

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

## Chef Specials

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

### Monday

**BREAKFAST:** Scrambled Eggs, Turkey Sausage, Cream of Wheat®

**LUNCH:** Mediterranean Pork Tenderloin, Steamed White Rice, Garden Salad

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

### Tuesday

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

**LUNCH:** Chef Denise's Chicken Francese, Turmeric Rice, Garden Salad

**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, Diced Peaches

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

### Thursday

**BREAKFAST:** Egg Whites & Swiss on an English Muffin, Crispy Rice Cake, Steel Cut Oats

**LUNCH:** Chicken Pot Pie, Garden Salad

**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

**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

**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

**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

**Breakfast Sandwich:** Egg Whites & Swiss on an English Muffin

**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.*