

***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: Ginger 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 and Sides

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