

# BREAKFAST

## Beverages

**Fresh Brewed Iced Tea**

**Milk:** Whole (7g)-1% (7g)-Skim (7g)-Lactaid (13g) -Soy (18g)

**Diet Ginger Ale - Seltzer**

**Juice:** V8 (7g)

## Fruits

**Fruits:** Banana (25g) – Orange (15g)

Apple (25g) - Seasonal Melon (10g)

**Chilled Fruit:** Peaches (12g) –Pears (14g) –Fruit Salad (18g)

Applesauce (12g)-Mandarin Oranges (14g)

## Yogurt

**Regular:** Plain (12g)

**Lite:** Strawberry (14g) – Peach (14g)

## Cereal

**Hot:** Oatmeal (14g) – Cinnamon Oatmeal (14g)

Cream of Wheat (12g)

**Cold:** Corn Flakes (18g) – Crispy Rice (16g) –Cheerios (14g)

Rice Chex (16g)-Raisin Bran (25g)

## Breakfast Bakery

**Muffins:** Blueberry (29g) – Corn (29g) – Bran Muffin (30g)

**Bagels:** Plain (47g) – Sesame (47g)-Whole Wheat (47g)

Everything (47g)

**Rolls:** Kaiser Roll (43g)

## Breakfast Entrees

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

**Omelet:** Egg - Egg White

**Choice of 4 Toppings:** Red Onions – Broccoli - Spinach

Peppers – Mushroom - Ham - Turkey

**Pancake:** Buttermilk (26g) –Blueberry (29g) -Banana (34g)

**Silver Dollar Pancakes:**

Buttermilk (26g)-Blueberry (29g)-Banana (34g)

**French Toast:**

Plain (23g) – Blueberry (26g) – Banana (30g)

**French Toast Sticks:**

Plain (46g)-Blueberry (49g) –Banana (54g)

## Egg Sandwich

**Bread:** Kaiser Roll (43g)

**Choice of Cheese:** American - Swiss

**Choice of Meat:** Ham - Sausage Patty - Sliced Turkey

## Sides:

**Sides:** Sausage Patty - Turkey Sausage -Home Fries (9g)

**Choice of:** Smart Balance - Diet Jelly (3g) –(1g)Butter

Peanut Butter (6g)-Cream Cheese (1g) - Lite Cream Cheese

## **Healthy Sandwich Option:**

Scrambled Egg Whites Fresh Turkey  
& Lacy Swiss on Whole Wheat Kaiser Roll (45g)

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



# LUNCH & DINNER

## Hot Entrees

### **Chicken Francaise:**

Sautéed in a Lemon White Wine Sauce (4g)

### **Grilled Chicken Parmesan (4g)**

### **Oven Baked Chicken Tenders (27g)**

### **Oven Roasted Turkey with Gravy:**

### **Broiled Flounder:** Dressed with Garlic Lemon Herb (8g)

### **Baked Salmon (8g)**

### **Home Made Meatloaf with Gravy: (5g)**

### **Sliced Roast Beef with Mushroom Gravy:**

### **Cheese Quesadilla:** Chicken (24g) or Black Bean (49g)

### **Grilled Chicken Paillard:**

Served over Sautéed Spinach & Mashed Potatoes (13g)

### **Sliced Flank Steak & Onion Sandwich (54g)**

### **Panini:** Fresh Mozzarella, Tomato & Basil (52g)

### **Fajitas:** Choice of Sautéed Chicken (24g), Shrimp (24g) or Tofu (27g)

## From The Grill

### **Hamburger - Grilled Marinated Chicken - Turkey Burger -**

### **Black Bean Burger (22g) - Grilled Cheese Sandwich**

### **Choice of Bread (\*per slice):**

\*Rye Bread (19g) - \*Whole Wheat Bread (14g) - \*White Bread (14g)

Regular Burger Bun (31g) - Whole Wheat Burger Bun (28g)

### **Choice of Toppings:**

Lettuce - Tomato - Sautéed Mushrooms - Swiss Cheese,

American Cheese - Sautéed Onions

## Pizza (8og) - ½ Pizza (4og):

### **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 - Baby Spinach  
Seasonal Baby Field Greens

**Choice of (1) Protein:** Garden Seasoning Baked Shrimp  
Marinated Grilled Chicken - Sliced Flank Steak - Tofu (3g)

**Choice of (up to 4) Toppings:** Sliced Red Onions - Tomatoes  
Green Peppers - Croutons (5g) - Walnut Pcs (2g) - Black Olives  
Cucumbers - Chickpeas (5g) - Mushrooms - Sunflower Seeds (3g)

**Dressings:** Lite Italian (1g) - Olive Oil and Vinegar - Lite Ranch (4g)  
Lite Caesar (3g)

## Cold Plates / Entrée Salads

**Cottage Cheese Plate:** Cottage Cheese and Fresh Fruit (36g)

**Crudités & Hummus Salad:** Cucumbers, Tomatoes, Celery &  
Carrots Served with Creamy Hummus Dip (6g)

## Deli Specials

### **Grilled Chicken Caesar Wrap (58g):**

Grilled Chicken, Romaine Lettuce, Creamy Caesar Dressing

### **Classic Tuna / Chicken Salad Sandwich**

### **Oven Roasted Turkey Sandwich**

### **Slow Cooked Roasted Beef Sandwich**

### **Choice of Bread (\*per slice):**

\*White Bread (14g) - \*Whole Wheat Bread (14g)- \*Rye Bread (19g) -  
Kaiser Roll (43g)-Wrap (53g) - Plain Bagel (47g)

### **Choice of Toppings:** Lettuce - Tomato - Pickles

American Cheese - Swiss Cheese

**Condiments:** Mayonnaise - Mustard - Lite Mayo -Ketchup (3g) -  
Sour Cream (2g)



Stony Brook Medicine

# SOUPS, SIDES & DESSERTS

## Soups

**Soups:** Campbell's Tomato (25g) - Chicken Rice (12g)  
Lentil (28g) - Pasta Fagioli (41g)

## **Broths:**

Beef (2g) - Chicken (2g) - Vegetable (2g)

## Sides:

**Choice of:** Baked Potato (32g) - Dinner Roll (14g)  
Baked Steak Fries (40g)-Mac & Cheese (12g)  
Mashed Potatoes (13g) - Mashed Sweet Potatoes (12g)  
Brown Rice (12g) - Steamed White Rice (14g) - Stuffing (10g)  
Baby Carrots - Broccoli - Corn (11g) - Green Beans  
Cuban Style Black Beans (vegetarian) (19g)  
**Side Salads:** Garden - Cottage Cheese (6g) - Spanish Slaw -  
Vegetable Sticks - Macaroni Salad (21g) - Potato Salad (31g)  
Crackers & Peanut Butter (21g) - Cucumber Slices-

## Desserts

**Angel Food Cake (28g)**

**Chocolate Angel Food Cake (29g)**

**Fresh Marinated Fruit Salad (18g)**

**Ice Cream:** Sugar Free Vanilla (18g)

## **Chilled Fruit:**

Peaches (12g) - Pears (14g) - Applesauce (12g)

Mandarin Oranges (14g)

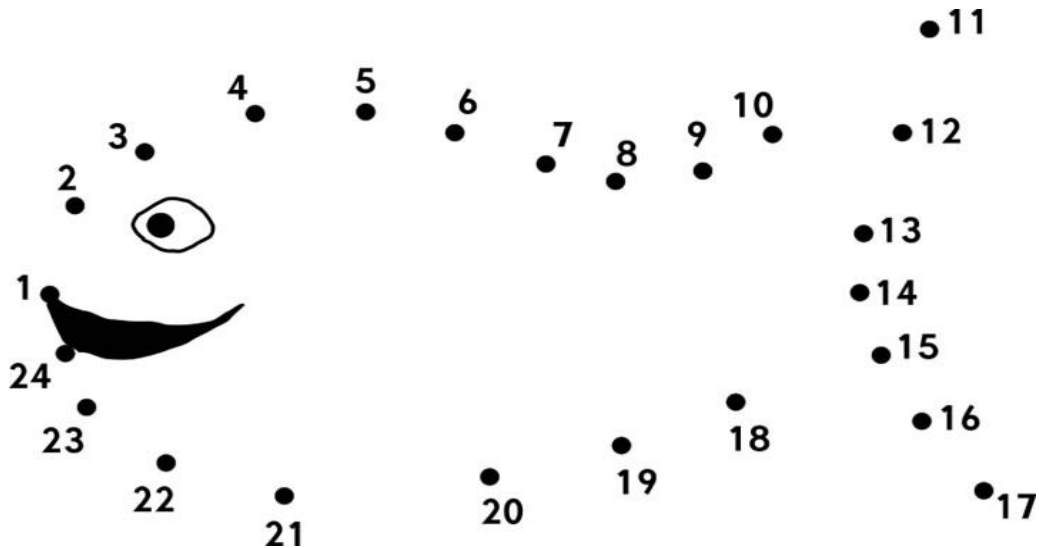
**Cookies:** Graham Crackers (11g)

## **Pudding:**

Sugar Free Vanilla (13g) - Sugar Free Chocolate (13g)

## **Baby Fruits:**

Applesauce (13g) - Pears (16g) - Banana (22g)



Welcome to Stony Brook University Hospital's  
Distinguished Dining: Excellence in Service and Cuisine

Distinguished Dining has been developed to help provide you with the finest patient care.

Our commitment in the Food and Nutrition Department is to provide our patients with sound nutritional guidance, the

freshest and finest restaurant quality foods and healthy meal choices prepared by culinary trained professionals. Our "Room Service" style of food service enables you, the patient, to choose from a restaurant style menu, tailored to your diet, which offers a wide variety of choices at any given time during the operations hours. If at any time your diet is changed during your stay, your Room Service Ambassador will provide you with a new menu that reflects your new diet

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