

# Breakfast

## **BEVERAGES**

**Coffee:** Regular | Decaffeinated

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

**Hot Chocolate:** Regular | No Sugar Added

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

**Juice:** Orange | Apple | Tomato | Cranberry | Prune | V8

**Soda:** Ginger Ale | Diet Ginger Ale | Seltzer

## **CONDIMENTS**

Butter | Smart Balance | Grape Jelly | Strawberry Jam | Ketchup | Diet Jelly | Cream Cheese | BBQ Sauce | Salt | Pepper

Honey Mustard | Lite Cream Cheese | Peanut Butter | Coffee Creamers | Sugar | Splenda | Equal | Sweet & Low | Syrup

Diet Syrup | Honey Lemon Juice | Herb Seasoning | Salsa | Sour Cream | Mustard | Mayonnaise | Light Mayonnaise

## **MAIN COURSE (please choose 1)**

### **PREPACKAGED HALAL BREAKFAST ENTRÉE**

Omelet with Pancakes (\*Contains cream cheese)

### **PREPACKAGED KOSHER BREAKFAST ENTRÉE**

Texas-Style French Toast with Maple Syrup

Egg Omelet Served with Diced Home-Fried Potatoes

### **PREPARED IN-HOUSE (Prepared on the same grill as non-halal items)**

**Pancakes:** Buttermilk | Blueberry | Banana

**French Toast:** Plain | Blueberry | Banana

**Egg Omelet :** Egg or Egg Whites

**Choice of 4 Toppings:** Red Onions | Broccoli | Spinach | Peppers | Mushrooms | American Cheese or Swiss Cheese

**Hard Boiled Eggs (2)**

### **EGG SANDWICH**

**Choice of:** Kaiser Roll | Whole Wheat Kaiser Roll

**Choice of Cheese:** American Cheese | Swiss Cheese

### **SIDE ITEM (Please choose 4)**

**FRUIT: Whole Fruit:** Banana | Orange | Apple

**Chilled Fruit:** Peaches | Pears | Applesauce | Mandarin Oranges | Fruit Salad | Seasonal Melon | Grapes  
Orange Mango Applesauce

**YOGURT: Regular:** Vanilla | Plain | Strawberry\* (Contains Kosher gelatin)

**Lite\*** (All Contain Kosher gelatin): Vanilla | Strawberry | Peach | Blueberry

**CEREAL: Hot:** Oatmeal | Cinnamon Oatmeal | Cream of Wheat

**Cold:** Corn Flakes | Crispy Rice | Cheerios | Raisin Bran | Rice Chex

### **BREAKFAST BAKERY:( Please Choose 1)**

**Bagel:** Lender's Plain Bagel

**Muffins:** Blueberry | Corn | Bran | Low Fat Blueberry

**Bagels:** Plain | Sesame | Everything | Whole Wheat    **Rolls:** Kaiser Roll | Whole Wheat Kaiser Roll

**ADDITIONAL SIDES:** Home Fries | Hard-Boiled Egg | 1/2 Portion Scrambled Eggs

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: Halal (حلال)

أَسْلَامٌ عَلَيْكُمْ

Asalamulikum, welcome to Stony Brook University Hospital. Although our kitchen is not Halal certified, we offer Halal pre-packaged entrees purchased from *Midamar*. The company is located in Cedar Rapids, IA . Currently the only *Zabiha* halal item we carry from them is beef. The halal poultry entrees are not *zabiha* halal. We also carry Kosher pre-packaged entrees and a variety of vegetarian/vegan items. The Kosher pre-packaged entrees are from Spring Valley , based in Goshen, NY. The house-made vegetarian/vegan items may be prepared on cooking equipment which is used to prepare the non-halal/meat items. Your nurse can direct you to the Hospital's Chaplin service During the month of Ramadhan, dates may be available, upon request.

### 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 your with your meal selection. For your safety, we will accept your menu selections after your physician has entered your diet order.

### 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.



CBORD Patient (®)  
The CBORD Group, Inc.  
Facility ID: sbuh11794

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



# Lunch & Dinner

## MAIN COURSE: HALAL MEAL PACKS

PRE-PACKAGED FROZEN HALAL MEALS THAT ARE HEATED IN OUR MICROWAVE

**Tandoori Chicken with Rice:** Halal Chicken Thighs, Basmati Rice & Lentils with Tandoori Spice Blend-  
**Biryani Chicken with Rice:** Halal Chicken Thighs, Basmati Rice & Lentils with Biryani Spice Blend-  
**Lubiah Stew with Beef \* & Rice:** Halal Ground Beef, Basmati Rice, Tomatoes, Green Beans, Garbanzo Beans, Onions and Spices


\*Zabiha halal

## KOSHER MEAL PACKS

*The following entrees are pre-packaged frozen kosher items that are heated in our microwave.*

**Roasted Chicken:** served with Roasted Potatoes & Green Beans  
**Yankee-Style Pot Roast:** served with Bowtie Noodles, Green Beans & Sliced Carrots  
**Roasted Turkey:** served with Sweet Potatoes & Green Peas  
**Salisbury Steak:** served with Creamy Mashed Potatoes, Green Peas & Carrots  
**Baked Fish with Lemon:** served with Rice Pilaf & Green Beans  
**Vegetable-Stuffed Pepper:** served with penne pasta, green beans & carrots  
**Tuna** (Individual portion)


*The following entrees are made in house and do not contain any chicken, beef, or pork.*

**Baked Salmon Filet:** Served with Garlic & Lemon  
**Baked White Fish Filet:** Served with Garlic & Lemon  
**Black Bean Burger** (contains egg & milk products)  
Hamburger Bun | Whole Wheat Burger Bun ✨  
**Grilled Cheese Sandwich** ✨  
**Choice of Bread:** Seedless Rye | Whole Wheat | White  
**Choice of Toppings:** Lettuce | Tomato | Sautéed Mushrooms | Sautéed Onions | American Cheese or Swiss Cheese  
**Cheese Quesadillas:** Black Bean or Plain Cheese ✨  
**Macaroni & Cheese:** elbows served in a Creamy Cheese Sauce  
**Panini:** Fresh Mozzarella, Basil, & Tomato ✨  
**Fajitas:** Shrimp |  Tofu ✨

## PIZZA Individual Personal Cheese with:

**Choice of Toppings:** Peppers | Mushrooms | Red Onions | Black Olives | Broccoli

## PASTA BAR

**Choice of Pasta:** Penne | Linguini | Gluten-Free Red Lentil Pasta  
**Choice of Sauce:** Vodka Sauce\* | Butter | Marinara | Garlic, Extra Virgin Olive Oil & White Wine   
**Choice of Topping:** Mixed Vegetables | Mushrooms | Tofu

\*Does not contain vodka  Cooking wine, alcohol is cooked off

✨ Items are cooked on the same grill as non-Halal items

# DIET: Halal

## COLD ENTREE

### 'SHAKE IT UP' SALAD STATION

*(All of our salads are made in house with fresh produce.)*

**Choice of Lettuce:** Romaine Lettuce | Spinach | Seasonal Field Greens  
**Protein(1):** Tuna Salad | Baked Shrimp | Chilled Salmon | Tofu  
**Choice of (up to 4) Toppings:** Sliced Red Onions | Walnuts | Cherry Tomatoes | Bell Peppers  
Croutons | Black Olives | Cucumbers | Dried Cranberries | Chickpeas | Mushrooms | Sunflower Seeds

## DELI SPECIALS

**Classic Tuna Sandwich**  
**Choice of Bread:** White | Whole Wheat | Kaiser Roll | Seeded Rye | Tortilla Wrap  
**Choice of Toppings:** Lettuce | Tomato | American Cheese or Swiss Cheese

## COLD PLATES

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

# SOUPS, SIDES & DESSERTS

## SOUPS

Campbell's Cream of Tomato Soup | Lentil Soup | Pasta Fagioli | Low-Sodium Tomato Basil Soup  
**Broth:** Vegetable

## SIDES

Baked Steak Fries | Baked Potato | Mashed Potatoes | Mashed Sweet Potatoes | Baby Carrots | Broccoli  
Green Beans | Cuban Style Black Beans | Corn | Steamed White Rice | Brown Rice | Stuffing  
Mac & Cheese | Penne with Marinara Sauce | Penne (Plain) Dinner Roll | Vegetable Sticks  
Cucumber Slices | Hummus & Carrots | Spanish Slaw | Macaroni Salad | Potato Salad | Cottage Cheese  
Peanut Butter & Crackers

## DESSERTS

**BAKERY** (PLEASE CHOOSE 1)

**Lemon Pound Cake** | **Angel Food Cake** | **Brownie** | **Cheese Cake** | **Chocolate Angel Food Cake**  
**Peach Pear Cobbler** | **Low-Fat Chocolate Mousse**

**Fruit:** Banana | Apple | Orange | Peaches | Pears | Applesauce | Orange Mango Applesauce  
Mandarin Oranges | Fruit Salad | Grapes | Seasonal Melon  
**Cookies:** Chocolate Chip | Oatmeal Raisin | Lorna Doone | Fig Newton | Graham Crackers  
**Ice Cream:** Vanilla | Chocolate | No Sugar Added Vanilla or Chocolate  
**Fruit Ice:** Cherry | Orange | Lemon | No Sugar Added Lemon