



Stony Brook Medicine

GF Gluten Friendly

DF Dairy Free



Heart Healthy

Monday

Tuesday

Wednesday

Thursday

Friday

12/29/2025

12/30/2025

12/31/2025

1/1/2026

1/2/2026

Chicken Picatta	Coconut Honey Mustard Chicken	Beef Stew	Chicken Cordon Bleu	Southern Fried Chicken
Blackened Catfish	Shrimp Scampi	Grilled Mango Salsa Salmon	Crab Stuffed Flounder w/ Hollandaise Sauce	Crusted Cod
Baked Ziti (V)	Mediterranean Chickpea Bake (V)	Stuffed Shells (V)	Penne Alla Vodka (V)	Spinach Ravoli (V)
Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken

Seasoned Rice GF DF	Fried Rice GF	Basmati Rice GF	White GF	Mashed Potatoes GF
Potato Medley GF	Roasted Red 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		
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)			

Deli Sandwiches	Deli Sandwiches	
Chicken Wings	Chicken Caesar Salad	
Steak Chimichurri Quesadilla	Taco Tuesday	

Baked Potato Bar
Sourdough Avocado BLT

Please let your server know about allergies before ordering

Menu subject to Change