

# BREAKFAST

## BEVERAGES

**Juice:** Apple – Prune

**Fresh Brewed Iced Tea**

**Milk:** Whole – Skim - Chocolate

Lactaid - Vanilla Soy

## SIDE ITEMS

*(Please choose 4)*

**FRUIT:** Banana - Peaches – Pears - Applesauce

## **YOGURT:**

**Regular:** Plain – Vanilla

**Lite:** Peach

## **HOT CEREAL:**

Oatmeal – Cinnamon Oatmeal - Cream of Wheat

## **BREAKFAST BAKERY:**

**MUFFINS:** Blueberry - Corn

## MAIN COURSE

*(Please choose 1)*

**Eggs:** Scrambled - Egg Whites

Hard Boiled Egg

**Omelet:** Egg - Egg White

**Choice of Toppings:** Mushroom - Diced

Ham -Sliced Turkey

**Choice of Cheese:** American - Swiss

**Pancakes:** Buttermilk - Blueberry - Banana

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

## CONDIMENTS:

Smart Balance - Jelly - Diet Jelly – Cream

Cheese –Lite Cream Cheese - Butter - Honey

Mayonnaise - Lite Mayonnaise

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

Limited Items are available all day long.

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



LUNCH & DINNER (Choose 1 Main Course)

**ENTREES**

Oven Roasted Turkey Served with Gravy

Home Made Meatloaf Served with Gravy

Macaroni & Cheese: Served in a Creamy Cheese Sauce

Scrambled Eggs - Omelets

Grilled Cheese Sandwich

Choice of Bread:

White - Whole Wheat

Choice of Cheese:

American - Swiss

***DELI SPECIALS:***

Classic Tuna Sandwich

Chicken Salad Sandwich

Oven Roasted Turkey Sandwich

Choice of Bread:

White - Whole Wheat

Choice of Cheese:

American - Swiss

Smucker's Uncrustable Peanut Butter and Jelly Sandwich

Cottage Cheese Platter: Served with Peaches & Pears

## SOUPS & SIDES

### **BROTH:**

Beef - Chicken - Vegetable

### ***SIDES:***

Baked Potato - Macaroni & Cheese  
Mashed Potatoes – Mashed Sweet Potatoes  
Brown Rice – Steamed White Rice  
Penne Pasta - Stuffing - Cottage Cheese  
Broccoli - Corn – Green Beans  
Sautéed Spinach  
Cuban Style Black Beans (Vegetarian)

## DESSERTS

### **Bakery:**

(Please choose 1)

**Angel Food Cake**

**Brownie**

**Cheese Cake**

**Chocolate Angel Food Cake**

**Low-Fat Chocolate Mousse**

**Fruits:** Banana - Peaches - Pears

Applesauce

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

Orange

**Ice Cream:** Vanilla – Chocolate

Sugar-Free Vanilla

**Italian Ice:** Orange

**Pudding:** Vanilla – Chocolate - Rice



Stony Brook **Medicine**

# How to Place an Order

## TONSILLECTOMY DIET:

Food choices that are soft, non-acidic, non – abrasive and are easy to swallow.

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: \_\_\_\_\_

7/21



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