

# Room Service Menu



Scan this code to access online  
menu or visit: [chsli.org/menu](https://chsli.org/menu)

## To order, please call:

<b>Good Samaritan University Hospital</b>	(631) 376-DINE (3463)
<b>Mercy Hospital</b>	(516) 705-3663 (FOOD)
<b>St. Catherine of Siena Hospital</b>	(631) 862-3333
<b>St. Charles Hospital</b>	(631) 476-3663 (FOOD)
<b>St. Francis Hospital &amp; Heart Center</b>	From in the hospital, ext. 5468 From outside the hospital, (516) 562-6000 and ask for ext. 5468

## When to order:

**Breakfast:** Please call before 9 am.

**Lunch:** Please call before 12 pm.

**Dinner:** Please call before 6 pm.

**All orders must be in before 6 pm.**



One of our Call Center Representatives will assist you in ordering your meal(s) based on the current diet prescribed for you by the medical care team.

## Things to consider when ordering:

### Consistent Carbohydrate Meal Plan

Recommended carbohydrate grams **per meal = 45 grams**, unless otherwise advised by your physician or dietitian.

### Heart Healthy

♥ This icon denotes entree menu items that are more heart healthy.

### Gluten Free

**GF** This icon denotes menu items that are gluten free or can be made gluten free. Please be aware that these menu items are produced in a kitchen containing gluten products.

**Due to national supply chain issues, some items may be unavailable.  
We appreciate your understanding.**

# Breakfast

Available all day. Please choose either one Hot or Cold Entrée.

## Classic Hot Entrées

Scrambled Eggs or Hard Boiled Eggs ♥ **GF**

Homemade Pancakes

Choice of:

Plain 42g Carbs

Apple Compote 57g Carbs

*Half portions are also available upon request ♥*

Traditional French Toast ♥

Choice of:

Plain 41g Carbs

Apple Compote 56g Carbs

*Half portions are also available upon request*



## Build Your Own Breakfast Sandwich or Omelet

Choose type of eggs: ♥ **GF**

Whole

Egg Whites

Choice of breads (2 slices):

Kaiser Roll 33g Carbs ♥ Rye 32g Carbs

White 26g Carbs ♥ White Wrap

White 24g Carbs ♥ **GF** 45g Carbs

Wheat 26g Carbs ♥ Wheat Wrap

Multigrain 43g Carbs

36g Carbs ♥

Choose one type of cheese: **GF**

American ♥

Feta

Mild Cheddar

Shredded

Swiss ♥

Mozzarella

Cheddar-Jack

Goat Cheese ♥

*Reduced sodium/fat options available*

Choose up to three fillings: **GF**

Tomato ♥

Bacon

Pepper ♥

Sausage

Onion ♥

Turkey Sausage

Mushroom ♥

Ham

Spinach ♥

Turkey

Hot Sides: **GF**

Hash Brown Patty 16g Carbs

Sausage

Bacon

More breakfast selections on next page

Note: Kosher meals available upon request.

# Breakfast

Available all day. Please choose either one Hot or Cold Entrée.

## Cold Entrées

**Açaí Bowl** 28g Carbs ♥ **GF**

**Choice of toppings:**

Strawberry 2g Carbs **GF**

Banana 14g Carbs **GF**

Blueberry 2g Carbs **GF**

Shredded Coconut

6g Carbs **GF**

Homemade

Granola 14g Carbs

Honey Drizzle

6g Carbs **GF**

Peanut Butter

2g Carbs **GF**

**Almond Delight Overnight Oats**  
with Shredded Coconut, Chocolate  
Chips 35g Carbs ♥

**Cottage Cheese & Fruit Salad** 17g Carbs ♥ **GF**

**Cottage Cheese & Peaches  
Platter** 20g Carbs ♥ **GF**



## Fruit & Yogurt

**Apple Yogurt Parfait**

Plain Yogurt, Apple Compote, Homemade  
Granola 35g Carbs ♥

**Fresh Fruit: GF**

Apple 25g Carbs

Orange 15g Carbs

Banana 23g Carbs

**Fruit Cups: GF**

Diced Peaches 14g Carbs

Fruit Salad 11g Carbs

Tropical Mixed Fruit 15g Carbs

Applesauce 12g Carbs

**Yogurt: GF**

Plain 10g Carbs

Vanilla 19g Carbs

Blueberry 19g Carbs

Peach 19g Carbs

Strawberry-Banana 19g Carbs

**Cottage Cheese** 6g Carbs **GF**

Note: Kosher meals available upon request.

## Breads, Bakery & Grains

### Mini Bagels:

Plain 26g Carbs

Plain 40g Carbs **GF**

Sesame 25g Carbs

### Muffins:

Mini Blueberry 23g Carbs

Mini Corn 27g Carbs

Blueberry 36g Carbs **GF**

### Breads (1 slice):

Kaiser Roll 33g Carbs

White 13g Carbs

White 12g Carbs **GF**

Wheat 13g Carbs

Multigrain 18g Carbs

Rye 16g Carbs

White Wrap  
45g Carbs

Wheat Wrap  
43g Carbs

Dinner Roll  
21g Carbs

### Hot Cereal: ♥

Oatmeal 14g Carbs

Cream of Wheat 18g Carbs

### Choice of Toppings:

Homemade Granola 14g Carbs

Raisins 16g Carbs

Cinnamon

Brown Sugar 24g Carbs

### Cold Cereal: ♥

Cheerios 14g Carbs **GF**

Corn Flakes 18g Carbs

Raisin Bran 28g Carbs

All Bran 39g Carbs

Rice Chex 24g Carbs **GF**

Note: Kosher meals available upon request.



# Lunch & Dinner



## Broths & Soups

### Broth: **GF**

- Chicken
- Vegetable
- Beef

### Soup:

- Cream of Vegetable 8g Carbs **GF**
- Chicken Noodle 12g Carbs

### Soup du' Jour:

- Sunday:** Pasta Fagioli 10g Carbs ♥
- Monday:** Mushroom Barley 14g Carbs ♥
- Tuesday:** Potato Leek 11g Carbs ♥ **GF**
- Wednesday:** Creamy Chicken & Wild Rice 15g Carbs ♥ **GF**
- Thursday:** Tomato Bisque 7g Carbs ♥ **GF**
- Friday:** Butternut Squash Soup 20g Carbs ♥ **GF**
- Saturday:** Broccoli Cheddar 7g Carbs ♥ **GF**

## Appetizers

**Tomato & Fresh Mozzarella** 6g Carbs **GF**

**Roasted Red Pepper Hummus & Vegetables** 15g Carbs **GF**

## Salads

Available as either a Side or Entrée Salad

### Caesar Salad:

Croutons & Parmesan Cheese  
Side salad 7g Carbs; Entrée Salad 15g Carbs ♥ **GF**

### Garden Salad:

Cucumbers, Tomatoes & Shredded Carrots  
Side salad 5g Carbs; Entrée Salad 10g Carbs ♥ **GF**

Available as an Entrée Salad Only

### Harvest Salad

Baby Greens, Candied Walnuts, Goat Cheese Crumbles, Dried Cranberries, Mandarin Oranges, Sliced Red Onions 54g Carbs ♥ **GF**

### Choose one dressing: **GF**

- Homemade Balsamic Vinaigrette 17g Carbs ♥
- Homemade Caesar 3g Carbs ♥
- Golden Italian 1g Carb
- Lite Italian 4g Carbs ♥
- Ranch 1g Carb
- Lite Ranch 4g Carbs ♥
- Oil & Vinegar 3g Carbs

If salad is an Entrée Salad,

choose up to one Protein: **GF**

- Grilled Chicken ♥
- Roast Beef
- Salmon ♥
- Tuna Salad ♥
- Shrimp
- Chicken Salad ♥
- Turkey ♥
- Egg Salad
- Ham

*Half portions are available for heart healthy indicated options. ♥*

## Deli Board

### Choice of Bread (2 slices):

Kaiser Roll 33g Carbs ♥ Rye 32g Carbs  
White 26g Carbs ♥ White Wrap  
White 24g Carbs ♥ GF 45g Carbs  
Wheat 26g Carbs ♥ Wheat Wrap  
Multigrain 43g Carbs  
36g Carbs ♥

### Choice of Protein or Salad: GF

Protein: Salad:  
Turkey ♥ Tuna Salad ♥  
Ham Chicken Salad ♥  
Roast Beef Egg Salad  
Grilled Chicken ♥

*Half portions are available for heart healthy indicated options. ♥*

### Choice of Cheese: GF

American ♥ Swiss ♥  
Mild Cheddar Fresh Mozzarella ♥

*Reduced sodium/fat options available*

### Choice of Toppings: GF

Bacon Onion ♥  
Lettuce ♥ Pickle  
Tomato ♥

## Peanut Butter & Jelly Sandwich 48g Carbs

♥ GF

Carbohydrate and sodium content may vary depending on choice of bread.

Note: Kosher meals available upon request.

## Grilled Cheese Bar

### Choice of Bread (2 slices):

White 26g Carbs ♥ Multigrain  
White 24g Carbs ♥ GF 36g Carbs ♥  
Wheat 26g Carbs ♥ Rye 32g Carbs

### Choice of Cheese: GF

American ♥ Swiss ♥  
Mild Cheddar

*Reduced sodium/fat options available*

### Choice of Toppings: GF

Bacon Pickle  
Tomato ♥



**More lunch and dinner selections on next page**

# Lunch & Dinner

## Burger Bar

### Choice of Bread (2 slices):

Burger Bun 23g Carbs ♥ Wheat 26g Carbs ♥

Kaiser Roll 33g Carbs ♥ Multigrain

White 26g Carbs ♥ 36g Carbs ♥

White 24g Carbs ♥ GF Rye 32g Carbs

### Choice of Burger:

Beef GF Grilled

Turkey ♥ GF Portobello ♥ GF

Veggie 21g Carbs ♥

### Choice of Cheese: GF

American ♥ Swiss ♥

Mild Cheddar Fresh Mozzarella ♥

*Reduced sodium/fat options available*

### Choice of Toppings: GF

Bacon Pickle

Lettuce ♥ Roasted Red

Tomato ♥ Peppers ♥

Onion ♥ Basil Pesto ♥

## Quesadilla, Paninis & Pizza

**Chicken Quesadilla:** Marinated Grilled Chicken, Shredded Cheddar-Jack, Peppers, Onions 30g Carbs

*Also available with*

*Homemade Pico de Gallo* 33g Carbs

**Grilled Chicken Panini:** Chicken, Mozzarella, Roasted Red Peppers, Fresh Basil, Balsamic Glaze 49g Carbs

**Caprese Tomato Panini:** Fresh Mozzarella, Tomato, Basil Pesto, Balsamic Glaze 54g Carbs

**Roasted Turkey Panini:** Swiss, Spinach, Cranberry Compote 57g Carbs

## Classic Margherita Pizza, Traditional

**Crust:** Homemade Tomato Sauce, Shredded Mozzarella, Fresh Basil 64g Carbs

## Stir Fry Bar

Broccoli, Peppers, Zucchini, Squash, Carrots, Onions ♥

### Choice of: ♥

White Rice 34g Carbs

Brown Rice 36g Carbs

without Rice 17g Carbs

### Choice of Protein:

Chicken ♥

Salmon ♥

Shrimp

## Hot Entrées

**Braised Short Rib** 5g Carbs ♥ GF

**Chicken Madeira** with Madeira

Wine Sauce 3g Carbs ♥ GF

**Sole Puttanesca** with Tomatoes, Olives, Capers 6g Carbs ♥ GF

**Herb Roasted Turkey Breast**

with Pan Gravy 2g Carbs ♥ GF

**Homemade Meat Loaf**

with Brown Gravy 18g Carbs ♥

**Soy Honey Glazed Salmon** 5g Carbs ♥

**Arroz Con Pollo**

Sofrito Marinated Chicken with Rice & Beans 45g Carbs ♥ GF

**Marinated Roasted or Grilled Chicken** ♥ GF



## Pasta

### Homemade Macaroni & Cheese

with Toasted Breadcrumbs

Topping 68g Carbs

without Topping 45g Carbs

### Penne Pasta Marinara 47g Carbs ♥ GF

*Also available with*

*Grilled Chicken or Shrimp*

### Penne Pasta alla Vodka

(alcohol and meat free) 45g Carbs GF

*Also available with*

*Grilled Chicken or Shrimp*

### Penne Pasta Bolognese 44g Carbs ♥ GF

### Butternut Squash Penne Pasta

with Walnuts, Chickpeas, Sage 34g Carbs ♥ GF

*Also available with*

*Grilled Chicken or Shrimp*

*Carbohydrate content may vary if  
gluten free pasta is selected.*



## Side Dishes

Roasted Cauliflower 1g Carb GF

Steamed Broccoli 3g Carbs GF

Steamed Baby Carrots 10g Carbs GF

Steamed Green Beans 6g Carbs GF

Potato Tots 17g Carbs GF

Macaroni & Cheese 23g Carbs

Penne Pasta Marinara 30g Carbs GF

Penne Pasta alla Vodka

(alcohol and meat free) 29g Carbs GF

Herbed Olive Oil Mashed

Potatoes 19g Carbs GF

Traditional Mashed Potatoes 20g Carbs GF

Mashed Sweet Potato 22g Carbs GF

Hearty Brown Rice 16g Carbs GF

Steamed White Rice 14g Carbs GF

Stuffing 25g Carbs

Note: Kosher meals available upon request.

# Desserts

## Chocolate Raspberry

**Mousse** 21g/19g\* Carbs **GF**

**Crumb Cake** 95g Carbs

**Angel Food Cake** 29g Carbs

**Pound Cake** 26g Carbs

**Lorna Doone Cookies** 19g Carbs

## Oreo Cookies:

2 pack 16g Carbs

## Ice Cream: **GF**

Vanilla 18g Carbs

Chocolate 18g Carbs

## Orange Sherbet 30g Carbs **GF**

## Fruit Ices: **GF**

Lemon 27g/10g\* Carbs

Orange 27g Carbs

## Pudding: **GF**

Vanilla 22g/13g\* Carbs

Chocolate 24g/13g\* Carbs

Rice 21g/14g\* Carbs

## Gelatin: **GF**

Orange 21g/2g\* Carbs

Strawberry 23g/2g\* Carbs

*\* Reduced sugar dessert options available*



# Beverages

## Hot Beverages **GF**

### Coffee:

Regular

Decaf

### Tea:

Regular

Decaf

Chamomile

**Hot Cocoa** 15g/11g\* Carbs

## Cold Beverages **GF**

### Juice:

**Orange** 13g Carbs

**Apple** 14g Carbs

**Cranberry** 20g/1g\* Carbs

**Vegetable** 6g Carbs

**Prune Juice** 22g Carbs

### Milk:

**Whole (8 oz.)** 13g Carbs

**Skim (4 oz.)** 6g Carbs

**Low Fat (4 oz.)** 7g Carbs

**Lactose Free (8 oz.)** 13g Carbs

**Soy (8 oz.)** 18g Carbs

### Soda:

**Ginger Ale** 19g Carbs/0g\* Carbs

**Cola** 26g Carbs/0g\* Carbs

**Seltzer**

**Unsweetened Decaf Iced Tea**

**Bottled Water**

*\* Reduced sugar beverage options available*

# Condiments GF

**BBQ Sauce** 10g Carbs

**Brown Sugar** 24g Carbs

**Cinnamon**

**Honey** 7g Carbs

**Honey Mustard** 6g Carbs

**Hot Sauce**

**Grated Parmesan Cheese**

**Jelly** 9g/3g\* Carbs

**Ketchup** 3g Carbs

**Lemon**

**Light Cream Cheese** 2g Carbs

**Margarine**

**Butter**

**Mayonnaise**

**Lite Mayonnaise** 1g Carb

**Mrs. Dash**

**Mustard** 1g Carb

**Non-dairy Creamer** 1g Carb

**Peanut Butter** 5g Carbs

**Pepper**

**Raisins** 16g Carbs

**Salt**

**Sour Cream** 2g Carbs

**Sugar** 3g Carbs

**Splenda**

**Stevia**

**Syrup** 31g/4g\* Carbs

**Tartar Sauce** 1g Carb

*\*Reduced sugar condiment options available*



## Catholic Health is the recipient of the ACFLI Achievement of Culinary Excellence Award

This honor recognizes a commitment to excellence in food service.



American Culinary Federation  
Long Island Chapter



### A Mealttime Prayer

Gracious God,

Thank you for this meal of nourishment and for the opportunity to offer you words of gratitude for your healing presence in my life. I pray in a special way for those who will go hungry this day. May they be given your peace and comfort.

Grant me Lord your healing in body, mind and spirit, and the grace to rejoice in your merciful Love.

We ask this in your Holy Name.

Amen.