BREAKFAST

BEVERAGES

Coffee: Regular | Decaffeinated

Tea: Regular | Decaffeinated | Chamomile | Fresh-Brewed Unsweetened Iced Tea

Hot Chocolate: No Sugar Added

Milk: Skim | Lactaid | Low-Fat Chocolate | Vanilla Soy Milk

Soft Drinks: Ginger-Ale | Diet Ginger-Ale | Seltzer **Juice**: Orange | Apple | Tomato | Cranberry | Prune | V8

CONDIMENTS

Smart Balance | Pepper | Herb Seasoning | Sugar| Splenda| Equal | Sweet & Low | Coffee Creamers Syrup| Diet Syrup | Diet Jelly | Strawberry Jam | Grape Jelly | Honey | Lemon Juice | Fresh Lemon Light Mayonnaise | Mustard | Salsa | BBQ Sauce | Parmesan Cheese

MAIN COURSE

Eggs: Scrambled | Scrambled Egg Whites | Hard-Boiled Eggs (2ea)

Omelet: Egg | Egg White

Choice of 4 Toppings: Red Onions | Broccoli | Spinach | Peppers | Mushrooms | Turkey | Swiss Cheese

Pancakes: Buttermilk | Blueberry | Banana French Toast: Plain | Blueberry | Banana

EGG SANDWICH:

Chef's Healthy Sandwich Option:

Egg Whites, Turkey and Swiss Cheese on a Whole Wheat Kaiser Roll

FRUIT:

Fruit: Banana | Orange | Apple | Seasonal Melon | Grapes | Peaches | Pears | Applesauce

Mandarin Oranges | Fruit Salad | Mango Orange Applesauce

YOGURT:

Regular: Vanilla | Strawberry | Plain

Lite: Strawberry | Peach | Vanilla | Blueberry

CEREAL:

Hot: Oatmeal | Cinnamon Oatmeal | Cream of Wheat | Instant Oatmeal | Instant Cream of Wheat

Cold: Cheerios | Rice Krispies | Raisin Bran

BREAKFAST BAKERY:

Muffins: Low Fat Blueberry | Low Fat Banana

Bagels (1/2): Plain | Sesame | Whole Wheat | Everything

Breads: White | Wheat | Rye | Kaiser Roll

During your stay at Stony Brook Hospital, your diet is ordered by your doctor and may change a few times due to tests, treatment or surgery.

DIET:

5CH: Cardiac Cath Holding (LFLC2g)

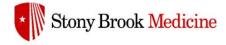
To place your order, please choose:

One (1) Main Course
Up to Five (5) Sides
Three (3) Beverages

- . Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone, between the hours of 7am and 7pm.
- Identify yourself to the Room Service Associate, who will verify your name, room number, and the diet ordered by your physician.
- Place your order. Your specifically prepared meal will be served to you 60-90 minutes of your request.

SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for your diet. If you are on a special or restricted diet, our Room Service Associate would be happy to assist your with your meal selection. For your safety, we will accept your menu selections after your physician has entered your diet order.



LUNCH & DINNER

Diet: 5CH Cardiac Cath Holding

HOT ENTREES

Chicken Française: Sautéed in a Lemon & White Wine Sauce

Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese

Oven Roasted Turkey Served with Gravy

Baked Salmon: Oven Roasted with Garlic & Lemon

Baked White Fish Filet: Served with Lemon Home Made Meatloaf Served with Gravy Sliced Roast Beef: Served with Mushroom Gravy

Grilled Marinated Chicken Breast

FROM THE GRILL

Hamburger | Grilled Chicken Breast | Black Bean Burger

Grilled Cheese Sandwich

Choice of Bread: White | Whole Wheat | Rye | Hamburger Bun

Whole Wheat Hamburger Bun

Choice of Toppings: Lettuce | Tomato | Swiss Cheese | Sautéed Onions

Sautéed Mushrooms

PASTA BAR

Choice of Pasta: Penne | Gluten-Free Red Lentil Pasta | Linguini **Choice of Sauce:** Marinara | Meat | Olive Oil, Garlic & White Wine

Add in: Chicken | Mixed Vegetables | Mushrooms | Tofu

SHAKE IT UP' SALAD STATION

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Romaine | Field Greens | Spinach

Choice of (1) Protein: Grilled Chicken | Tofu | Chilled Salmon | Chicken Salad

Shrimp | Tuna Salad

Choice of (up to 4) Toppings: Red Onions | Cherry Tomatoes | Bell Peppers

Croutons | Walnuts | Cucumbers | Dried Cranberries | Chickpeas

Sliced Mushrooms | Sunflower Seeds

Dressings: Olive Oil | Red Wine Vinegar | Fat Free Italian | Fat Free Ranch

COLD PLATES

Fresh Fruit Plate with Vanilla (Regular or Lite) or Plain Yogurt Crudités & Hummus Platter: Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip

DELI SPECIALS

Chicken Salad | Oven Roasted Turkey | Slow-Cooked Roast Beef Tuna Salad

Choice of Bread: White | Whole Wheat | Rye | Kaiser Roll | Tortilla Wrap **Choice of Toppings:** Lettuce | Tomato | Swiss Cheese

SOUPS, SIDES & DESSERTS

SOUP

Soup: Low Sodium Tomato Basil | Chicken Rice | Lentil Soup

Broth: Beef | Chicken | Vegetable

SIDES

Baked Potato | Dinner Roll | Baked Steak Fries | Mashed Potatoes

Mashed Sweet Potatoes | Brown Rice | Steamed White Rice | Stuffing

Baby Carrots | Broccoli | Corn | Green Beans | Cuban Style Black Beans (veg.)

Penne with Marinara Sauce | Penne (Plain) | GF Red Lentil Pasta | Garden Salad

Spanish Slaw | Vegetable Sticks | Cucumber Slices | Hummus & Carrots

DESSERTS

Fruit: Peaches | Pears | Applesauce | Mandarin Oranges | Grapes | Fruit Salad

Apple | Orange | Banana | Mango Orange Applesauce

Gelatin: (Regular or Sugar-Free) Strawberry | Orange

Ice Cream: No Sugar Added Vanilla | No Sugar Added Chocolate

Pudding: No Sugar Added Vanilla | No Sugar Added Chocolate

No Sugar Added Rice Pudding