

# BREAKFAST

## Beverages

**Coffee:** Regular - Decaffeinated

**Tea:** Regular - Decaffeinated - Chamomile  
Fresh Brewed Iced Tea (Decaf)

**Hot Chocolate:** Regular - Sugar-Free

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

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

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

## Condiments

Butter - Smart Balance - Grape Jelly - Strawberry Jam

Diet Jelly - Cream Cheese - Lite Cream Cheese

Peanut Butter - Ketchup - Salt - Pepper - Coffee Creamer

Sugar - Splenda - Equal - Sweet & Low - Syrup

Diet Syrup - Honey - Lemon Juice - Herb Seasoning - Salsa

Sour Cream - Mustard - Mayonnaise - Lite Mayonnaise

BBQ Sauce - Honey Mustard

## Breakfast Entrees

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

**Omelet:** Egg - Egg White

**Choice of 4 Toppings:** Red Onions - Broccoli - Spinach - Peppers

Mushroom - Diced Ham or Turkey - American Cheese or Swiss Cheese

**Pancakes:** Buttermilk - Blueberry - Banana

**French Toast:** Plain - Blueberry - Banana

## Egg Sandwich

**Bread:** Kaiser Roll - Whole Wheat Kaiser Roll

**Choice of Cheese:** American or Swiss

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

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

Limited Items are available all day long.

Scrambled Eggs, Omelets, Cereal and Bagels

## Side Items

*(Please Chose 4)*

## Fruit

**Whole Fruit:** Banana - Orange - Apple

**Chilled Fruit:** Diced Peaches - Diced Pears - Applesauce  
Mandarin Oranges - Fruit Salad - Seasonal Melon - Grapes

## Cereal

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

**Cold:** Corn Flakes - Cheerios - Rice Krispies

Raisin Bran - Rice Chex

## Yogurt

**Regular:** Vanilla - Strawberry - Plain

**Lite:** Strawberry - Peach - Vanilla

## Breakfast Bakery (please choose 1 item only)

**Muffins:** Blueberry - Corn - Bran

**Mini-Bagels:** Plain - Sesame - Everything - Whole Wheat

**Rolls:** Kaiser Roll - Whole Wheat Kaiser Roll

## Additional Sides

Pork Sausage Patty - Turkey Sausage - Home Fries

Hard-Boiled Egg - 1/2 Portion Scrambles Eggs

## **Chef's Healthy Sandwich Option:**

Egg Whites, with Fresh Turkey & Lacy Swiss  
on Whole Wheat Kaiser Roll



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# LUNCH & DINNER

## Hot Entree's

### ***Special of the Day – Available until 2pm (ask you Ambassador)***

**Chicken Francaise:** Sautéed in a Lemon & White Wine Sauce

**Grilled Chicken Parmesan:** Layered with Marinara Sauce & Mozzarella Cheese

**Oven Roasted Turkey with Gravy**

**Baked Salmon:** Dressed with Breadcrumbs, Garlic & Lemon

**Home Made Meatloaf with Gravy**

**Grilled Chicken Paillard:** Served over Sautéed Spinach & Mashed Potatoes

**Fajitas:** Choice of Chicken, Shrimp, or Tofu

**Quesadillas:** Chicken, Black Bean, or Plain Cheese

**Hot Roast Beef on Ciabatta Roll with Caramelized Onions**

**Macaroni & Cheese:** Served in a Creamy Cheese Sauce

**Panini:** Fresh Mozzarella, Basil, & Tomato

**Sliced Roast Beef with Mushroom Gravy**

## Pasta Bar

**Choice of Pasta:** Penne - Linguini - Gluten Free Red Lentil Rotini

**Choice of Sauce:** Vodka Sauce - Meat Sauce - Butter Sauce

Marinara Sauce - Garlic, Extra Virgin Olive Oil & White Wine

**Choice of Toppings:** Mixed Vegetables - Mushrooms - Chicken

## From The Grill

**Hamburger - Grilled Marinated Chicken - Turkey Burger**

**Black Bean Burger - Grilled Cheese Sandwich**

## **Choice of Bread:**

Seedless Rye - Whole Wheat - White - Hamburger Bun

Whole Wheat Burger Bun

**Choice of Toppings:** Lettuce - Tomato - Sautéed Mushrooms

Sautéed Onions - Ham (\*Grilled Cheese only) - American Cheese

Swiss Cheese

## Shake It Up Salad Station

**Choice of (1) Lettuce:** Romaine - Baby Field Greens - 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 - Black Olives - Cucumbers

Dried Cranberries - Chickpeas - Mushrooms - Sunflower Seeds

**Dressings:** Lite Italian - Olive Oil—Red Wine Vinegar

Lite Ranch - Lite Caesar - Fat Free Italian

## Cold Plates

**Cottage Cheese Plate:** Cottage Cheese and Fresh Seasonal Fruit

**Yogurt Plate:** Seasonal Fruit & Vanilla Yogurt (Lite or Regular)

**Crudités & Hummus Salad:** Fresh Garden Vegetables

(Cucumbers, Tomatoes, Celery & Carrots) & Creamy Hummus Dip

## Deli Specials

**Grilled Chicken Caesar Wrap:** Marinated Grilled Chicken,

Romaine Lettuce, Parmesan Cheese & Creamy Caesar Dressing

**Classic Tuna or Chicken Salad Sandwich**

**Oven Roasted Turkey Sandwich**

**Roast Beef Sandwich**

**Choice of Bread:**

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

**Choice of Toppings:**

Lettuce - Tomato - American Cheese or Swiss Cheese

## Pizza

**Individual Personal Cheese Pizza:**

**Choice of Toppings:** Peppers - Mushrooms - Pepperoni

Red Onion - Black Olives - Broccoli



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# SOUPS, SIDES & DESSERTS

## Soups

### **Soup Du Jour, Served with crackers**

Campbell's Cream of Tomato - Chicken & Rice Soup

Lentil Soup - Pasta Fagioli

Low-Sodium Tomato Soup

**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

Cuban Style Black Beans (veg.)

Penne with Marinara Sauce - Penne (Plain)

GF Red Lentil pasta - Garden Salad

Cottage Cheese - Spanish Slaw - Vegetable Sticks

Cucumber Slices - Macaroni Salad

Potato Salad - Peanut Butter & Crackers

Hummus & Veggie Stick

## Desserts

### Bakery (please choose 1)

Lemon Pound Cake

Angel Food Cake

Brownie

Cheese Cake

Chocolate Angel Food Cake

Peach Pear Cobbler

Low Fat Chocolate Mousse

**Fruit:** Apple - Orange - Banana - Diced Peaches

Diced Pears - Applesauce - Mandarin Oranges

Fruit Salad - Grapes - Seasonal Melon

**Cookies:** Chocolate Chip - Oatmeal Raisin

Lorna Doones - Fig Newtons - Graham Crackers

**Gelatin:** (Regular or Sugar-Free)

Strawberry or Orange

**Ice Cream:** Vanilla - Chocolate - Sugar-Free Vanilla

**Fruit Ice:** Cherry - Orange - Lemon

**Pudding:** Vanilla - Chocolate - Rice

Sugar-Free Vanilla - Sugar-Free Chocolate



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## Unrestricted DIET:

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

Suggested Food Choices: All food on the Room Service Dining menu.

Suggested Foods to Limit: None.

## 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.*

Room Number: \_\_\_\_\_ Date: \_\_\_\_\_

Name: \_\_\_\_\_

Diet: \_\_\_\_\_

3/22



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