**BREAKFAST**

*Breakfast Ends Daily at 10:00AM*

Limited Items are available all day long.
Scrambled Eggs, Omelets, Cereal and Bagels

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**Beverages**
Milk: Whole - 1% - Skim - Lactaid - Soy
Ginger Ale - Diet Ginger Ale - Seltzer

**Juice & Fruits**
Juice: Orange - Apple - Tomato - Cranberry
Fruits: Banana - Orange - Apple - Seasonal Melon
Chilled Fruit: Peaches - Pears - Applesauce
Mandarin Oranges - Fruit Salad

**Yogurt**
Regular: Plain - Vanilla - Strawberry
Lite: Strawberry - Peach

**Cereal**
Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat
Cold: Corn Flakes - Crispy Rice - Cheerios
Raisin Bran - Rice Chex

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**Healthy Sandwich Option:**
Scrambled Egg Whites
Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll

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**Breakfast Entrees**
**Eggs:** Scrambled - Egg Whites - Hard Boiled Egg
**Omelet:** Egg - Egg White
**Choice of 4 Toppings:** Red Onions - Broccoli - Spinach Peppers - Mushroom - Diced Ham - Turkey
**Pancakes or Silver Dollars:**
Buttermilk - Blueberry - Banana
**French Toast or French Toast Sticks:**
Plain - Blueberry-Banana

**Egg Sandwich**
**Bread:** Kaiser Roll
**Choice of Cheese:** American - Swiss
**Choice of Meat:** Ham - Sausage Patty - Sliced Turkey

**Breakfast Bakery**
**Muffins:** Blueberry - Corn - Bran Muffin
**Bagels:** Plain - Sesame - Everything - Whole Wheat - Kaiser Roll
**Choice of:** Smart Balance - Jelly - Diet Jelly - Butter
Cream Cheese - Lite Cream Cheese - Natural Peanut Butter

**Sides**
Sausage Patty - Turkey Sausage Links - Home Fries
LUNCH & DINNER

Hot Entree’s
Special of the Day – Available at Lunch Only
Chicken Francaise: Sautéed in a Lemon White Wine Sauce
Grilled Chicken Parmesan
Oven Baked Chicken Tenders
Oven Roasted Turkey with Gravy
Broiled Flounder: Dressed with Garlic Lemon Herb
Baked Salmon
Home Made Meatloaf with Gravy
Sliced Roast Beef with Mushroom Gravy
Cheese Quesadilla: Chicken or Black Bean
Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes
Sliced Flank Steak & Onion Sandwich
Panini: Fresh Mozzarella, Tomato & Basil
Fajitas: Choice of Sautéed Chicken, Shrimp, or Tofu
Macaroni & Cheese: Macaroni in Creamy Cheese Sauce

From The Grill
Hamburger - Grilled Marinated Chicken - Turkey Burger
Black Bean Burger - Grilled Cheese Sandwich
Choice of Bread:
Rye Bread - Whole Wheat Bread - White Bread
Regular Burger Bun - Whole Wheat Burger Bun
Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms
Swiss Cheese-American Cheese - Sautéed Onions

Pasta Bar
Choice of Pasta: Penne - Linguini - Whole Wheat Penne
Choice of Sauce: Vodka Sauce - Meat Sauce
Butter Sauce - Marinara Sauce - Scampi
Garlic & Extra Virgin Olive Oil & a Touch of White Wine
Choice of Toppings: Mixed Vegetables - Mushrooms
Diced Marinated Chicken

Shake It Up Salad Station
(Create your own Main Course Gourmet Salad)
Choice of Lettuce: Chopped Romaine Lettuce
Seasonal Baby Field Greens - Baby Hand Picked Spinach
Choice of (1) Protein: Baked Shrimp
Marinated Grilled Chicken - Sliced Flank Steak - Tofu
Choice of (up to 4) Toppings: Sliced Red Onions - Tomatoes
Green Peppers - Croutons - Walnut Pcs - Sliced Black Olives
Sliced Cucumbers - Chickpeas - Sliced 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
Crudités & Hummus Salad: Fresh Garden Vegetables
(Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with
Creamy Hummus Dip

Deli Specials
Grilled Chicken Caesar Wrap: Marinated Grilled Chicken,
Romaine Lettuce, Creamy Caesar Dressing
Classic Tuna / Chicken Salad Sandwich
Oven Roasted Turkey Sandwich
Slow Cooked Roasted Beef
Choice of Bread:
Sliced White - Sliced Whole Wheat - Kaiser Roll
Sliced Seedless Rye - Wrap - Plain Bagel
Choice of Toppings: Lettuce - Tomato - Pickles
American Cheese - Swiss Cheese
Condiments: Mayonnaise - Mustard - Lite Mayo - Ketchup
Sour Cream

Pizza
Individual Personal Cheese Pizza
Choice of Toppings: Peppers - Mushrooms - Pepperoni
Red Onion - Black Olives - Broccoli
Soups

**Soup Du Jour:** Served with crackers

**Soups:** Campbell’s Tomato - Chicken Rice
Lentil Soup - Pasta Fagioli

**Broths:** Beef - Chicken - Vegetable

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**Sides**

**Choice of:** Baked Potato - Dinner Roll - Baked Steak Fries
Mac & Cheese - Mashed Potatoes - Mashed Sweet Potatoes
Brown Rice - Steamed White Rice - Stuffing - Baby Carrots -
Broccoli - Corn - Green Beans - Crackers & Peanut Butter

**Cuban Style Black Beans** (vegetarian)

**Sides Salad**

**Choice of:** Garden - Cottage Cheese - Spanish Slaw
Vegetable Sticks - Macaroni Salad - Potato Salad

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**Desserts**

**Lemon Pound Cake - Angel Food Cake - Brownie**

**Chocolate Angel Food Cake - Peach Pear Cobbler -**
**Cheese Cake**

**Fresh Marinated Fruit Salad - Fresh Fruits**

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

**Mandarin Oranges**

**Cookies:** Chocolate Chip - Oatmeal Raisin - Lorna Doone
Fig Newton - Graham Crackers

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

**Strawberry - Orange**

**Ice Cream:** Vanilla - Chocolate - Sugar Free Vanilla

**Pudding:** Vanilla - Chocolate - Rice
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.

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.

Room Number: __________________________ Date: __________

Name: _______________________________________________________

Diet: _________________________________________________________