# How to Place an Order

- 1. Dial8-DINE (extension 8-3463) between the hours of 7 am and 7 pm.
- 2. Identify your self 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 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.

Room Number:	Date:
Name:	
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 "Convenience" at the Brook) 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.

# DIET: IDDSI Level 3 Loose Pureed with Moderately Thick (Level 3)/Mildly Thick (Level 2) Thick Liquids

Your physician has ordered a Dysphagia diet for you. Dysphagia diets are designed for problems with chewing and/or swallowing. Additionally your physician may have ordered thickened liquids to a mildly thick (2) or moderately thick (3) consistency

The International Dysphagia Diet Standardisation Initiative (IDDSI), has developed a global standardized way of describing foods and drinks that are safest for people with chewing or swallowing problems.

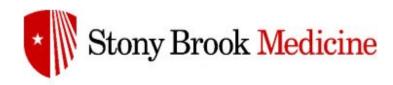
The IDDSI framework consists of 8 levels (o - 7), where **drinks** are measured from Levels o - 4, while **foods** are measured from Levels 3 - 7.

Please visit <a href="https://iddsi.org/">https://iddsi.org/</a> for further information.

Our Goals is to exceed your expectations. For this dedication we hope that if your 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

11/21





# Breakfast

# Lunch & Dinner

#### **THICKENED BEVERAGES:**

Water with lemon

Juice: Orange - Apple - Cranberry
Coffee: Decaffeinated
Hot Tea: Decaffeinated
Sweetened Iced Tea
Peach-Mango Beverage (Sugar-Free)
Thickened Dairy Drink (Reduced Fat Milk)

#### **FRUIT:**

Peaches - Pears - Applesauce

#### **CEREAL:**

**Hot**: Oatmeal - Cinnamon Oatmeal - Cream of Wheat-Cream of Rice

#### **YOGURT:**

Vanilla (Regular or Light) - Plain

## **CONDIMENTS**

Butter - Smart Balance

Syrup - Diet Syrup

## **PUREED ENTREES:**

## **Chicken Francaise:**

Served with a Lemon, White Wine Sauce

**Oven Roasted Turkey Served with Gravy** 

**Roast Beef with Gravy** 

**Roasted Chicken Breast Served with Gravy** 

## **SIDES & SOUPS**

#### **SIDES:**

Mashed Potatoes - Cream of Rice Mashed Sweet Potatoes - Carrots - Broccoli Peas - Green Beans

#### **SOUPS:**

(Blended until smooth)
Lentil Soup
Tomato Basil Soup

### **DESSERTS**

Chilled Fruit: Peaches - Pears - Applesauce

**Pudding:** (Regular or Sugar-Free) Vanilla - Chocolate