













Cycle 1	 Employee Meal Heart Healthy  Stony Brook Medicine				
	12/4	12/5	12/6	12/7	12/8
Entrée	Buffalo Chicken Bites	Beef Burgundy	Chicken Francese	Chicken Mozzarella	Chicken Tikka Masala
Heart Healthy Entrée	 Caribbean Shrimp and Rice *contains pork*	 Grilled Salmon	 Potato Crusted Cod	 Stuffed Flounder	 Garlic Salmon
Employee Meal	 Baked Ziti (V)	 Ravioli w/ Sausage & Broccoli Rabe *contains pork*	 Vegetable Frittata (V)	 Athenian Pasta (V)	 Stuffed Rigatoni(V)
Starch	Creamy Orzo	Egg Noodles	Rice Pilaf	Beans & Rice	White Rice
Starch	Red Bliss Mashed Potatoes	Mashed Potatoes	Fingerling Potatoes	Yukon Gold Mashed Potatoes	Scalloped Potatoes
Vegetable	Stir Fry Mixed Vegetable	5 Way Blend Mixed Vegetables	Italian Blend Vegetables	Chef Blend Mixed Vegetables	Capri Blend Vegetables
Vegetable	Glazed Carrots	Spinach	Garlic Green Beans	Buffalo Cauliflower	Brussel Sprouts
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Soup	Butternut Squash (V)	Chicken Noodle	Chicken & Rice Soup	Roasted Red Pepper & Gouda (V)	Italian Wedding *contains pork*
Soup	Beef Noodle	Cream of Mushroom (V)	Cream of Potato (V)	Chicken Barley	Manhattan Clam Chowder
Chef Table	Reuben	Taco Tuesday	Guest Chef	Quesadilla	Memphis Chicken Sandwich with Waffle Fries

Menu Subject to Change

Please let your server know if you have an allergy before ordering

Monday 12/04/23

Chef's Table

Ruben Bar

Entrées

Buffalo Chicken Bites
Baked Ziti (V)

Beef Goulash
Caribbean Shrimp, Pork,
and Rice (GF)

Soups

Butternut Squash (V)
Beef Noodle (GF)

Sides

Creamy Orzo
Glazed Carrots (GF)
Red Bliss Mashed Potatoes (GF)

Mixed Vegetables (GF)
Mac & Cheese

Tuesday 12/05/23

Chef's Table

Tacos

Entrées

Grilled Salmon (GF)
Chicken Bruschetta (GF)

Beef Burgundy
Ravioli with Prok Sausage
and Broccoli Rabe

Soups

Cream of Mushroom (V)
Chicken Noodle

Sides

Egg Noodles
Spinach (GF)
Mashed Potatoes (GF)

Mixed Vegetables (GF)
Mac & Cheese

Wednesday 12/06/23

Chef's Table

Jollof Rice with
Option of Stews

Entrées

Glazed Ham (GF)
Vegetable Frittata (V) (GF)

Chicken Francese
Potato Crusted Cod

Soups

Cream of Potato (V)
Chicken and Rice

Sides

Rice Pilaf (GF)
Fingerling Potatoes (GF)
Garlic Green Beans (GF)

Mixed Vegetables (GF)
Mac & Cheese

Thursday 12/07/23

Chef's Table

Quesadillas

Entrées

Stuffed Flounder
Athenian Pasta (V)

Chicken Mozzarella
Ropa Vieja (GF)

Soups

Roasted Red Pepper & Gouda (V)
Chicken Barley

Sides

Rice & Beans (GF)
Mashed Potatoes (GF)
Buffalo Cauliflower (GF)

Mixed Vegetables (GF)
Mac & Cheese

Friday 12/08/23

Chef's Table

Memphis Chicken Sandwich
with Waffle Fries

Entrées

Chicken Tikka Masla
Stuffed Rigatoni (V)

Beef & Broccoli (GF)
Garlic Salmon (GF)

Soups

Italian Wedding (with pork)
Manhattan Clam Chowder

Sides

Brussel Sprouts (GF)
White Rice (GF)
Scalloped Potatoes

Mixed Vegetables (GF)
Mac & Cheese

(GF) = Gluten Friendly
(V) = Vegetarian

Before placing your order, please inform your server if a person in your party has a food allergy.

CONSUMING RAW OR UNDERCOOKED MEATS, POULTRY, SEAFOOD, SHELLFISH, OR EGGS MAY INCREASE YOUR RISK OF FOODBORNE ILLNESS, ESPECIALLY IF YOU HAVE CERTAIN MEDICAL CONDITIONS.