

**Catholic Health Services  
of Long Island**

**at St. Charles Hospital**  
At the heart of health

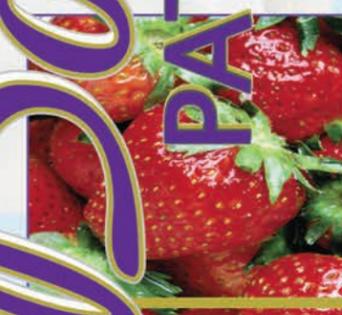
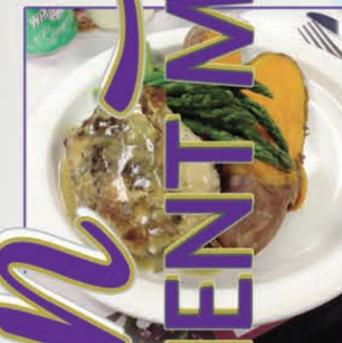
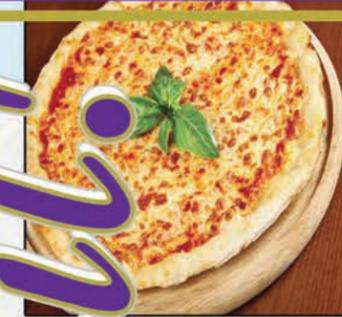
Catholic Health Services of Long Island as a ministry of the Catholic Church, continues Christ's healing mission, promotes excellence in care, and commits itself to those in need.

CHSLI affirms the sanctity of life, advocates for the poor and underserved, and serves the common good. It conducts its healthcare practice, business, education and innovation with justice, integrity and respect for the dignity of each person.



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**Bon Appetit!**  
**PATIENT MENU**



## Welcome to St. Charles Hospital's Room Service Program

*Our Room Service program has been specially designed to offer you an extraordinary patient experience.*

Our goal is to provide you with healthy, fresh meals created by our Executive Chef, Bill Dougherty, approved by our Registered Dietitians, and prepared by our culinary team.

*At your request, St. Charles Hospital offers special meals to meet specific dietary needs. Please inform the Call Center of any specific dietary needs when placing your meal order so that we can honor your request.*

Please call **FOOD (x3663)** to place your Room Service order.  
If calling from outside the hospital, please dial **(631) 476-3663 (FOOD)**.

**Our Call Center is open between the hours of 6:30am and 6:00pm.**  
**We suggest that you call before 8:00am for breakfast,**  
**before noon for lunch and before 5:00pm for dinner.**

**You must call before 5:45pm to place your dinner order.**

Your meal will be specially prepared, fresh to order, to meet your nutritional needs. Our Call Center staff is specially trained to ensure that the food you select is permitted on the diet that your doctor has ordered for you. Not all foods listed on your menu will be permitted on all diets. If you select foods that are not approved for your diet, our Call Center staff will be happy to suggest an alternate item. Your meal will be delivered to the Nurses' Station within an hour of placing your order.

For your safety, you may place your Room Service order only after your physician has ordered a diet for you. If Room Service does not have a diet ordered for you, we will contact your nurse to discuss your diet order.

### **REHABILITATION PATIENTS**

When you call to place your dinner order, please place your breakfast order for the next morning to ensure you receive your breakfast prior to the start of therapy. Please call between 9:30am and 10:30am to place your lunch order.

### **PATIENTS WITH DIABETES**

Please contact your nurse when you place your Room Service order so that we may monitor your blood sugar and provide you with your diabetes medication.

*Our goal is to exceed your expectations.*



### **St. Charles Hospital - Winner of Achievement of Excellence Award at 2012 American Culinary Federation National Convention in Orlando, Fla.**

St. Augustine, Fla., June 2012—The American Culinary Federation (ACF), the nation's premier organization of professional chefs, honored St. Charles Hospital, Port Jefferson, N.Y., with an Achievement of Excellence Award at the 2012 ACF National Convention held at the Orlando World Center Marriott, Orlando, Fla. St.

Charles Hospital is one of 11 operations nationwide who received the award in 2012, which recognizes foodservice establishments that exemplify a commitment to excellence. Criteria for the award were: being in operation for at least five consecutive years; nomination by an ACF chapter, member or individual in the food service profession; and being a recognized industry leader.

“It is a great honor for St. Charles to be one of the first hospitals in the nation to receive the prestigious ACF Achievement of Excellence Award,” said William Dougherty, CEC, executive chef. “I am especially proud of our chefs and the entire nutritional services team. They consistently provide our patients, employees and visitors with healthy and delicious food made with the freshest and best of ingredients. There is nothing more rewarding than to create a “wow” moment through a culinary experience, particularly when it comes to our patients. To be recognized by ACF—The Authority on Cooking in America—with an award that exemplifies commitment to excellence in foodservice is the thrill of a lifetime.”

St. Charles is a 231-bed, not-for-profit community hospital located in Port Jefferson. The hospital treats more than 10,000 inpatients annually and each year sees 100,000 patient visits through the outpatient rehabilitation network. St. Charles hosts the third largest obstetrical program in Suffolk County, a technologically advanced orthopedic surgery service where surgeons perform more total joint replacements than any other hospital in Suffolk County, and the region's most comprehensive and only CARF (Commission on Accreditation of Rehabilitation Facilities) accredited inpatient and outpatient rehabilitation program for children and adults.



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## SIDES

Baked Potato (2 carbs)  
Baked Sweet Potato (2 carbs)  
Mashed Potato (1 carb)  
Mashed Sweet Potatoes (2 carbs)  
French Fries (2 carbs)  
White Rice (2 carbs)  
Brown Rice (2 carbs)

Whole Wheat Penne (2 carbs)  
Penne Pasta (2 carbs)  
Fresh Broccoli  
Green Beans  
Baby Carrots  
Seasonal Vegetable Medley

## BEVERAGES

Regular or Decaffeinated Coffee or Tea  
Hot Chocolate (1 carb)  
Sugar-Free Hot Chocolate (1/2 carb)  
Skim 1% or Whole Milk (1 carb)  
Soy Milk (1 carb)  
Lactaid Milk (1 carb)  
Cola, Ginger Ale  
Diet Cola, Diet Ginger Ale (0 carbs)  
Apple, Orange or Grape juice (1 carb)  
Low Sodium V8 Vegetable juice (1/2 carb)  
Tomato Juice (1/2 carb)  
Bottled water

## DESSERTS

### ***Fruit***

\*Seasonal fresh fruit salad (1 carb)  
\*Applesauce, Peaches, Mixed fruit (1 carb)

### ***Frozen Treats***

Fruit Ice: raspberry or lemon  
\* Sugar free lemon fruit ice (1 carb)  
Sherbet: orange or raspberry  
Frozen yogurt: vanilla or raspberry  
Ice Cream: vanilla or chocolate  
Diet Ice Cream: vanilla or chocolate  
(ask about our flavor of the week)

### ***Gelatin***

Regular cherry or orange  
\*Diet strawberry or orange (0 carb)

\* Indicates a low calorie dessert.

## *Good Morning!*

***Breakfast Available All Day***

### HOT BEVERAGES

Regular or Decaffeinated  
Coffee or Tea  
Hot Chocolate (1 carb)  
Sugar Free Hot Chocolate  
(1/2 carb)

### JUICE (1 carb)

Orange  
Apple  
Grape  
Prune  
Low Sodium V8 Vegetable  
juice (1/2 carb)  
Tomato Juice (1/2 carb)

### FRUIT (1 carb)

Fresh Seasonal Fruit Salad  
Fresh Apple  
Fresh Orange  
Banana (2 carbs)  
Peaches  
Stewed Prunes  
Applesauce  
Fruit Cocktail

### CEREAL (1 carb)

Cheerios  
Corn Flakes  
Raisin Bran  
Honey Nut Cheerios  
Rice Krispies  
Bran Flakes

### COLD BEVERAGES (1 carb)

Skim 1%, Whole Milk    Vanilla Soy Milk    Lactaid

### A HEALTHY START

***Kettle Cooked Oatmeal*** (2 carbs)  
Served with your choice of granola,  
raisins, or brown sugar

***Cream of Wheat*** - (2 carbs)

***Yogurt Parfait*** (3 1/2 carbs)  
Low-fat vanilla yogurt  
mixed berry compote and granola

***Low Fat Cottage Cheese*** (2 carbs)  
Served with seasonal fresh fruit

***Dannon Regular or Lite Yogurt*** (1.5 or 1 carb)  
Choice of vanilla, strawberry, blueberry, peach

***2 Fresh Hard Boiled Eggs***  
Served hot or cold

### HOT ENTREES

**(Choose One Entree Only)**

***Omelets***  
Omelet are available with your choice of  
whole eggs or egg whites  
*Combine with any of the ingredients listed to create  
an omelet of your design:*  
Swiss, Alpine cheddar, American cheese,  
crumbled goat cheese, peppers, onions, mushrooms,  
tomatoes, broccoli, spinach, sausage, turkey sausage  
or bacon

***Scrambled Eggs*** (available all day)  
Your choice of fresh farm whole eggs or ♥egg whites

***Hashbrown Patty*** (1 carb)

### BAKERY SELECTIONS

(Choose one item)

***Kaiser Roll*** (2 carbs)

***Fresh Baked Mini Bagels*** (2 carbs)  
Choice of plain, whole wheat, sesame or everything

***Fresh Breads*** (1 slice = 1 carb)  
Choice of white, rye, whole wheat, multigrain,  
or cinnamon raisin

***Freshly Baked Muffins*** (3 carbs)  
Blueberry, Corn or Bran

### ACCOMPANIMENTS

Butter, margarine, regular or light cream cheese  
mixed berry compote, grape jelly or sugar-free jelly

***French Toast*** (2 carbs)  
Our delicious Brioche bread, batter dipped and cooked  
golden brown with cinnamon glazed granny smith  
apples. Served with your choice of mixed berry  
compote, regular or sugar-free syrup

***Whole Wheat Pancakes*** (2 carbs)  
Fluffy whole wheat pancakes available with cinnamon  
glazed granny smith apples or mixed berry compote.  
Served with regular or sugar-free syrup

***Breakfast Tortilla Wrap*** (3 carbs)  
Whole fresh farm eggs or egg whites, peppers, onions,  
sliced turkey and melted Monterey Jack cheese served  
with fresh salsa and plain yogurt on the side

## Lunch & Dinner Selections

### STARTERS

#### SOUPS

**Homemade Chicken Noodle Soup** (1/2 carb)  
A hearty chicken broth with spring garden vegetables and ditalini pasta.  
Crackers available upon request

**Homemade Vegetarian Vegetable Soup** (1 carb)  
Tomato base with assorted vegetables

**Soup of the Day**  
*Ask for Today's Selection*

#### APPETIZER SALADS

♥ **Fresh Tossed Garden Salad**  
With our own balsamic dressing

**Caesar Salad** (1/2 carb)  
Crisp Romaine lettuce, shaved Parmesan cheese, and garlic crouton

**Pita Wedges with Hummus** (2 carbs)  
Grilled pita wedges with homemade hummus dip and fresh vegetables

### *Deli Board*

#### **Your choice of**

Turkey, Roast Beef, Ham, Tuna Salad, Egg Salad, Chicken Salad, Grilled Chicken, Grilled Vegetables, Swiss Cheese, Alpine Cheddar, or American Cheese

#### **Served on Your Choice Of**

Rustic Roll, White, Wheat, Rye, Kaiser Roll or Tortilla Wrap  
Add your choice of lettuce, tomato, onion

#### ENTREE SALADS

**Grilled Chicken Caesar Salad** (1/2 carb)  
Crisp garden Romaine with grilled chicken strips, herb croutons and shaved Parmesan cheese with Caesar dressing

**Roasted Pear Salad with Grilled Chicken** (1 carb)  
Mixed greens, roasted pears, candied pecans, grilled chicken with low fat rosemary vinaigrette

**Mediterranean Salad** (1/2 carb)  
Baby spinach, tomato, red onion, red bliss potatoes, french cut green beans, hard-boiled egg, roasted peppers and crumbled goat cheese with low fat herb vinaigrette.  
Served with your choice of grilled chicken, grilled shrimp or fresh salmon

## Lunch & Dinner Selections

### FROM THE GRILL

**All Beef 5 oz. Hamburgers** (2 carbs)  
Char-broiled beef burger, lettuce and tomato, on a roll. Your choice of cheese added upon request

**Tuscan Grilled Chicken Panini** (3 carbs)  
Grilled breast of chicken with artichoke pesto, Alpine Lace cheese, arugula and tomato on Panini bread

**Turkey Burger** (2 carbs)  
Char-broiled turkey burger, lettuce and tomato on roll. Your choice of cheese added upon request

**Classic Grilled Cheese** (2 carbs)  
Choice of American or Alpine Lace Swiss cheese grilled on your choice of white, rye or wheat bread

**Veggie Burger** (2 carbs)  
Sweet potato and spinach burger served on a roll with lettuce and tomato

**Tomato Mozzarella Panini** (3 carbs)  
Sliced tomatoes, fresh mozzarella and baby arugula drizzled with balsamic glaze on Panini bread

**Chicken Tenders** (2 carbs)  
Crispy breaded chicken tenderloins served with your choice of dipping sauce

### HOMESTYLE FAVORITES

**Fire Roasted Atlantic Salmon** (1/2 carb)  
With Tuscan kale and cannellini beans

**Pan Roasted French Cut Chicken Breast**  
Thyme, rosemary, olive oil, garlic and lemon in a natural au jus

**Spinach Stuffed Flounder**  
with Chablis white wine lemon dill sauce

**Herb Roasted Turkey Breast**  
Served with pan gravy

**Classic Meatloaf** (1/2 carb)  
Certified Angus ground beef, onions, garlic, fresh herbs  
Served with a natural gravy

### PIZZA & PASTA

**Penne with Italian Style Turkey Meatballs** (3 carbs)  
Served with tomato sauce and fresh Parmesan cheese

**Pasta Primavera** (4 carbs)  
Whole wheat Penne pasta, broccoli florettes, sundried tomatoes, cannellini beans, garlic, fresh basil and Parmesan cheese

**White Pan Pizza** (4 carbs)  
Three cheese pizza with sundried tomatoes, mozzarella, and basil

**Traditional Pizza** (4 carbs)  
choice of peppers, onions, mushrooms, broccoli, chicken or turkey meatballs

**Macaroni & Cheese** (4 carbs)  
Pasta in a creamy homemade cheese sauce topped with seasoned breadcrumbs and baked until crispy