

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.

To place your order, please choose:

One (1) **Main Course** Up to Five (5) **Sides**

Three (3) **Beverages**

1. Dial 8-3463 (8-DINE), or (631) 638-3463 from your cell phone, between the hours of 7am and 7pm.
2. Identify yourself to the Room Service Associate, who will verify your name, room number, and the diet ordered by your physician.
3. 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 you with your meal selection. For your safety, we will accept your menu selections after your physician has entered your diet order.

#### **We Need Your Feedback!**

If you receive a patient satisfaction survey in the mail, please fill it out and return it. Your opinion counts!

NAME/ ROOM #: \_\_\_\_\_

## DIET: Carbohydrate-Controlled



**CBORD Patient** 

The CBORD Group, Inc

Facility ID: sbuh11794



### **Enjoy Seamless Dining at Your Fingertips!**

To get started:

1. Scan the QR code, download, and install the app.
2. Create your account and log in, entering the Facility ID (**sbuh11794**), the patient's Billing ID (or Encounter #), and Date of Birth
3. Start exploring a selection of options to meet your nutritional needs and place your order effortlessly
4. Our self-ordering Patient app may not be suitable for your diet order or unit. Please call our Call Center to speak with a representative who can guide you through your available selections.



**Stony Brook Medicine**

# BREAKFAST

## BEVERAGES

**Coffee:** Regular | Decaffeinated

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

**Hot Chocolate:** No Sugar Added (11g)

**Milk:** Whole (7g) | Skim (7g) | Lactaid (14g) | Vanilla Soy Milk (18g)

**Juice:** Tomato (7g) | V8 (6g)

**Soda:** Diet Ginger Ale | Seltzer

## CONDIMENTS

Butter | Smart Balance | Ketchup (3g) | Diet Jelly (3g) | Lite Cream Cheese (1g) | Peanut Butter (5g) | Salt | Pepper Coffee Creamers | Splenda | Equal | Sweet & Low | Diet Syrup (5g) | Lemon Juice | Herb Seasoning | Salsa (2g) | Sour Cream (2g) | Mustard | Mayonnaise | Light Mayonnaise

BBQ Sauce (8g) | Tartar Sauce (2g) | Fresh Lemon Wedge | Cream Cheese (1g)

## MAIN COURSE (please choose 1)

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

**Omelet:** Egg | Egg White

**Choice of 4 Toppings:** Red Onions | Broccoli | Spinach | Peppers | Mushrooms

Ham or Turkey | American Cheese or Swiss Cheese

**Pancakes (1pc):** Buttermilk (18g) | Blueberry (24g) | Banana (32g)

**French Toast (1pc):** Plain (27g) | Blueberry (33g) | Banana (41g)

## EGG SANDWICH

**Bread:** Kaiser Roll (43g) | Whole Wheat Kaiser Roll (38g)

**Choice of Cheese:** American or Swiss

**Choice of Meat:** Ham | Sausage Patty | Fresh Sliced Turkey

**Chef's Healthy Sandwich Option:** Egg Whites, Turkey & Lacy Swiss on a Whole Wheat Kaiser Roll (38g)

## SIDE ITEMS (please choose 4 total)

**Whole Fruit:** Banana (27g) | Orange (15g) | Apple (25g)

Grapes (10g) | Seasonal Melon (10g)

**Chilled Fruit:** Peaches (14g) | Pears (18g) | Applesauce (12g) | Mango Orange Applesauce (16g) | Mandarin Oranges (13g) | Fruit Salad (20g)

## YOGURT:

**Lite:** Strawberry (13g) | Peach (13g) | Vanilla (13g) | Blueberry (13g) Plain (12g)

## CEREAL:

**Hot:** Oatmeal(14g)|Cinnamon Oatmeal (14g)| Cream of Wheat (12g)| Instant Cream of Wheat (21g) Instant Oatmeal (18g)

**Cold:** Crispy Rice (16g) | Corn Flakes (18g) | Raisin Bran (28g) | Rice Chex (16g) | Cheerios (14g)

## BREAKFAST BAKERY (please choose 1 item only):

**Muffins:** Blueberry (29g) | Corn (29g) | Low-Fat Blueberry (29g) | Low-Fat Banana (30g)

**Bagels:** Plain (47g) | Sesame (47g) | Everything (47g) | Whole Wheat (47g)

## ADDITIONAL SIDES

Pork Sausage Patty | Turkey Sausage Links | Home Fries (20g)

Hard-Boiled Egg | 1/2 portion Scrambled Eggs

**\*Breakfast Ends Daily at 10:00AM\***

Limited Items are available all day long. Scrambled Eggs, Omelets, Hard-Boiled Eggs, Cereal and Bagels

# LUNCH & DINNER

## MAIN COURSE

- Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce (4g)  
**Grilled Chicken Parmesan:** Layered with Marinara Sauce & Mozzarella Cheese (4g)  
**Oven Roasted Turkey with Gravy**  
**Baked Salmon:** Served with Garlic & Lemon  
**Baked White Fish:** Oven Roasted with Garlic & Lemon  
**Homemade Meatloaf with Gravy** (7g)  
**Grilled Marinated Chicken Breast**  
**Fajitas:** Choice of Chicken (24g), Shrimp (24g), or Tofu (26g)  
**Quesadillas:** Chicken (24g), Black Bean (45g), or Plain Cheese (24g)  
**Macaroni & Cheese:** Served in a Creamy Cheese Sauce (25g)  
**Fresh Mozzarella, Basil & Tomato Panini** (52g)  
**Sliced Roast Beef with Mushroom Gravy**  
**Hot Roast Beef with Caramelized Onions on a Ciabatta Roll** (48g)

## PASTA BAR

- Choice of Pasta:** Penne (36g) | Linguini (50g)  
Gluten Free Red Lentil Pasta (45g)  
**Choice of Sauce:** Marinara (8g) | Meat Sauce (7g) | Butter |  
Vodka Sauce (5g) | Garlic, Extra Virgin Olive Oil & White Wine  
**Choice of Toppings:** Mixed Vegetables | Mushrooms | Chicken | Tofu (2g)

## FROM THE GRILL

- Hamburger | Grilled Marinated Chicken | Turkey Burger** *(Antibiotic Free!)*  
**Black Bean Burger** (26g) | **Grilled Cheese Sandwich**  
**Choice of Bread (\*carbs per slice):** White (14g) | Whole Wheat (13g)  
Rye (16g) | Hamburger Bun (30g) Whole Wheat Burger Bun(28g)  
**Choice of Toppings:** Lettuce | Tomato | Sautéed Mushrooms  
Sautéed Onions | American Cheese or Swiss Cheese

# DIET: Carbohydrate-Controlled

## COLD PLATES

- Fresh Fruit Plate with Light Vanilla Yogurt** (38g) or **Plain Yogurt** (35g)  
**Cottage Cheese and Fresh Seasonal Fruit Plate** (33g)  
**Crudités & Hummus Platter** :Fresh Garden Vegetables (Cucumbers, Cherry Tomatoes, Celery & Carrots) Served with Creamy Hummus Dip (16g)

## DELI SPECIALS

- Chicken Caesar Salad Wrap:** Marinated Grilled Chicken, Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing (55g)  
**Chicken Salad | Tuna Salad | Oven Roasted Turkey**  
**Slow-Cooked Roast Beef**  
**Choice of Bread (per slice):** White (14g) | Whole Wheat (13g)  
Rye (16g) | Kaiser Roll (43g) | Tortilla Wrap (52g)  
**Choice of Toppings:** Lettuce | Tomato | Swiss Cheese | American Cheese

## 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 (2g) | Chilled Salmon | Chicken or Tuna Salad | Shrimp  
**Choice of (up to 4) Toppings:** Red Onions | Cherry Tomatoes | Bell Peppers | Croutons (5g) | Walnuts (2g) | Cucumbers | Chickpeas (5g) | Sliced Mushrooms | Sunflower Seeds (3g) | Shredded Parmesan Cheese  
**Dressings:** Olive Oil | Red Wine Vinegar | Fat Free Italian (1g) | Diet Italian | Fat Free Ranch (4g) | Light Caesar Dressing (3g)

## PIZZA 1/2 Personal Cheese Pizza (53g) with:

- Choice of Toppings:** Plain | Peppers | Mushrooms | Pepperoni | Red Onions | Black Olives | Broccoli'

# LUNCH & DINNER

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## SOUPS, SIDES & DESSERTS

### SOUP

(Soup with a packet of crackers adds an additional 5g)

Campbell's Cream of Tomato Soup (19g) | Chicken & Rice Soup (10g)

Lentil Soup (20g) | Low-Sodium Tomato Basil Soup (16g)

Pasta Fagioli (25g)

**Broth:** Beef (2g) | Chicken (2g) | Vegetable (2g)

### SIDES

Baked Potato (32g) | Wheat Dinner Roll (15g) | Baked Steak Fries (25g)

Mac & Cheese (12g) | Mashed Potatoes (14g) | Mashed Sweet Potatoes

(22g) | Brown Rice (14g) | Steamed White Rice (15g) | Stuffing (11g)

GF Red Lentil Pasta (20g) | Baby Carrots | Broccoli | Corn (14g)

Green Beans | Cuban Style Black Beans (veg.) (15g) | Crackers & Peanut

Butter (20g) | Sautéed Spinach | Garden Salad | Cottage Cheese (6g)

Spanish Slaw | Vegetable Sticks | Macaroni Salad (23g) | Potato Salad

(25g) | Carrots & Hummus (4g) | Cucumber Slices | Penne Pasta

(plain) (18g)

### DESSERTS

**Angel Food Cake** (28g) | **Chocolate Angel Food Cake** (29g)

**Fruit:** Banana (27g) | Orange (15g) | Apple (25g) | Grapes (10g)

Seasonal Melon (10g) | Pears (18g) | Applesauce (12g) | Peaches (14g)

Orange Mango Applesauce (16g) | Mandarin Oranges (13g)

Fruit Salad (20g)

**Cookies:** Graham Crackers (11g)

**Gelatin:** (Sugar-Free) Strawberry (2g) | Orange (2g)

**Ice Cream:** No Sugar Added Vanilla (20g)

No Sugar Added Chocolate (18g)

**Fruit Ice:** No Sugar Added Lemon (20g)

**Pudding:** No Sugar Added Vanilla (13g)