

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

Chef Specials

Items marked with  are vegan friendly

*NSA= No Sugar Added (Contains Splenda®)

Monday

BREAKFAST: Scrambled Eggs with Cheese, Morning Star Sausage Link  , Cream of Wheat®

LUNCH: Grilled Portabell Burger  , Fingerling Potatoes  , Seasoned Steamed Broccoli, Brownie

DINNER: Orecchiette Pasta Primeavera (Broccoli, Fresh Tomato, Peas) with Lemon Basil Pesto, Seasoned Roasted Cauliflower  , Banana Pudding with Nilla Wafers *

Tuesday

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

LUNCH: Vegan Chicken with Lemon Veloute Sauce  , Turmeric Rice  , Seasoned Fresh Green Beans, Blueberry Crisp*

DINNER: Grilled Tofu Teriyaki  , Parslied Potatoes, Seasoned Roasted Vegetables  , Lemon Bar

Wednesday

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

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

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

Thursday

BREAKFAST: Eggs, Cheddar Cheese on an English Muffin, Morning Star Sausage  , Steel Cut Oats  , Fresh Fruit Salad

LUNCH: Grilled Beyond Burger  , Seasoned Steamed Broccoli  , Chocolate Mousse

DINNER: Penne Pasta w/ Vegan Chicken Lemon Veloute Sauce  , Homemade Mashed Potatoes, Seasoned Roasted Vegetables, Pistachio Pudding with Oreo® Crumble*

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**.

Friday

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

LUNCH: Seitan 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, Scrambled Eggs, Side of Steel Cut Oats  , Diced Peaches

LUNCH: Mediterranean Hummus & Veggies Plate  with Grilled Pita, Cherry Tart*

Dinner: Stir Fry Tofu & Veggies  , White Rice, Glazed Carrots  , Oatmeal Rasin Cookies

Sunday

BREAKFAST: Scrambled Eggs, Breakfast Potatoes, Grilled Portabello Mushrooms  , Steel Cut Oats  , Fresh Fruit Salad

LUNCH: BBQ Seitan  , Homemade Mashed Potatoes, Seasoned Green Peas & Carrots  , Apple Crisp*

DINNER: Bowtie Pasta with Vegan Chicken  , Broccoli & Sundried Tomatoes in a Lemon Veloute Sauce  , 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.

À la carte

Breakfast - Available 7am to 10am

Main Course (Limit to 1)

Eggs: Scrambled, Whites, or Hard Boiled (2ea)

Omelet: Plain or Cheddar Cheese

Breakfast Sandwich: Eggs, Cheddar Cheese on an English Muffin

Tofu Scramble with Onions, Tomatoes & Spinach

Pancakes: Plain or Blueberry

French Toast

Breakfast Sides

Breakfast Potatoes, MorningStar Breakfast Sausage ☺

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 (Limit to 1)

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

Vegetarian

Lunch and Dinner - Available 11am to 7pm

Main Course (Limit to 1)

HOT ENTRÉES: Lasagna Pinwheel with Marinara Sauce

GRILL: Black Bean Burger ☺, Grilled Cheese, Personal Pizza, Beyond Burger ☺, Grilled Tofu ☺, Vegan Chicken ☺

DELI: Egg Salad

Cheese: American, Cheddar, Swiss

Side: Cole Slaw, Potato Salad

GLUTEN-FREE OPTIONS

Pasta, Pizza (cheese) Bagel Flat, Dinner Roll, White Bread (2ea)

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 Tofu ☺ or Vegan Chicken to the Entree size

Hummus, Vegetable & Pita Platter ☺

Fresh Fruit Platter ☺

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

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, Angel Food Cake, Apple Crisp*

Cookies: Chocolate Chip, Oatmeal Raisin

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

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