

Children's Menu



Scan this code to access online
menu or visit: chsli.org/menu

To order, please call:

Good Samaritan University Hospital (631) 376-DINE (3463)

St. Charles Hospital (631) 476-3663 (FOOD)

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**

Silver Dollar Pancakes

Choice of:

Plain 42g Carbs

Banana 46g Carbs

Apple Compote 57g Carbs

Chocolate Chip 45g Carbs

Half portions are available upon request ♥

French Toast Sticks ♥

Choice of:

Plain 41g Carbs

Apple Compote 56g Carbs

Half portions are 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** Homemade
Banana 14g Carbs **GF** Granola 14g Carbs
Blueberry 2g Carbs **GF** Honey Drizzle
Shredded Coconut 6g Carbs **GF**
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

Cheese Quesadilla 28g Carbs

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

Also available with

Homemade Pico de Gallo 33g Carbs

Chicken & Cheese Panini 43g 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

Sliced Turkey 2g Carbs ♥ **GF**

Meatloaf 18g Carbs ♥

Chicken Fingers 22g Carbs

Arroz Con Pollo

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

Rice & Beans 61g Carbs ♥ **GF**

Marinated Roasted or Grilled Chicken ♥ **GF**

Fish Sticks 17g Carbs ♥

Baked Salmon ♥ **GF**

Broiled Sole ♥ **GF**



Note: Kosher meals available upon request.



Pasta

Homemade Macaroni & Cheese
with Toasted Breadcrumb
Topping 68g Carbs
without Topping 45g Carbs

**Penne Pasta with Butter &
Parmesan** 54g Carbs **GF**
*Also available with
Grilled Chicken or Shrimp*

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.*

Note: Kosher meals available upon request.

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 with Sauce 30g Carbs **GF**

Penne Pasta alla Vodka
(alcohol and meat free) 29g Carbs **GF**

Mashed Potatoes 20g Carbs **GF**

Sweet Potato 22g Carbs **GF**

Brown Rice 16g Carbs **GF**

White Rice 14g Carbs **GF**

Rice & Beans 25g Carbs **GF**

Stuffing 25g Carbs



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

Graham Crackers 11g Carbs

Potato Chips 8g Carbs **GF**

Soft Baked Pretzel 74g 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**

Hot Cocoa 15g/11g* Carbs

Cold Beverages **GF**

Juice:

Orange 13g Carbs

Apple 14g Carbs

Cranberry 20g/1g* Carbs

Vegetable 6g 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 Mealtime 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.