

How to Place an Order

1. **Dial 8-DINE (extension 8-3463) between the hours of 7 am and 7 pm.**
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 45 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.

Room Number: _____ Date: _____

Name: _____

Diet: _____

Guests and Visitors Dining with Patients

Guests and visitors have the option to dine with the patient; the cost per meal is \$10.00 per person per meal.

Simply visit one of our food establishments (The Market Place Café or Skyline Deli) to purchase a guest meal card. Select your meal preference from the Distinguished Dining Room Service Menu for Guests, and place your order after the patient places his/her order. Your guest meal card must be redeemed when your ambassador delivers your meals.

Explanation of Diets

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.

Our staff of highly qualified registered dietitians will be happy to provide you with nutrition counseling as needed. For more information, please call 444-1433.

GESTATIONAL DIABETIC CONTROL DIET:

Your physician has ordered a diabetic diet for you which is carbohydrate controlled. Foods which contain carbohydrates include fruits, breads and starchy foods, dairy products, (except cheese), and sweets.

Our goal is to exceed your expectations. For this dedication we hope that if you receive a "Press Ganey Survey" we earn **5 out of 5** in your rating. If for any reason you would not rate your service a 5, please call or contact your Ambassador right away and let us know how we can improve our service to you.

Please call 8-3463 (8-DINE) to place your meal order

(4/13)



Stony Brook Medicine

SBUH2014N049

Distinguished Dining at Stony Brook University Hospital

Room Service Menu

**Dial 8-3463 (8-DINE)
between 7 am and 7 pm**
to place your breakfast, lunch, and dinner order



Stony Brook Medicine

Breakfast

Beverages

Coffee: Regular - Decaffeinated

Tea: Regular - Decaffeinated - Chamomile - Fresh Brewed Ice Tea

Hot Chocolate: Sugar Free (1C)

Milk: Whole (1/2C) - 1% (1/2C) - Skim (1/2C) - Lactaid (1C) - Soy (1.5C)

Diet Ginger-Ale - Seltzer

Juice & Fruits

Juice: V8 - Tomato Juice

Fruits: Banana (2C) - Orange (1C) - Apple (2C)
Seasonal Melon (1C)

Chilled Fruit: Peaches (1C) - Pears (1C) - Applesauce (1C)
Mandarin Oranges (1C) - Fruit Salad (1C)

Yogurt

Regular: Plain (1C)

Lite: Strawberry (1C) - Peach (1C)

Cereal

Hot: Oatmeal (1C) - Cinnamon Oatmeal (1C) - Cream of Wheat (1C)

Cold: Corn Flakes (1C) - Cheerios (1C)

Crispy Rice (1C) - Raisin Bran (2C) - Rice Chex (1C)

Breakfast Bakery

Muffins: Blueberry (2C) - Corn (2C)

1/2 Bagel: Plain (2C) - Sesame (2C) - Whole Wheat (2C)
Kaiser Roll (3C) - Whole Wheat Kaiser Roll (3C)

Choice of: Smart Balance - Diet Jelly - Cream Cheese
Lite Cream Cheese - Peanut Butter (1/2C)

Breakfast Entrees

Eggs: Scrambled - Egg Whites - Egg Substitute - Hard Boiled Egg

Omelet: Egg - Egg White - Egg Substitute

Choice of 4 Toppings: Red Onions - Broccoli - Baby Spinach
Peppers - Mushroom - Diced Ham - Turkey - Cheese

Pancakes (1 Carb each): Buttermilk
Blueberry Pancake - Banana Pancake

French Toast (2 Carbs each): Plain - Blueberry - Banana

Egg Sandwich

Choice of Bread - Kaiser Roll (3C) - Whole Wheat Kaiser Roll (3C)

Choice of Cheese: American - Swiss

Choice of Meat: Ham - Sausage Patty - Fresh Sliced Turkey

(Chefs) Healthy Sandwich Option: Scrambled Egg Whites
Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll (3C)

Sides: Sausage Patty - Turkey Sausage Links - Home Fries (1C)

Note: 1C = 1 carb serving or 15 grams

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Lunch, Dinner, and Dessert

Main Course

(Choose One)

Hot Entree's

Chicken Francaise: Sautéed in a Lemon White Wine Sauce

Grilled Chicken Parmesan

Turkey with Gravy: Oven Roasted

Broiled Flounder: Dressed with Garlic Lemon Herb

Baked Salmon

Home Made Meatloaf: Served with Gravy

Sliced Flank Steak & Onion Sandwich (3C)

Grilled Chicken Paillard: Served over Sautéed Spinach &
Mashed Potatoes (1C)

Fajitas: Choice of Sautéed Chicken, Shrimp, or Tofu (2C)

Macaroni & Cheese: Macaroni in Creamy Cheese Sauce (2C)

Panini: Fresh Mozzarella, Basil, & Tomato

Shake It Up Salad Station

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Chopped Romaine Lettuce - Seasonal Baby Field Greens
Baby Hand Picked Spinach

Choice of (1) Protein: Garden Seasoning - Baked Shrimp - Marinated
Grilled Chicken - Sliced Flank Steak - Tofu

Choice of (up to 4) Toppings: Sliced Red Onions
Cherry Tomatoes - Green Peppers - Croutons - Walnut Pcs
Sliced Black Olives Sliced Cucumbers - Chickpeas - Sliced Mushrooms
Sunflower Seeds

Dressings: Lite Italian - Olive Oil and Vinegar - Lite Ranch
Lite Caesar

From The Grill

Hamburger - Grilled Marinated Chicken - Turkey Burger

Black Bean Burger - Grilled Cheese Sandwich

Choice of Bread (*per slice): *Rye Bread - *Whole Wheat Bread

*Sliced White Bread (1C per slice) - Regular Burger Bun (2C)
Whole Wheat Burger Bun (2C)

Choice of Toppings: Lettuce - Tomato - Sautéed Mushrooms
Swiss Cheese - American Cheese - Sautéed Onions

Soups, Sides, & Desserts

Soups

Soups: Campbell's Tomato (2C) - Chicken Rice (1C)

Lentil Soup (2C) - Pasta Fagioli (2C)

Broths: Beef (2g) - Chicken (2g) - Vegetable (2g)

Sides:

Choice of: Baked Potato (2C) - Dinner Roll (1C) - Baked Steak Fries (2C)

Mac & Cheese (1C) - Mashed Potatoes (1C) - Mashed Sweet Potatoes (1C)

Brown Rice (1C) - Steamed White Rice (1C) - Stuffing (1C) - Baby Carrots -

Broccoli - Corn (0.5C) - Green Beans - Cuban Style Black Beans (veg.) (1C)

Side Salads: Garden - Cottage Cheese (2C) - Spanish Slaw

Vegetable Sticks - Macaroni Salad (2C) - Potato Salad (2C)

Crackers & Peanut Butter (1.5C)

Cucumber Slices, Hummus and Veggie Stick Side Salad

**All chicken is hormone & antibiotic free*

Cold Plates / Entrée Salads

Cottage Cheese Plate: Cottage Cheese and Fresh Seasonal Fruit (2C)

Fresh Fruit Plate with Plain Yogurt (2C)

Crudités & Hummus Salad (1/2C): Fresh Garden Vegetables
(Cucumbers, Cherry Tomatoes, Celery & Carrots)
Served with Creamy Hummus Dip

Pasta Bar

Choice of Pasta: Penne - Linguini - Whole Wheat Penne (2C)

Choice of Sauce: Vodka Sauce - Meat Sauce - Butter Sauce
Marinara Sauce - Garlic & Extra Virgin Olive Oil & a Touch of White Wine

Choice of Toppings: Mixed Vegetables - Mushrooms Diced Marinated
Chicken

Deli Specials

Grilled Chicken Caesar Wrap (3C): Marinated Grilled Chicken,
Romaine Lettuce, Creamy Caesar Dressing

Classic Tuna / Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef

Choice of Bread (*per slice): *Sliced White (1C)

*Sliced Whole Wheat (1C) - Kaiser Roll (3C) - *Sliced Seedless Rye (1C)
Wrap (4C)

Choice of Toppings: Lettuce - Tomato - Pickles - American Cheese
Swiss Cheese

Condiments: Mayo - Mustard - Lite Mayo - Ketchup - Sour Cream

Pizza (5 Carbs):

Individual Personal Cheese Pizza

Choice of Toppings: Peppers - Mushrooms - Pepperoni

Red Onion - Black Olives - Broccoli

Desserts

Choice of: Angel Food Cake (2C) - Chocolate Angel Food Cake (2C)
Fresh Marinated Fruit Salad (1C)

Chilled Fruit: Peaches (1C) - Pears (1C) - Applesauce (1C)
Mandarin Oranges (1C)

Cookies: Graham Crackers (1C)

Gelatin: (Sugar Free) Strawberry or Orange

Ice Cream: Sugar Free Vanilla (1C)

Pudding: Sugar Free Vanilla (1C) - Sugar Free Chocolate (1C)

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