



Heart Healthy



Employee Meal



Stony Brook Medicine

Monday	Tuesday	Wednesday	Thursday	Friday
10/25	10/26	10/27	10/28	10/29
Broccoli Stuffed Chicken	Chicken Bruschetta	Pork Loin	Ribs	Pot Roast
Lemon Sole	Garlic Crusted Cod	Parmesean Pesto Baked Haddock	Haddock Cheddar Bacon Crusted	Oven Fried Pangasius
Penne Alla Vodka(V)	Vegetable Lasagna(V)	Stuffed Shells (V)	Vegan Jamabalya(V)	Gnocchi w/ Butternut Squash
Seasoned Rice	Toasted Orzo	Rice Pilaf	White Rice	Spaetzle
Mashed Potatoes	Seasoned Rice	Mashed Potatoes	Roasted Potatoes	Mashed Potatoes
Capri Blend Vegetables	Roasted Cauliflower	Italian Blend	Mixed Vegetables	Baby Carrots
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Tuscan Vegetable Soup	Cheddar & Broccoli Soup	Roasted Red Pepper & Smoked Gouda Soup	Chicken Noodle	Split Pea & Ham (Contains Pork)
Chef Table				
Egg Omelet	Panini	Grilled Cheese Bar	Philly Cheesesteak	Reuben