Ginger-Ale - Seltzer

**Juice:** Orange - Apple - Tomato - Cranberry

## Side Items

*( Please Choose 4 )*

### Fruit

Banana - Peaches - Pears - Applesauce

### Yogurt

**Regular:** Vanilla

**Lite:** Peach - Vanilla

### Cereal

**Hot:** Cream of Wheat

**Cold:** Corn Flakes - Rice Krispies - Rice Chex

### Breakfast Bakery

**Muffins:** Corn

**Bread:** Rye - White - Wheat - Plain Bagel - Kaiser Roll

## Main Course

*(Please Choose 1)*

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

**Omelet:** Whole Egg - Egg White

**Toppings:** Ham - American Cheese - Swiss Cheese - Turkey

**Pancakes:** Buttermilk - Banana

**French Toast:** Plain - Banana

### Egg Sandwich:

**Kaiser Roll with:**

**Egg:** Whole egg - Egg Whites

**Choice of Cheese:** American Cheese - Swiss Cheese

**Meat:** Turkey

## Condiments

Mustard - Mayo - Lite Mayo - Ketchup - BBQ Sauce

Honey Mustard - Sour Cream - Peanut Butter - Grape Jelly

Parmesan Cheese - Smart Balance - Butter

**\*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

**Oven Roasted Turkey Served with Gravy**

**Broiled Cod:** Dressed with Garlic & Lemon

**Baked Salmon:** Dressed with Garlic & Lemon

**Home Made Meatloaf Served with Gravy**

**Sliced Roast Beef with Gravy**

**Macaroni and Cheese:** Served in Creamy Cheese Sauce

**Oven-Baked Chicken Tenders**

**Grilled Marinated Flank Steak**

## Pasta Bar

**Penne or Linguini served with:**

Butter Sauce - Garlic, Olive Oil and White Wine sauce

**Add:** Diced Marinated Chicken - Mixed Vegetables

## Pizza

Personal Cheese Pizza

## From The Grill

**Beef Burger - Turkey Burger - Grilled Cheese Sandwich**

**Choice of Cheese:** American Cheese - Swiss Cheese

**Choice of Bread:** Rye - Whole Wheat - White

Hamburger Bun - Seedless Rye

**Add:** Ham (\*Grilled Cheese Only)

## Deli Specials

**Classic Tuna / Chicken Salad Sandwich**

**Oven Roasted Turkey Sandwich**

**Slow Cooked Roasted Beef Sandwich**

**Choice of Bread:** White - Whole Wheat - Kaiser Roll

Seedless Rye

**Choice of Cheese:** American Cheese - Swiss Cheese

## Cold Plates

**Cottage Cheese Platter:** Served with Peaches and Pears

**Yogurt Platter:** Lite or Regular Vanilla Yogurt served with Peaches and Pears

# SOUPS, SIDES & DESSERTS

## Soups

Campbell's Tomato Soup - Chicken & Rice Soup  
**Broth:** Beef - Chicken - Vegetable

## Sides

Dinner Roll - Mac & Cheese - Penne Pasta  
Mashed Potatoes - Mashed Sweet Potatoes  
Brown Rice - Steamed White Rice  
Baby Carrots - Green Beans

## Desserts

**Angel Food Cake - Chocolate Angel Food Cake  
Cheese Cake - Low-Fat Chocolate Mousse**

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

**Cookies:** Chocolate Chip - Lorna Doones  
Fig Newton - Graham Crackers

**Gelatin:** (Regular or Sugar Free)  
Strawberry - Orange

**Ice Cream:** Vanilla - Chocolate

**Pudding:** Vanilla - Chocolate - Rice

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

# LOW RESIDUE DIET:

Your physician has ordered a low residue diet for you; it is lower in fiber than a regular diet and may have been ordered due to digestive difficulties or after abdominal surgery. Foods high in fiber are limited such as raw fruits and vegetables, whole grain breads and cereals.

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**