



Heart Healthy  
Employee Meal



# Stony Brook Medicine

Monday

Tuesday

Wednesday

Thursday

Friday

1/10

1/11

1/12

1/13

1/14

**Entrée**

**Beef Chili**

**Chicken Cordon Bleu**

**Chicken Pot Pie**

**Beef Stroganoff**

**Arroz Con Pollo**

**Heart Healthy Entrée**

**Salmon with Pineapple Salsa**

**Mahi Mahi with Cauliflower**

**Lemon Pepper Tilapia**

**Baked Haddock**

**Cod Provencal**

**Employee Meal**

**Stuffed Shells (V)**

**Linguine w/ Clam Sauce**

**Eggplant Rollatini (V)**

**Buffalo Chicken Mac & Cheese with Broccoli**

**Tortellini Alfredo (V)**

**Starch**

**White Rice**

**Seasoned Rice**

**Rice Pilaf**

**Egg Noodles**

**Three Onion Rice**

**Starch**

**Mashed Potatoes**

**Stuffing**

**Mashed Potatoes**

**Yukon Gold Mashed Potatoes**

**Fingerling Potatoes**

**Vegetable**

**Capri Blend Vegetables**

**Honey Glazed Baby Carrots**

**Italian Blend Vegetables**

**Five Way Blend Vegetables**

**Corn Succotash**

**Mac & Cheese**

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**Mac & Cheese**

**Mac & Cheese**

**Mac & Cheese**

**Soup**

**Beef Barley**

**Cream of Broccoli**

**Chicken Noodle Soup**

**Roasted Red Pepper & Smoked**

**Seafood Gumbo**

**Chef Table**

**Paninis**

**Sliced Roast Pork w/ Stuffing & Vegetables**

**Taco Fresca**

**Baked Potato Bar**

**Gyro**