



Stony Brook Medicine

GF Gluten Friendly

DF Dairy Free



Heart Healthy

Monday

Tuesday

Wednesday

Thursday

Friday

12/1/2025

12/2/2025

12/3/2025

12/4/2025

12/5/2025

Chicken Picatta	Coconut Honey Mustard Chicken	Beef Stew	Chicken Coq-Au-Vin	Beef & Broccoli
Crab Stuffed Flounder w/ Hollandaise Sauce	Shrimp Scampi	Grilled Mango Salsa Salmon	Blackened Catfish	Crusted Cod
Baked Ziti (V)	Spinach Ravioli (V)	Stuffed Shells (V)	Penne Alla Vodka (V)	Mediterranean Chickpea Bake (V)
Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken

White Rice GF DF	Fried Rice GF	Basmati Rice GF	Egg Noodles	Cilantro Lime Rice GF DF
Potato Medley GF	Roasted Red Potatoes GF	New England Boiled Potatoes	Roasted Herb Fingerling Potatoes GF	Mashed Potatoes GF
Garlic Green Beans GF	Roasted Broccoli GF	Cauliflower GF	Brussel Sprouts GF	Corn GF
Italian Blend Vegetables GF	Five Way Mixed Vegetables GF	Capri Blend Vegetables GF	Chef Blend Vegetables GF	Malibu Blend Vegetables GF
Macaroni & Cheese	Macaroni & Cheese	Macaroni & Cheese	Macaroni & Cheese	Macaroni & Cheese

Red Curry Chicken	Beef Barley	Chicken Noodle	Roasted Red Pepper & Smoked Gouda (V)	Manhattan Clam Chowder
Hearty Vegetable (V)	Broccoli Cheddar (V)	Cream of Potato (V)	Chicken Florentine	Cream of Spinach (V)

Deli Sandwiches	Deli Sandwiches	Deli Sandwiches	Deli Sandwiches	Deli Sandwiches
Chicken Wings	Chicken Caesar Salad	Nachos Cantina	Popcorn Chicken Bowl	Baked Potato Bar
Steak Chimichurri Quesadilla	Taco Tuesday	Smokehouse BBQ	Sourdough Avocado BLT	Mediterranean Bowl Israeli Cous Cous, Grilled Chicken, Tomatoes, Kalamata Olives, Feta Cheese, Tzatziki Sauce

Please let your server know about allergies before ordering

Menu subject to Change