

***Items on the 'Chef Specials' menu may not be compliant for your diet**

Chef Specials

**NSA= No Sugar Added (Contains Splenda®)*

Monday

BREAKFAST: Belgian Waffle, Side of Scrambled Eggs, Cream of Wheat®

LUNCH: Mediterranean Pork Tenderloin, Steamed White Rice, Garden Salad (no Tomato)

DINNER: Grilled Marinated Chicken Breast, Penne with Lemon Velouté, Seasoned Carrots

Tuesday

BREAKFAST: Plain Omelet, Crispy Rice Cake, Steel Cut Oats

LUNCH: Chef Denise's Chicken Francese, Turmeric Rice, Garden Salad (no tomato)

DINNER: Yankee Pot Roast, Penne Pasta, Seasoned Steamed Broccoli

Wednesday

BREAKFAST: Omelet with Swiss Cheese, Wheat Bread, Cream of Wheat®, Pears

LUNCH: Roasted Turkey with Gravy, Steamed Rice, Garden Salad (no tomato), Diced Peaches

DINNER: Broiled White Fish, Turmeric Rice, Seasoned Fresh Green Beans

Thursday

BREAKFAST: Roasted Sirloin Steak with an Egg White Patty, Crispy Rice Cake, Steel Cut Oats

LUNCH: Chicken Pot Pie, Garden Salad (no tomato)

DINNER: Braised Beef Short Ribs, Steamed Rice, Seasoned Fresh Green Beans

Friday

BREAKFAST: Egg Brookie (our version of Eggs Benedict), Wheat Bread, Cream of Wheat®

LUNCH: Marinated Grilled Chicken Breast, Penne Pasta, Garden Salad (no tomato)

DINNER: Broiled White Fish, Turmeric Rice, Seasoned Carrots

Saturday

BREAKFAST: Buttermilk Pancakes, Side of Scrambled Eggs, Turkey Sausage, Steel Cut Oats

LUNCH: Lasagna Pinwheel with Alfredo Bolognese Sauce, Garden Salad (no tomato)

DINNER: Roasted Turkey with Gravy, Herb Stuffing, Seasoned Carrots

Sunday

BREAKFAST: Scrambled Eggs, Turkey Sausage, Steel Cut Oats, Wheat Bread

LUNCH: Mother's Meatloaf, Steamed Rice, Garden Salad (no tomato)

DINNER: Grilled Marinated Chicken Breast, Penne Pasta with Lemon Velouté, Seasoned Carrots

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

Omelet: Plain or Swiss Cheese

Belgian Waffles

Pancakes: Plain or Blueberry

French Toast

Breakfast Sides

Turkey Sausage Patty

CEREAL:

Hot: Steel Cut Oats, Cream of Wheat®

Cold: Corn Flakes®, Rice Krispies®, Rice Chex®

FRUIT

Apple, Applesauce, Grapes, Diced Pears, Diced Peaches

Bakery

Bagels: Plain, Whole Wheat, Everything, Sesame

Beverages

Coffee: Regular or Decaf

Tea: Regular, Decaf, Chamomile, Iced Tea

Milk: Whole, Skim, Lactaid®, Vanilla Soy

Juice: Apple, Cranberry

Soda: Ginger Ale, Diet Ginger Ale, Seltzer

Renal Diet

Lunch and Dinner - Available 11am to 7pm

Main Course

HOT ENTRÉES: Beef Meatloaf, Sliced Roasted Turkey, Chicken Francese, Baked Lemon Salmon, Lasagna Pinwheel with Turkey Meat Sauce

GRILL: Hamburger, Cheeseburger, Turkey Burger, Grilled Cheese (swiss), Grilled Chicken Breast

DELI: Chicken Salad, Tuna Salad, Egg Salad, Turkey, Roast Beef Swiss Cheese

Side: Cole Slaw

Sides

SIDES: White Rice, Plain Penne, Stuffing, Dinner Roll, Cottage Cheese, Garden Salad (no tomato), Seasoned Fresh Green Beans, Seasoned Broccoli, Seasoned Carrots

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

Fruit: Apple, Applesauce, Grapes, Diced Pears, Diced Peaches

Pudding (NSA): Vanilla

Ice Cream (NSA): Vanilla

Gelatin (regular or NSA): Strawberry or Orange

Fruit Ice: Cherry, Lemon, Orange, NSA Lemon

Cookies: Fig Newtons, Graham Crackers, Lorna Doones

Sweet Treats: Limit of 1 per meal

Angel Food Cake, Apple Crisp*

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