

# Stony Brook Hospital Distinguished Dining

Serving our community one meal at a time!

## Vegetarian (Lacto-Ovo)

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

## Chef Specials

Items marked with (V) are vegan friendly

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

### Monday

**BREAKFAST:** Scrambled Eggs with Cheese, Morning Star Sausage Link (V), Cream of Wheat®

**LUNCH:** Grilled Portabell Burger (V), Fingerling Potatoes (V), Seasoned Steamed Broccoli, Brownie

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

### Tuesday

**BREAKFAST:** Sunrise Egg Muffin, Breakfast Potatoes, Steel Cut Oats (V), Fresh Fruit Salad

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

**DINNER:** Grilled Tofu Teriyaki (V), Parslied Potatoes, Seasoned Roasted Vegetables (V), Lemon Bar

### Wednesday

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

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

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

### Thursday

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

**LUNCH:** Grilled Beyond Burger (V), Seasoned Steamed Broccoli (V), Chocolate Mousse

**DINNER:** Penne Pasta w/ Vegan Chicken Lemon Veloute Sauce (V), 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 (V), Fresh Fruit Salad, Cream of Wheat®

**LUNCH:** Seitan Parmigiana, Penne Marinara (V), Seasoned Sautéed Squash Medley (V), Guiltless Tiramisu\*

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

### Saturday

**BREAKFAST:** Cinnamon Apple Pancakes, Scrambled Eggs, Side of Steel Cut Oats (V), Diced Peaches

**LUNCH:** Mediterranean Hummus & Veggies Plate (V) with Grilled Pita, Cherry Tart\*

**Dinner:** Stir Fry Tofu & Veggies (V), White Rice, Glazed Carrots (V), Oatmeal Raisin Cookies

### Sunday

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

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

**DINNER:** Bowtie Pasta with Vegan Chicken (V), Broccoli & Sundried Tomatoes in a Lemon Veloute Sauce (V), 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

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

## 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

Items marked with 🌱 are vegan friendly