

BREAKFAST

Beverages

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

Soda: Ginger Ale - Diet Ginger Ale - Seltzer

Juice: Orange - Apple - Tomato - Cranberry - Prune - V8

Fruits

Banana - Orange - Apple - Seasonal Melon - Peaches - Pears
Applesauce - Mandarin Oranges - Fruit Salad

Yogurt

Regular: Vanilla - Strawberry

Lite: Strawberry - Peach - Vanilla

Cereal

Hot: Oatmeal - Cinnamon Oatmeal - Cream of Wheat

Cold: Corn Flakes - Crispy Rice - Cheerios - Raisin Bran
Rice Chex

Breakfast Bakery (please choose 1 item only)

Muffins: Blueberry - Corn - Bran

Bagels: Plain - Sesame - Everything - Whole Wheat
Kaiser Roll

Sides

Sausage Patty - Turkey Sausage Links - Home Fries

Baby Food

Beef - Chicken - Sweet Potatoes - Carrots - Green Beans - Peas
Applesauce - Pears - Peaches - Bananas

Main Course (Please choose 1)

Eggs: Scrambled - Egg Whites - Hard Boiled Eggs (2)

Omelet: Egg - Egg White

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

Pancakes or Silver Dollar Pancakes:

Buttermilk - Blueberry - Banana

French Toast or French Toast Sticks:

Plain - Blueberry - Banana

Egg Sandwich

Kaiser Roll, Eggs, and:

Choice of Cheese: American - Swiss

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

Healthy Sandwich Option:

Scrambled Egg Whites,

Fresh Turkey & Lacy Swiss on Whole Wheat Kaiser Roll

Condiments

Butter - Smart Balance - Grape Jelly - Strawberry Jam

Cream Cheese - Lite Cream Cheese - Syrup - Ketchup

Peanut Butter - Sugar - Honey Mustard - BBQ Sauce

Mayonnaise - Lite Mayonnaise - Salt - Pepper

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.

Scrambled Eggs, Omelets, Hard-Boiled, Cereal, and Plain Bagels



Stony Brook Medicine

LUNCH & DINNER

***Special of the Day - Available at Lunch Only**

Hot Entree's

Chicken Francaise: Sautéed in a Lemon & White Wine Sauce

Grilled Chicken Parmesan: Layered with Marinara Sauce & Mozzarella Cheese

Crispy Oven-Baked Chicken Tenders

Roasted Turkey with Gravy

Broiled Cod: Dressed with Breadcrumbs, Garlic & Lemon

Baked Salmon: Dressed with Breadcrumbs, Garlic & Lemon

Home Made Meatloaf with Gravy

Sliced Roast Beef with Mushroom Gravy

Quesadillas: Choice of Chicken, Black Bean or Plain Cheese

Grilled Chicken Paillard: Served over Sautéed Spinach & Mashed Potatoes

Hot Roast Beef on Ciabatta Roll with Caramelized Onions

Panini: Fresh Mozzarella, Tomato & Basil

Fajitas: Choice of Sautéed Chicken, Shrimp, or Tofu

Macaroni & Cheese: Served in Creamy Cheese Sauce

From The Grill

Hamburger - Grilled Marinated Chicken - Turkey Burger

Black Bean Burger - Grilled Cheese Sandwich

Choice of Bread: Rye - Whole Wheat - White - Regular Burger Bun
Whole Wheat Burger Bun

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

Ham (Grilled Cheese only)

Pasta Bar

Choice of Pasta: Penne - Linguini - Whole Wheat Penne

Choice of Sauce: Vodka Sauce - Meat Sauce - Butter Sauce
Marinara Sauce - Garlic & Extra Virgin Olive Oil

Choice of Toppings: Mixed Vegetables - Mushrooms
Marinated Chicken

Shake It Up Salad Station

(Create your own Main Course Gourmet Salad)

Choice of Lettuce: Chopped Romaine Lettuce

Seasonal Baby Field Greens - Baby Spinach

Choice of (1) Protein: Baked Shrimp - Marinated Grilled Chicken
Tofu - Chilled Salmon - Tuna Salad - Chicken Salad

Choice of (up to 4) Toppings: Red Onions - Cherry Tomatoes
Bell Peppers - Croutons - Walnut - Sliced Black Olives

Sliced Cucumbers - Chickpeas - Sliced Mushrooms - Sunflower Seeds

Dressings:

Lite Italian - Olive Oil - Red Wine Vinegar - Lite Ranch

Cold Plates

Cottage Cheese Plate & Seasonal Fruit Platter

Yogurt Platter: Lite or Vanilla Yogurt & Seasonal Fruit

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

Deli Specials

Grilled Chicken Caesar Wrap: Marinated Grilled Chicken,
Romaine Lettuce, Parmesan Cheese, and Creamy Caesar Dressing

Classic Tuna / Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Slow Cooked Roasted Beef

Choice of Bread:

White - Whole Wheat - Kaiser Roll - Seedless Rye - Tortilla Wrap

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

Pizza

Individual Personal Cheese Pizza

Choice of Toppings: Peppers - Mushrooms - Pepperoni
Red Onion - Black Olives - Broccoli



Stony Brook Medicine

SOUPS, SIDES & DESSERTS

Soups

Soup Du Jour - Campbell's Tomato - Chicken Rice
Lentil Soup - Pasta Fagioli
Broths: Beef - Chicken - Vegetable

Sides

Baked Potato - Dinner Roll - Baked Steak Fries
Mac & Cheese - Mashed Potatoes - Mashed Sweet Potatoes
Brown Rice - Steamed White Rice - Stuffing - Baby Carrots
Broccoli - Corn - Green Beans - Garden Salad
Cuban Style Black Beans (vegetarian) - Cottage Cheese
Spanish Slaw - Vegetable Sticks - Macaroni Salad
Potato Salad - Crackers & Peanut Butter

Desserts

Lemon Pound Cake - Angel Food Cake - Brownie
Chocolate Angel Food Cake - Peach Pear Cobbler
Cheese Cake

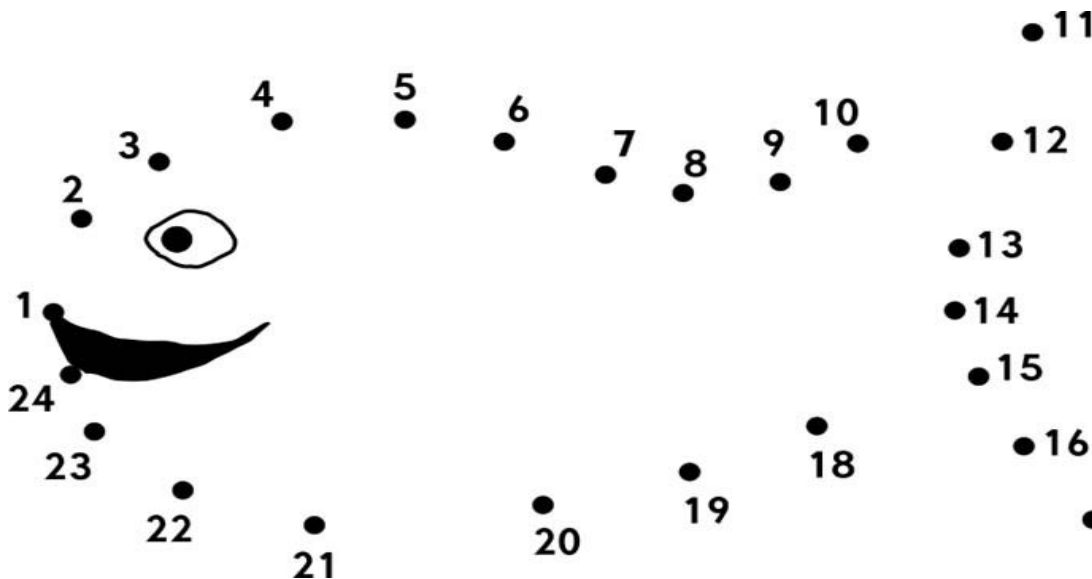
Fruit: Peaches - Pears - Applesauce - Mandarin Oranges
Apple - Orange - Banana - Marinated Fruit Salad

Cookies: Chocolate Chip - Oatmeal Raisin - Lorna Doone
Fig Newton - Graham Crackers

Gelatin: (Regular or Sugar-Free)
Strawberry - Orange

Ice Cream: Vanilla - Chocolate - Sugar-Free Vanilla

Pudding: Vanilla - Chocolate - Rice



Stony Brook **Medicine**

Welcome to Stony Brook University Hospital's

Distinguished Dining: Excellence in Service and Cuisine

Distinguished Dining has been developed to help provide you with the finest patient care.

Our commitment in the Food and Nutrition Department is to provide our patients with sound nutritional guidance, the

freshness and finest restaurant quality foods and healthy meal choices prepared by culinary trained professionals. Our "Room Service" style of food service enables you, the patient, to choose from a restaurant style menu, tailored to your diet, which offers a wide variety of choices at any given time during the operations hours. If at any time your diet is changed during your stay, your Room Service Ambassador will provide you with a new menu that reflects your new

diet.

DIET:

Pediatric

A diet with no restrictions that provides adequate nutrients to meet your nutritional needs

Room Number: _____ Date: _____

Name: _____

Diet: _____

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 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.

7/21



Stony Brook Medicine