

BREAKFAST

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile

Fresh Brewed Iced Tea

Hot Chocolate: Regular - Sugar Free

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

Soda: Ginger-Ale - Seltzer

Juice & Fruits

Juice: Orange - Apple - Tomato - Cranberry - Prune

Fruits: Banana - Orange - Apple - Seasonal Melon

Chilled Fruit: Peaches - Pears - Applesauce

Mandarin Oranges - Fruit Salad

Cereal

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes - Cheerios - Crispy Rice

Raisin Bran-Rice Chex

Yogurt

Regular: Plain - Vanilla - Strawberry

Lite: Strawberry - Peach

Condiments

Choice of: Smart Balance - Jelly - Diet Jelly - Butter

Cream Cheese - Lite Cream Cheese - Peanut Butter

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

Choice of Cheese: American - Swiss

Pancakes: Buttermilk-Blueberry -Banana

French Toast: Plain -Blueberry -Banana

Egg Sandwich

Bread - Kaiser Roll - Whole Wheat 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

Sides

Sides: Pork Sausage Patty - Turkey Sausage- Home Fries

Chef's Healthy Sandwich Option:

Egg Whites with Fresh Turkey & Lacy Swiss
on Whole Wheat Kaiser Roll

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels



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 Roasted Turkey with Gravy: Served with Gravy

Broiled Flounder: Dressed with Garlic Lemon Herb

Baked Salmon:

Home Made Meatloaf: Served with Gravy

Grilled Chicken Paillard:

Served over Sautéed Spinach & Mashed Potatoes

Fajitas: Choice of Sautéed Chicken, Shrimp, or Tofu

Cheese Quesadillas: Chicken or Black Bean

Sliced Flank Steak & Onion Sandwich

Macaroni & Cheese: Macaroni in a Creamy Cheese Sauce

Panini: Fresh Mozzarella, Basil, & Tomato

Pasta Bar

Choice of Pasta: Penne - Linguini - Whole Wheat Penne

Choice of Sauce: Vodka Sauce - Meat Sauce - Butter Sauce

Marinara Sauce - Garlic & Extra Virgin Olive Oil & Wine

Choice of Toppings: Mixed Vegetables - Mushrooms

Diced Marinated Chicken

From The Grill

Hamburger - Grilled Marinated Chicken - Turkey Burger

Black Bean Burger

Grilled Cheese Sandwich

Choice of Bread:

Rye Bread - Sliced Whole Wheat Bread - Sliced White Bread

Regular Burger Bun - Whole Wheat Burger Bun

Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms -

Sautéed Onions

Choice of Cheese: American - Swiss

Pizza

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 - 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

Cherry Tomatoes - Green Peppers - Croutons - Walnut Pcs

Sliced Black Olives - Sliced Cucumbers-Dried Cranberries

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

Fresh Fruit Plate with Plain Yogurt:

Crudités & Hummus Salad: Fresh Garden Vegetables

(Cucumbers, Tomatoes, Celery & Carrots)

Served with Creamy Hummus Dip

Deli Specials

Grilled Chicken Caesar Wrap:

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



SOUPS, SIDES & DESSERTS

Soups

Soup Du Jour: Served with crackers

Soups: Campbell's Tomato - Chicken Rice
Lentil-Pasta Fagioli

Broths: Beef - Chicken - Vegetable

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

Penne with Marinara Sauce

Cuban Style Black Beans (veg.)

Side Salads: Garden - Cottage Cheese - Spanish

Slaw - Vegetable Sticks-Cucumber Side Salad

Macaroni Salad - Potato Salad

Peanut Butter & Crackers -Hummus & Veggie Stick

Desserts

Lemon Pound Cake

Angel Food Cake

Brownie Cheese Cake

Chocolate Angel Food Cake Peach Pear Cobbler

Fresh Fruit Salad

Low Fat Chocolate Mousse

Chilled Fruit: Peaches - Pears

Applesauce-Mandarin Oranges

Cookies: Chocolate Chip - Oatmeal Raisin

Lorna Doone -Fig Newton-Graham Crackers

Gelatin: (Regular or Sugar Free)

Strawberry or Orange

Ice Cream: Vanilla - Chocolate - Sugar Free Vanilla

Fruit Ice: Cherry - Orange - Lemon

Pudding: Vanilla - Chocolate - Rice

Sugar Free Vanilla-Sugar Free Chocolate



Stony Brook **Medicine**

REGULAR DIET:

A diet with no restrictions that provides adequate nutrients to meet your nutritional requirements.

Suggested Food Choices: All food on the Room Service Dining menu.

Suggested Foods to Limit: None.

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: _____

