

# BREAKFAST

## BEVERAGES

**Coffee:** Regular | Decaffeinated

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

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

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

**Juice:** V8 (6g)

**Soda:** Diet Ginger Ale | Seltzer

## CONDIMENTS

Smart Balance | Ketchup (3g) | Diet Jelly (3g) | Lite Cream Cheese (1g) | Pepper | Coffee Creamers

Splenda | Equal Sweet & Low | Diet Syrup (5g) | Lemon Juice | Herb Seasoning | Salsa (2g) | Mustard

| Light Mayonnaise | Fresh Lemon Wedge

## 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 | Turkey | 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:** Swiss

**Choice of Meat:** 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:** Corn (29g) | Low-Fat Blueberry (29g) | Low-Fat Banana (30g)

**Bagels (1/2) :** Plain (24g) | Sesame (24g) | Whole Wheat (24g)

## ADDITIONAL SIDES

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

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:

# Low-Sodium Cardiac, Carbohydrate-Controlled

A diet low in fat, cholesterol, and sodium with a restriction on carbohydrate-rich foods.

### To place your order, please choose:

One (1) **Main Course**

Up to Five (5) **Sides**

Three (3) **Beverages**

1. Dial 8 -DINE(extension 8-3463) 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 specially prepared meal will be served to you within 60 minutes of your request.

The Department of Food and Nutrition is here to provide you with excellent service. Feel free to let your Room Service Associate know how we can help meet your food service needs.

### SPECIAL / RESTRICTED DIETS

Please note that not all menu items are appropriate for all diets. If you are on a special or restricted diet, our Room Service Associate will assist you with your meal selections.

***For your safety, we will accept your menu selections only 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!

9/23



**Stony Brook Medicine**

# LUNCH & DINNER

## MAIN COURSE

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce (4g)  
**Grilled Chicken Parmesan:** 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**  
**Sliced Roast Beef with Mushroom Gravy**

## PASTA BAR

**Choice of Pasta:** Penne (36g) | Linguini (50g) | Gluten Free Red Lentil Pasta (45g)  
**Choice of Sauce:** Marinara (8g) | Meat (7g) | 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 Swiss Cheese Sandwich**  
**Choice of Bread (per slice):** White (14g) | Whole Wheat (13g) | Seeded Rye (16g)  
Hamburger Bun (30g) | Whole Wheat Burger Bun (28g)  
**Choice of Toppings:** Lettuce | Tomato | Sautéed Mushrooms | Sautéed Onions  
Swiss 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/Tuna Salad  
**Choice of (up to 4) Toppings:** Red Onions | Cherry Tomatoes | Bell Peppers  
Croutons (5g) | Walnuts (2g) | Cucumbers | Chickpeas (5g) | Sliced Mushrooms  
Sunflower Seeds (3g)  
**Dressings:** Olive Oil | Red Wine Vinegar | Diet Italian

# DIET: Low-Sodium Cardiac, Carbohydrate-Controlled

## COLD PLATES

**Fresh Fruit Plate with Light Vanilla Yogurt** (38g) or **Plain Yogurt** (35g)

## DELI SPECIALS

**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)|

**Choice of Toppings:** Lettuce | Tomato | Swiss Cheese

# SOUPS, SIDES & DESSERTS

## SOUP

**Chicken & Rice Soup** (10g) | **Lentil Soup** (20g)  
**Broth:** Beef (2g) | Chicken (2g) | Vegetable (2g)

## SIDES

**Baked Potato** (32g) | **Wheat Dinner Roll** (15g) | **Baked Steak Fries** (25g)  
**Mashed Potatoes** (14g) | **Mashed Sweet Potatoes** (22g) | **Brown Rice** (14g) | **Steamed White Rice** (15g) | **Stuffing** (1g) | **GF Red Lentil Pasta** (20g) | **Baby Carrots** | **Broccoli** | **Corn** (14g)  
**Green Beans** | **Cuban Style Black Beans (veg.)** (15g) | **Sautéed Spinach** | **Garden Salad**  
**Cottage Cheese** (6g) | **Spanish Slaw** | **Vegetable Sticks** | **Carrots & Hummus** (4g)  
**Cucumber Slices** | **Penne Pasta (plain)** (14g)

## 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) | Orange Mango Applesauce (16g) | Peaches (14g)  
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) | No Sugar Added Chocolate (13g)  
No Sugar Added Rice Pudding (14g)