

**\*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 with Strawberries, Pork Sausage, Cream of Wheat®

**LUNCH:** Mediterranean Pork Tenderloin, Fingerling Potatoes, Seasoned Steamed Broccoli, Brownie

**DINNER:** Chicken Caprese, Orecchiette Pasta with Lemon Basil Pesto, Seasoned Roasted Cauliflower, Banana Pudding with Nilla® Wafers\*

### Tuesday

**BREAKFAST:** Sunrise Egg Muffin, Turkey Sausage, Breakfast Potatoes, Steel Cut Oats, Fresh Fruit Salad

**LUNCH:** Chef Denise's Chicken Francese, Turmeric Rice, Seasoned Fresh Green Beans, Blueberry Crisp\*

**DINNER:** Yankee Pot Roast, Parslied Potatoes, Seasoned Roasted Vegetables, Lemon Bar

### Wednesday

**BREAKFAST:** Cheddar Cheese Omelet, Sweet Potato Hash, Cream of Wheat®

**LUNCH:** Rigatoni Pasta with Turkey Bolognese, Seasoned Roasted Brussels Sprouts, Garden Salad, Cinnamon Dusted Pound Cake with Blueberry Sauce

**DINNER:** Baked Islip Cod Dijon, Turmeric Rice, Seasoned Fresh Green Beans, Cheesecake

### Thursday

**BREAKFAST:** Foghorn Leghorn (Sirloin Steak & Eggs), Sweet Potato Hash, Steel Cut Oats, Fresh Fruit Salad

**LUNCH:** Chicken Pot Pie, Seasoned Steamed Broccoli, Chocolate Mousse

**DINNER:** Braised Beef Short Ribs, Homemade Mashed Potatoes, Seasoned Roasted Vegetables, Pistachio Pudding with Oreo® Crumble\*

### Friday

**BREAKFAST:** Egg Brookie (Our Eggs Benedict), Hash Browns, Cream of Wheat, Fresh Fruit Salad

**LUNCH:** Chicken Parmigiana, Penne Marinara, Seasoned Sautéed Squash Medley, Guiltless Tiramisu\*

**DINNER:** Grilled Salmon with Yellow Tomato Relish, Turmeric Rice, Seasoned Grilled Asparagus, Strawberry Cloud Cake

### Saturday

**BREAKFAST:** Cinnamon Apple Pancakes, Pork Sausage, Scrambled Eggs, Side of Steel Cut Oats, Diced Peaches

**LUNCH:** Lasagna Pinwheel with Turkey Bolgnese, Garden Salad, Cherry Tart\*

**Dinner:** Roasted Turkey with Gravy, Herb Stuffing, Glazed Carrots, Oatmeal Raisin Cookie

### Sunday

**BREAKFAST:** Scrambled Eggs, Breakfast Potatoes, Turkey Sausage, Steel Cut Oats, Fresh Fruit Salad

**LUNCH:** Mother's Meatloaf, Homemade Mashed Potatoes, Seasoned Green Peas & Carrots, Apple Crisp\*

**DINNER:** Bowtie Pasta with Grilled Chicken, Broccoli & Sundried Tomatoes, Caesar Salad, Chocolate Silk Tart with Raspberry Sauce

## 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 Cheddar Cheese

**Denver Omelet:** Cheese, Onions, Peppers & Ham

**Belgian Waffles** with Strawberries

**Pancakes:** Plain or Blueberry

**French Toast**

#### Breakfast Sides

**Breakfast Potatoes, Pork Sausage Link,**

**Turkey Sausage Patty**

#### **CEREAL:**

**Hot:** Steel Cut Oats, Cream of Wheat®, Cream of Rice®

**Cold:** Corn Flakes®, Cheerios®, Rice Krispies®, Raisin Bran®, Rice Chex®

#### **YOGURT**

**Regular:** Plain, Vanilla, Blueberry, Peach, Strawberry, Cottage Cheese

**Light:** Vanilla, Blueberry, Peach, Strawberry

#### **FRUIT**

**Fresh Fruit:** Banana, Orange, Fresh Fruit Salad, Red Grapes, Apple

**Fruit Cups:** Applesauce, Diced Pears, Mandarin Oranges, Diced Peaches

#### Bakery

**Muffins:** Blueberry or Banana

**Bagels:** Plain, Whole Wheat, Everything, Sesame

#### Beverages

**Coffee:** Regular or Decaf

**Tea:** Regular, Decaf, Chamomile, Iced Tea

**Hot Chocolate:** Regular or No Sugar Added

**Milk:** Whole, Skim, Lactaid®, Vanilla Soy, Low Fat Chocolate

**Juice:** Orange, Apple, Cranberry, Prune, V8® (low sodium)

**Soda:** Singer Ale, Diet Ginger Ale, Seltzer

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

## Unrestricted 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, Black Bean Burger, Grilled Cheese, Grilled Chicken Breast, Chicken Tenders, Personal Pizza (cheese or pepperoni)

**DELI:** Chicken Salad, Tuna Salad, Egg Salad, Turkey, Roast Beef

**Cheese:** American, Cheddar, Swiss

**Side:** Cole Slaw, Potato Salad

#### **GLUTEN-FREE OPTIONS**

Pasta, Pizza (cheese or pepperoni) Bagel Flat, Dinner Roll, White Bread

**SOUP:** Chicken and Rice, LS Tomato, Soup of the Day

**SIDES:** Homemade Mashed Potatoes, Mashed Sweet Potatoes, Baked Fries, Macaroni & Cheese, White Rice, Seasoned Fresh Green Beans, Seasoned Broccoli, Seasoned Carrots

#### Salads

Garden Salad or Caesar Salad (Side or Entree)

\*Add Grilled Chicken Breast to the Entree size

Chef Salad

Hummus, Vegetable & Pita Platter

Fresh Fruit Platter

\*Add Cottage Cheese, (NSA or Regular) Vanilla Yogurt or Chicken Salad

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

**Pudding (regular or NSA):** Chocolate, Vanilla or Rice

**Ice Cream (regular or NSA):** Chocolate or Vanilla

**Gelatin (regular or NSA):** Strawberry or Orange

**Fruit Ice:** Cherry, Lemon, Orange, NSA Lemon

#### Sweet Treats: Limit of 1 per meal

Cheesecake, Brownie, Chocolate Mousse, Banana Nilla® Wafer

Pudding\*, Angel Food Cake, Blueberry Crisp\*, Apple Crisp\*

**Cookies:** Chocolate Chip, Oatmeal Raisin