

# **BREAKFAST**

## **BEVERAGES**

**Coffee:** Regular – Decaffeinated

**Tea:** Regular – Decaffeinated – Chamomile  
Fresh - Brewed Iced Tea

**Milk:** Whole – Skim – Lactaid

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

**Juice:** Apple – Cranberry

## **SIDE ITEMS** *(Please choose 4)*

### **FRUIT**

**Whole Fruit:** Apple - Grapes

**Chilled Fruit:** Peaches – Pears – Applesauce

### **CEREAL:**

**Hot:** Oatmeal – Cinnamon Oatmeal

Cream of Wheat

**Cold:** Rice Krispies – Rice Chex – Corn Flakes

Cheerios

### **BREAKFAST BAKERY** *(please choose 1 item)*

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

**Kaiser Roll**

**Bread:** White – Wheat – Rye

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

Limited Items are available all day long.

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

# **MAIN COURSE**

*(Please Choose 1)*

**Eggs:** Scrambled - Egg Whites

Hard Boiled Eggs(2 per order)

**Omelet:** Egg - Egg White

**Choice of 4 Toppings:** Red Onions – Broccoli  
Peppers - Mushrooms - Turkey – American or Swiss  
Cheese

**Pancakes:** Buttermilk - Blueberry

**French Toast:** Plain - Blueberry

## **BREAKFAST SANDWICH:**

Eggs or Egg Whites on a Kaiser Roll with:

**Choice of Cheese:** Swiss Cheese or American

**Meat:** Turkey

## **CONDIMENTS**

Smart Balance – Butter – Grape Jelly

Strawberry Jam – Honey – Lemon Juice

Cream Cheese – Lite Cream Cheese – Salt – Pepper

Herb Seasoning – Syrup – Diet Syrup – Sugar

Equal – Splenda – Sweet & Low



**Stony Brook Medicine**

# LUNCH & DINNER

(Please Choose 1 Main Course)

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

**Oven Roasted Turkey Served with Gravy**

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

**Home Made Meatloaf Served with Gravy**

**Sliced Roast Beef with Mushroom Gravy**

**Marinated Chicken Breast**

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

**Oven-Baked Chicken Tenders**

## FROM THE GRILL:

**Hamburger - Turkey Burger** ( Antibiotic - Free!)

**Swiss Cheese Burger - Grilled Swiss Cheese Sandwich**

**Choice of Toppings:**

Lettuce – Sautéed Onion – Sautéed Mushrooms

American Cheese - Swiss Cheese

**Choice of Bread:** Seedless Rye - Whole Wheat White - Hamburger Bun

## PASTA BAR

**Choice of Pasta:** Penne - Linguini

Gluten-Free Red Lentil Rotini

**Add:** Diced Marinated Chicken - Mixed Vegetables

**Choice of Sauce:** Garlic & Extra Virgin Olive Oil Butter Sauce

## DELI SPECIALS:

**Choose of (1) Protein:** Roast Beef – Turkey Chicken Salad - Tuna Salad

**Choice of Bread:** Seedless Rye - Kaiser Roll White Bread – Wheat Bread - Tortilla Wrap

**Choice of Toppings:** Lettuce - Swiss Cheese



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## SIDE ITEMS

Penne - Brown Rice - Steamed White Rice - Stuffing  
Baby Carrots - Broccoli - Corn - Green Beans  
Whole Wheat Dinner Roll - Whole Wheat Crackers  
Macaroni and Cheese - GF Red Lentil Pasta

### SIDES SALADS:

Garden - Vegetable Sticks  
Cucumber Slices - Macaroni Salad

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

## DESSERTS

### BAKERY (please choose 1)

**Lemon Pound Cake**  
**Peach & Pear Cobble**  
**Angel Food Cake (Plain or Add Melba Sauce)**

**Chilled Fruit:** Peaches - Pears - Applesauce

**Whole Fruit:** Apple - Grapes

**Cookies:** Lorna Doone - Fig Newtons  
Graham Crackers - Oatmeal Raisin Cookies

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

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

**Italian Ice:** Cherry - Lemon - Orange

# RENAL DIET

Your physician has ordered a potassium restricted diet for you. A sodium, protein, phosphorus and/or fluid restriction may also have been ordered.

- Potassium is a mineral found in most foods especially fruits, vegetables and many dairy products and therefore these foods are limited on this diet.
- Sodium is also found in most foods and is especially concentrated in salt, processed and convenience foods such as cold cuts, hot dogs, sausage canned soups and TV dinners
- Protein is found mostly in meats, poultry, fish, dairy products and legumes. Vegetables and grains provide smaller amounts.
- Phosphorus is abundantly found in dairy products, nuts, legumes, meats, poultry, and fish.

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.*

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