

BREAKFAST

BEVERAGES

Coffee: Regular - Decaffeinated

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

Hot Chocolate: Regular - Sugar-Free

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

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

Soda: Ginger-Ale - Diet Ginger-Ale - Seltzer

THICKENED BEVERAGES

Juice: Orange - Apple - Cranberry

Coffee: Decaffeinated

Hot Tea: Decaffeinated
Sweetened Iced Tea

Peach-Mango Beverage (Sugar-Free)

Thickened Dairy Drink (Reduced Fat Milk)
Water with lemon

PUREED BREAKFAST ENTRÉES

Pureed Scrambled Eggs

Pureed French Toast

FRUITS:

Peaches - Pears - Applesauce

CEREAL:

Hot: Oatmeal - Cinnamon Oatmeal

Cream of Wheat - Cream of Rice

YOGURT:

Vanilla (Regular or Light) - Plain

CONDIMENTS

Butter - Smart Balance - Grape Jelly - Strawberry Jam

Diet Jelly - Syrup - Diet Syrup

Breakfast Ends Daily at 10:00AM

Limited Items are available all day long.



Stony Brook Medicine

LUNCH & DINNER

PUREED ENTRÉES

Chicken Francaise:

Served with a Lemon, White Wine Sauce

Grilled Chicken Parmesan:

Served with Marinara Sauce

Oven Roasted Turkey Served with Gravy

Home Made Meatloaf Served with Gravy

Roast Beef with Gravy

Roasted Chicken Breast Served with Gravy

Vegetable Lasagna (GF)

Chicken Enchiladas

PUREED PASTA with Choice of Sauce

Pepe Pasta

Choice of Sauce:

Marinara

Garlic, Extra Virgin Olive Oil & White Wine

Butter Sauce

Meat Sauce

Vodka Sauce

Cheese Sauce



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SIDES, CONDIMENTS & DESSERTS

PUREED SIDES

Pureed Pasta & Cheese - Pureed Pasta

Mashed Potatoes - Cream of Rice

Mashed Sweet Potatoes - Carrots - Broccoli

Peas - Green Beans

CONDIMENTS

Butter – Smart Balance – Grape Jelly

Strawberry Jam – Diet Jelly – Syrup

Diet Syrup

DESSERTS

Chilled Fruit: Peaches - Pears - Applesauce

Gelatin: (Regular or Sugar-Free)

Strawberry - Orange

Ice Cream: Vanilla - Chocolate

Sugar-Free Vanilla

Pudding: (Regular or Sugar-Free)

Vanilla - Chocolate

Italian Ice: Cherry - Lemon - Orange

Pureed Apple Pie



Stony Brook **Medicine**

DIET: IDSSI PUREED (LEVEL 4)

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 (0 - 7), where **drinks** are measured from Levels 0 - 4, while **foods** are measured from Levels 3 - 7.

Please visit <https://iddsi.org/> for further information.

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.

4/22



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