

# BREAKFAST

## BEVERAGES

**Fresh-Brewed Unsweetened Iced Tea**

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

**Juice:** Apple | Prune |

## CONDIMENTS

Butter | Smart Balance | Diet Jelly | Cream Cheese | Lite Cream Cheese | Peanut

Butter Coffee Creamers | Sugar Splenda | Equal | Sweet & Low | Syrup Diet Syrup

Honey | Lemon Juice | Sour Cream | Mayonnaise | Light Mayonnaise

## MAIN COURSE (please choose 1)

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

**Omelet:** Egg | Egg White

**Choice of 4 Toppings:** Mushrooms | Ham or Turkey | American Cheese or Swiss Cheese

**Pancakes:** Buttermilk | Blueberry | Banana

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

## SIDE ITEMS (please choose 4 total)

**Fruit:** Banana | Peaches | Pears | Applesauce | Mango Orange Applesauce

## YOGURT:

**Regular:** Vanilla | Plain

**Lite :** Peach | Vanilla

## CEREAL:

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

Instant Cream of Wheat

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

**Muffins:** Blueberry | Corn | Low-Fat Blueberry | Low-Fat Banana

**Breads:** White | Wheat

## ADDITIONAL SIDES

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:

# Tonsillectomy

Food choices that are soft, non-acidic, non-abrasive, and are easy to swallow.

### 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.

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

NAME: \_\_\_\_\_

DATE/ROOM#: \_\_\_\_\_

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

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



# LUNCH & DINNER

DIET: Tonsillectomy

## MAIN COURSE

Oven Roasted Turkey with Gravy  
Homemade Meatloaf with Gravy  
Macaroni & Cheese: Served in a Creamy Cheese Sauce

## PASTA BAR

Choice of Pasta: Penne | Linguini  
Gluten-Free Red Lentil Pasta  
Choice of Sauce: Butter  
Choice of Toppings: Mushrooms

## FROM THE GRILL

Grilled Cheese Sandwich  
Choice of Bread: White | Whole Wheat  
Choice of Toppings: Sautéed Mushrooms | Sautéed Onions  
Ham | American Cheese or Swiss Cheese

## COLD PLATES

Cottage Cheese, Peaches & Pears

## DELI SPECIALS

Chicken Salad | Tuna Salad | Turkey  
Choice of Bread: White | Whole Wheat  
Choice of Toppings: Swiss Cheese | American Cheese

## SOUPS, SIDES & DESSERTS

### SOUP

Chicken & Rice Soup  
Broth: Beef | Chicken | Vegetable

### SIDES

Baked Potato | Dinner Roll | Mac & Cheese | Mashed Potatoes  
Mashed Sweet Potatoes | Brown Rice | Steamed White Rice | Stuffing  
Baby Carrots | Broccoli Corn | Green | Cottage Cheese  
Cuban Style Black Beans (veg.) | Penne (Plain) | GF Red Lentil Pasta

### DESSERTS

Bakery (choose 1): Angel Food Cake | Brownie | Cheese Cake  
Chocolate Angel Food Cake | Low-Fat Chocolate Mousse  
Fruit: Banana | Peaches | Pears | Applesauce | Orange Mango Applesauce  
Gelatin: (Regular or Sugar-Free) Orange  
Ice Cream: Vanilla | Chocolate | No Sugar Added Vanilla  
No Sugar Added Chocolate  
Fruit Ice: Orange  
Pudding: Vanilla | Chocolate | Rice | No Sugar Added Vanilla  
No Sugar Added Chocolate | No Sugar Added Rice Pudding