

Beverages

JUICES

Apple 6.75oz 100 0 10 24 0 v gf h
Orange 6oz 80 0 0 20 0 v gf h
Cranberry 4oz 60 0 0 14 0 v gf h
Prune 4oz 90 0 5 22 1 v gf h
V8® low sodium 5.5oz 30 0 95 6 1 v gf h

COFFEE/TEA

Coffee (regular, decaf) 6oz 0 0 0 0 0 v gf
Tea (regular, decaf, green) 6oz 0 0 0 0 0 v gf
Served with a choice of:
Creamer 1 packet 10 1 0 10 0 v gf h
Sugar 1 packet 10 0 0 3 0 v gf h
Splenda® 1 packet 0 0 0 0 0 v gf h
Honey 1 PC 44 0 0 12 0 v gf h
Lemon juice 1 packet 1 0 0 0 0 v gf h

OTHER

Hot chocolate 6oz 90 2 150 16 0 v gf h
Hot chocolate, no sugar added 6oz 25 0 135 5 1 v gf h
Whole milk 8oz 150 8 125 13 8 v gf h
1% Milk 8oz 110 2.5 110 13 8 v gf h
Lactose-free milk 8oz 110 2.5 130 13 8 v gf h
Soy milk 8oz 150 4 80 18 8 v gf h
Bottled water 8oz 0 0 0 0 0 v gf h
Ginger ale, caffeine-free 7.5oz 60 0 25 16 0 v gf h
Diet ginger ale, caffeine-free 7.5oz 0 0 35 0 0 v gf h
Seltzer 12oz 0 0 22 0 0 v gf h

Desserts

Cheesecake 4oz 428 32 248 32 7 v
Chocolate brownie 2.5oz 291 14 98 42 4 v
Mixed berry cobbler 5.5oz 541 38 106 46 10 v
Chocolate chip cookie 2oz 188 8 110 28 2 v h
Oatmeal raisin cookie 2oz 114 3 84 19 2 v h
Vanilla pudding 4oz 120 2 140 22 3 v gf h
Vanilla pudding, no sugar added 4oz 90 2 125 13 3 v gf h
Chocolate pudding 4oz 130 2 140 24 3 v gf h
Chocolate pudding, no sugar added 4oz 90 3 160 13 4 v gf h
Smart Gel® gelatin (orange) 3.5oz 80 0 10 21 0 gf h
Smart Gel® gelatin (cherry) 3.5oz 90 0 10 23 0 gf h
Smart Gel® gelatin (orange), no sugar added 3.5oz 10 0 10 2 0 gf h
Smart Gel® gelatin (strawberry), no sugar added 3.5oz 10 0 10 3 0 gf h

Applesauce 4oz 50 0 10 12 0 v gf h
Fruit Ice, lemon 4oz 80 0 0 20 0 v gf h
Fruit Ice, lemon, no sugar added 4oz 60 0 10 20 0 v gf h
Chloe's® fruit pop (mango, strawberry) 1 PC 60 0 0 15 0 v gf h

ICE CREAM

Häagen Dazs® Vanilla 3.6 oz 220 15 50 18 4 v gf
Häagen Dazs® Chocolate 3.6 oz 220 14 45 19 4 v gf
Vanilla, no sugar added 4 oz 80 0 65 20 4 v gf h
Chocolate, no sugar added 4 oz 80 0 70 18 4 v gf h



About Your Diet

During your stay, your diet is ordered by your doctor & may change a few times due to treatment, or surgery. The following information explains some of the more commonly ordered diets.

REGULAR

The regular diet has no restrictions & includes a wide variety of foods to meet your nutritional needs.

HEART HEALTHY

This diet may be restricted in saturated fats, cholesterol, sodium, caffeine, & fluid as needed. This diet is usually ordered for heart patients & patients with high blood pressure.

CONSISTENT CARBOHYDRATE DIET

This diet provides specific amounts of carbohydrates per meal to control blood sugar.

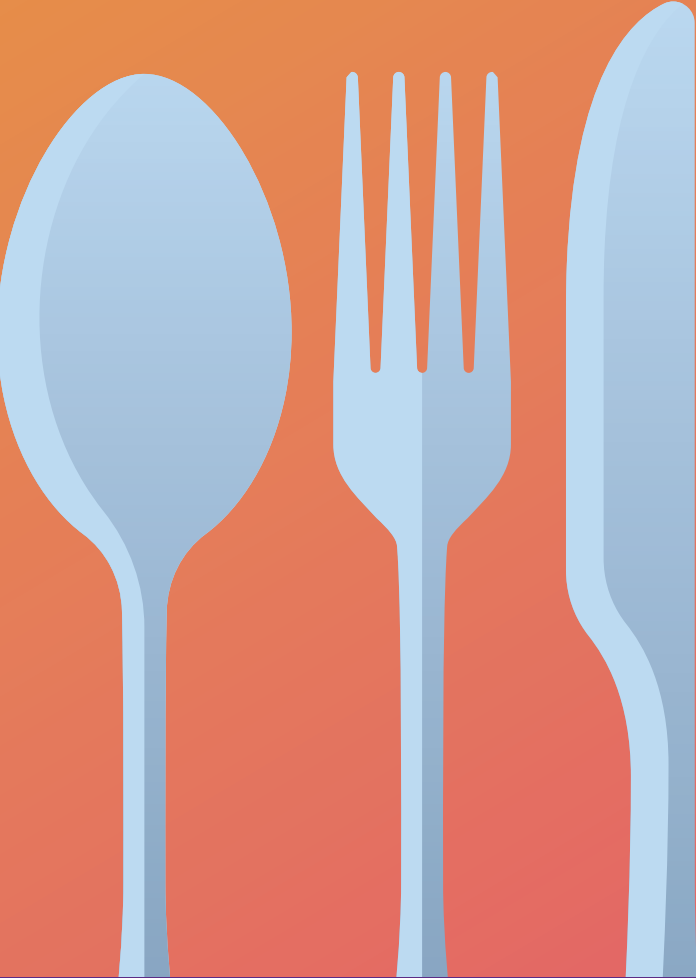
LOW SODIUM

This diet is reduced from the average American sodium intake of 5 to 8 grams to 2 grams. The first step is limiting processed/ preserved foods & table salt.

USEFUL WEBSITES FOR HEALTH & WELLNESS

nyulangone.org heart.org diabetes.org
eatright.org choosemyplate.gov

Menu



We trust you will enjoy your dining experience here at NYU Langone.

Please be advised that, based upon your physician's recommendations, not every menu selection may be available for you to order. If you have questions, please discuss them with your dietitian or your physician.



Department of Food & Nutrition Services

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Key

NUTRITIONAL FACTS

After each entry, you will find the serving size & the amount per serving of calories, fat, sodium, & carbs.

They are color-coded as:

- Serving size
- Calories (kcal)
- Fat (g)
- Sodium (mg)
- Carbs (g)
- Protein (g)

Following these, you will see indications if the entry is vegetarian, gluten-free, &/or heart healthy labeled as such:
v - vegetarian
gf - gluten free
h - heart healthy

Breakfast Items

HOT CEREALS

Oatmeal 4oz 83 2 5 14 3 v h
Cream of Wheat® 4oz 150 0.5 0 33 6 v h
Toppings:
Brown sugar 0.5oz packet 50 0 5 12 0 v gf h
Raisins 1.5oz 130 0 0 34 1 v gf h

BAKERY

Whole wheat bagel 1 each 230 1 380 47 10 v h
Plain bagel 1 each 240 1 430 48 10 v
Cinnamon raisin bagel 1 each 230 1 380 47 10
Cranberry orange muffin 1 each 300 13 380 40 4 v
Banana walnut muffin 1 each 290 12 390 40 4 v
Blueberry muffin 1 each 310 13 360 43 4 v

ENTREES & SIDES

Scrambled eggs 4oz 80 1.5 260 4 12 v gf h
No cholesterol eggs 4oz 60 0 243 0 12 v gf h
Hard cooked egg 1 egg 80 6 70 0 16 v gf h
Spinach & swiss cheese egg white frittata 4oz 80 2.5 270 1 13 v gf h
Home style roasted potatoes 4oz 90 1.5 190 17 2 v gf h
Chicken link sausage 2.6oz 130 9 507 1 9 gf
Pork bacon 2oz 160 14 700 2 8 gf
Low fat cottage cheese 4oz 100 2.5 351 7 13 v gf
Overnight oats with strawberry 5oz 206 4 91 36 6.5 v h

All Day Items

FRUITS

Banana 1 small 90 0 0 24 2 v gf h
Apple 1 small 60 0 0 15 0 v gf h
Mandarin orange cup 1 PC 70 0 0 16 1 v gf h
Applesauce 4oz 50 0 10 12 0 v gf h
Stewed prunes 2oz 60 0 2 12 2 v gf h
Cut fresh fruit 4oz 54 0 10.5 14 1 v gf h

COLD CEREALS

Cheerios® 1 PC 70 1 95 14 2 v h
Rice Krispies® 1 PC 70 0 100 16 1 v h
Raisin Bran® 1 PC 110 1 125 27 3 v h
Honey Nut Chex® 1 PC 120 1 227 27 2 v gf h

YOGURTS

Strawberry 5.3oz 150 2 90 25 5 v gf h
Blueberry 5.3oz 130 2 75 25 5 v gf h
Non-fat plain greek 5.3oz 90 0 50 6 16 v gf h
Non-fat vanilla greek 5.3oz 120 0 50 12 14 v gf h
SO Delicious Blueberry Coconut Milk Yogurt 5.3oz 140 4 30 24 1 v gf h

BAKERY

Multi-grain roll 1 each 110 4 160 18 4 v h
White bread roll 1 each 110 1.5 180 22 4 v h

GLUTEN-FREE BAKERY

Udi's® blueberry muffin 1 each 260 9 260 40 3
Sliced white bread 1 slice 130 4 310 20 4
Whole grain roll 1 roll 100 4 150 15 4

Condiments

Salt PC 0 0 230 0 0 v gf
Black pepper PC 0 0 0 0 0 v gf h
Mrs. Dash® PC 0 0 0 0 0 v gf h
Ketchup PC 10 0 25 3 0 v gf h
Mayonnaise PC 90 10 65 0 0 v gf h
Mustard PC 10 0.5 85 1 0 v gf h
Parmesan cheese 0.75oz 85 4 191 0 8 v gf
Peanut butter PC 120 11 100 5 4 v
Honey mustard PC 130 12 200 4 0 v
BBQ sauce PC 70 0 280 18 0 v
Chicken gravy 2oz 40 3 45 3 1
Butter 1 pat 35 4 30 0 0 v gf
Margarine 1 pat 30 3 30 0 0 v gf h
Grape jam 1 tbsp 33 0 9 0 0 v gf h
Strawberry preserves 1 tbsp 35 0 9 0 0 v gf h
Cream cheese 1oz 70 7 115 1 1 v gf

Daily Chef’s Choice

LUNCH

SUNDAY

Atlantic salmon with salsa verde 5oz 373 29 86 2 24 gf h

MONDAY

Rigatoni pasta bolognese 6oz 216 2 111 37 10

TUESDAY

Eggplant parmesan 10oz 435 28 584 33 18 v gf

WEDNESDAY

Mushroom pot pie 7oz 207 10 374 27 7 v h

THURSDAY

Roasted turkey breast with sage jus 5oz 138 2.5 233 3 27 h

FRIDAY

Lentil chili with muffin topping 8oz 379 16 542 50 12 v h

SATURDAY

Herb grilled chicken breast 4oz 207 11 89 0 26

DINNER

SUNDAY

Beef, potato, & vegetable shepherd's pie 10oz 332 19 383 32 9 h

MONDAY

Roasted chicken leg 5oz 317 24 193 1 23

TUESDAY

Chicken paillard with lemon & capers 5oz 190 8 200 2 27

WEDNESDAY

Braised beef short ribs 4oz 239 19 298 5 10

THURSDAY

Mushroom ragout over ravioli 12oz 360 18 436 39 11 v

FRIDAY

Grilled prawns with garlic, lemon & scallions 5oz 105 2 665 3.5 16

SATURDAY

Turkey meatloaf with rosemary jus 5oz 201 8.5 589 11 18

