



**Catholic Health Services**  
*of Long Island*  
**at Good Samaritan Hospital**  
**Medical Center**  
 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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**PLEASE CALL EXT. 3463 TO PLACE YOUR ORDER**  
**Our Call Center is open from 7AM to 6:30PM**  
 We suggest that you call before 8:00 A.M for breakfast, before noon for lunch and before 5:00 P.M. for dinner. You must call before 6:30 P.M. to place your dinner order.

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





# Welcome to Good Samaritan Hospital Medical Center'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 Chef John Vaeth. Prepared by his culinary team, approved by our Registered Dietitians, and served to you by our Food Service Ambassadors.

At your request, Good Samaritan 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 - **DINE** (Ext. 3463) TO  
PLACE YOUR ROOM SERVICE ORDER.

If calling outside the hospital, please dial  
(631) 376-3463.

Our Call Center is open between the hours of  
7:00 AM – 6:30 PM.

### *- We suggest that you call -*

Before 8 am for breakfast

Before noon for lunch

Before 5 pm for dinner

**You must call before 6:30 PM  
to place your dinner order**

Your meal will be specially prepared, fresh to order, to meet your dietary needs. Your meal will be delivered to you within forty-five minutes of placing your order. Our Call Center staff is specifically 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.

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. Once your doctor has ordered a diet for you, we will be happy to take your order.

### **PATIENTS WITH DIABETES**

Please contact your Nurse when you place your Room Service order so that we may coordinate your blood sugar test with your diabetes medication.

Our goal is to exceed your expectations.

If your meal services are not to your satisfaction, we hope that you will contact us right away to let us know how we may exceed your expectations.

Sincerely,

Diane R. Carillo, MPA  
Director of Nutrition & Food Services

*Thank you for choosing  
Good Samaritan Hospital Medical Center.*

## *A brief explanation of our diets . . .*

*Upon admission, your doctor will select the appropriate diet for you.*

*If you are placed on a Regular Diet, you will be able to order any of the items listed on the menu.*

*If your doctor has ordered a “Special Diet” for you, you may be asked to make different selections based on the diet you are on.*

*Here is a brief explanation of our most common diets.*

### **NPO**

This diet means “Nothing By Mouth”. It is designed to rest your digestive tract. You may be NPO if you are having certain tests or surgery.

### **LOW SODIUM**

A Low Sodium diet restricts the amount of sodium (salt) consumed. This diet is intended to help prevent fluid retention and may help to control high blood pressure.

### **LOW FAT/LOW CHOLESTEROL**

A Low Fat/Low Cholesterol diet limits foods high in unhealthy fats (saturated and trans fats) and cholesterol.

### **CARDIAC DIET**

(Low Fat, Low Sodium, Low Cholesterol)  
This diet is intended to help control fluid retention and to decrease blood cholesterol levels.

A Cardiac Diet is considered a  
“Heart Healthy” Diet.

### **LOW FIBER**

A Low Fiber diet restricts dietary fiber. Our Low Fiber diet consists of soft, bland foods which are easily digested.

### **SOFT**

This diet provides soft easily digested foods. The soft diet can be used as a transition between liquid and regular diets.

### **RENAL DIET**

This diet restricts sodium, potassium, phosphorous and sometimes fluids to aid in improving your kidney function.

### **DIABETIC DIET**

This diet is designed for patients with elevated blood sugar levels. You will be encouraged to order foods high in fiber to increase your glycemic control. Foods with sugar (concentrated sweets) are discouraged. Average carbohydrates per meal should not exceed 4 carbs.



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## DESSERTS

(Choose No More Than 2)

### ***Fruit*** (1 carb)

- ♥ Sliced apple
- ♥ Seasonal fresh fruit salad
- ♥ Applesauce, Peaches, Pears

### ***Frozen Treats***

- Vanilla Ice Cream
- Chocolate Ice Cream
- Diet Vanilla Ice Cream (1 carb)
- Lemon, raspberry, orange ice
- Sugar Free lemon ice (1 carb)

### ***Gelatin***

- Cherry or orange Jello
- Diet strawberry or orange Jello

### ***Pudding***

- Vanilla, Chocolate or Rice
- Diet Vanilla or Chocolate (1 carb)

### ***Cookies*** (1 carb)

- Graham crackers (1 carb)

### ***Desserts***

- ♥ Lemon angel food cupcake (2 carbs)
- Pound cake (2 carbs)



## BEVERAGES

(Choose No More Than 2)

- Regular or Decaffeinated Coffee or Tea
- Hot Chocolate (1 carb)
- Sugar-Free Hot Chocolate (1/2 carb)
- ♥ Skim or Whole Milk (1 carb)
- ♥ Vanilla Soy Milk (1 carb)
- Lactaid Milk (1 carb)
- Milk Creamer or Non dairy Creamer
- Ginger Ale or Diet Ginger Ale
- Apple, orange or cranberry juice (1 carb)

♥ Indicates a heart healthy choice.

## *Good Morning!*

BREAKFAST AVAILABLE UNTIL 10:30AM - OMELETS AVAILABLE ALL DAY

### HOT BEVERAGES

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

### COLD BEVERAGES

- ♥ Skim, Whole Milk (1 carb)
- ♥ Vanilla Soy Milk (1 carb)
- Milk Creamer or Non Dairy Creamer
- Lactaid
- Ginger Ale or Diet Ginger Ale

### A HEALTHY START

- ♥ ***Kettle Cooked Oatmeal*** (1 carb)  
Served with your choice of granola,  
raisins, or brown sugar.

- ♥ ***Cream of Wheat*** (1 carb)  
Served with your choice of granola,  
raisins, or brown sugar. (1/2 carb)

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

- Regular or ♥ Lite Yogurt*** (1.5 or 1 carb)  
Choice of vanilla, strawberry, blueberry, peach  
with a side of granola.

### JUICE (1 carb)

- Orange
- Apple
- Cranberry
- Diet Cranberry
- Prune

### ♥ FRUIT (1 carb)

- Seasonal Fruit Salad
- Fresh Sliced Apple
- Pears
- Peaches
- Petite Banana (2 carbs)
- Applesauce

### CEREAL (1 carb)

- Cheerios
- Corn Flakes
- Rice Chex
- Rice Krispies
- Raisin Bran
- Bran Flakes

### BAKERY SELECTIONS

(Choose one item)

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

***Fresh Baked Mini Bagels*** (2 carbs)  
Choice of plain, sesame or poppyseed.

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

***Freshly Baked Muffins*** (2 carbs)  
Blueberry or Corn.

♥ ***Multi Grain Gluten Free Breads*** (1 carbs)

### ACCOMPANIMENTS

Butter, margarine, cream cheese, light cream cheese  
grape jelly, strawberry jelly, sugar-free jelly

### HOT ENTREES

(Choose One Entree Only)

***Omelets*** (available all day)  
Create your own Omelet of  
Fresh farm whole eggs or ♥ egg whites  
With choice of: American cheese, Swiss cheese,  
♥ Alpine American or Swiss, peppers, mushrooms,  
tomatoes, onions.

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

### ***Hard Boiled Egg***

***Scrambled Egg Sandwich on Kaiser Roll*** (2 carbs)

***French Toast*** (2 carbs)

Brioche bread batter dipped and cooked golden brown.  
with or without cinnamon glazed Granny Smith apple  
and powdered sugar (1 carb). Served with regular or  
sugar-free maple syrup.

***Buttermilk Pancakes*** (2 carbs)  
Two fluffy buttermilk pancakes available with or  
without banana (1 carb). Served with regular or  
sugar-free maple syrup.

### ACCOMPANIMENTS

Bacon, sausage, turkey bacon, turkey sausage,  
hash brown patty

# Lunch & Dinner Selections



## STARTERS

### SOUP

#### *Homemade Chicken Noodle Soup* (1/2 carb)

Hearty chicken broth with spring garden vegetables and ditalini pasta.

#### *Cream Of Vegetable*

### APPETIZER SALADS

#### ♥ *Fresh Tossed Garden Salad*

With balsamic dressing.

#### *Caesar Salad* (1/2 carb)

Crisp Romaine lettuce, shaved Parmesan cheese, garlic croutons with classic Caesar dressing.

## *Delì Board*

### Build your own sandwich

Your choice Ham, ♥Turkey, Tuna Salad, Chicken Salad, Egg Salad, ♥Alpine Lace American or Swiss cheese, American or Swiss cheese.

### Served on Your Choice Of

White, ♥Wheat, ♥Rye, ♥Multigrain, Kaiser Roll or Tortilla (2 carbs)

## *Hot Sandwiches*

#### ♥ *Tuscan Grilled Chicken Panini* (3 carbs)

Grilled chicken artichoke pesto, fresh mozzarella and spinach.

#### ♥ *Heart Healthy Panini* (3 carbs)

Fresh turkey breast with Alpine Lace Swiss cheese, roasted red pepper and balsamic glaze.

### ENTREE SALADS

#### *Caesar Salad* (1/2 carb)

Hearts of Romaine, shaved Parmesan cheese and garlic croutons with your choice of grilled chicken or salmon.

♥ Indicates a heart healthy choice.  
Gluten free entree available upon request.

# Lunch & Dinner Selections

## FROM THE GRILL

#### *Char Broiled Burgers* (2 carbs)

Beef - ♥Turkey - ♥Veggie

Your choice. Each served with lettuce, tomato, pickle and choice of American, Swiss or ♥Alpine Lace American or Swiss cheese added upon request.

#### *Classic Grilled Cheese* (2 carbs)

Choice of American, Swiss or ♥Alpine Lace American or Swiss cheese, on choice of white, ♥rye or ♥whole wheat bread.

## HOT ENTREES

#### ♥ *Fire Roasted Atlantic Salmon*

♥ *Spinach Stuffed Flounder*  
with white wine lemon sauce.)

#### ♥ *Meatloaf* (1/2 carb)

Mixture of fresh garden vegetables, fresh herbs and ground turkey. Served with pan gravy.

#### ♥ *Herb Roasted Turkey Breast*

Served with pan gravy.

#### ♥ *Pan Roasted French Cut Chicken Breast*

Thyme, rosemary, olive oil, garlic and lemon, in a natural au jus.

## PIZZA & PASTA

#### ♥ *Macaroni & Cheese* (4 carbs)

A mini shell pasta in a creamy butternut squash cheese sauce topped with an herb crumb topping.

#### *Pizza Margherita* (4 carbs)

Homemade pizza topped with plum tomato sauce, fresh mozzarella and basil.

#### ♥ *Pasta Primavera* (4 carbs)

Whole wheat Penne pasta, fresh vegetables, sundried tomatoes, cannellini beans, fresh basil, shaved parmesan cheese, garlic, extra virgin olive oil. With or without chicken.

#### ♥ *Meatballs & Penne Pasta* (4 carbs)

Pasta in a marinara tomato sauce served with homemade turkey meatballs and topped with parmesan cheese

## FRESH HOMEMADE SIDES

(Choose Maximum of Two Sides)

Small dinner roll (2 carbs)

♥Macaroni and cheese (1 carb)

Mashed potato (1 carb)

♥Mashed sweet potato (1 carb)

♥Olive oil herbed mashed potato (1 carb)

Tator tots (1 carb)

♥Brown or white rice (1 carb)

♥Whole wheat penne pasta w/ marinara sauce (1 carb)

♥Green Beans

♥Baby Carrots

♥Broccoli

♥ Indicates a heart healthy choice.  
Gluten free entree available upon request.