













Heart Healthy  
Employee Meal



# Stony Brook Medicine

Monday	Tuesday	Wednesday	Thursday	Friday
10/18	10/19	10/20	10/21	10/22
<b>Beef Chili</b>	<b>Chicken Cordon Bleu</b>	<b>Southern Fried Chicken</b>	<b>Beef &amp; Broccoli</b>	<b>Arroz Con Pollo</b>
 <b>Blackened Cajun Salmon</b>	 <b>Flounder Oreganata</b>	 <b>Lemon Pepper Tilapia</b>	 <b>Baked Haddock</b>	 <b>Cod Provencal</b>
 <b>Stuffed Shells (V)</b>	 <b>Baked Cheese Ravioli(V)</b>	 <b>Zucchini Lasagna</b> <small>contains beef</small>	 <b>Eggplant Parmesan (V)</b>	 <b>Tortellini Alfredo (V)</b>
<b>Seasoned Rice</b>	<b>Creamy Orzo w/ Spinach</b>	<b>White Rice</b>	<b>Rice Pilaf</b>	<b>Three Onion Rice</b>
<b>Mashed Potatoes</b>	<b>Roasted Potatoes</b>	<b>Mashed Potatoes</b>	<b>Yukon Gold Mashed Potatoes</b>	<b>Fingerling Potatoes</b>
<b>Capri Blend Vegetables</b>	<b>Honey Glazed Baby Carrots</b>	<b>Italian Blend Vegetables</b>	<b>Five Way Blend Vegetables</b>	<b>Corn Succotash</b>
<b>Mac &amp; Cheese</b>	<b>Mac &amp; Cheese</b>	<b>Mac &amp; Cheese</b>	<b>Mac &amp; Cheese</b>	<b>Mac &amp; Cheese</b>
<b>Greek Lemon Chicken Soup</b>	<b>Roasted Red Pepper &amp; Smoked Gouda Soup</b>	<b>Chicken Noodle Soup</b>	<b>Minestrone Soup</b>	<b>Seafood Gumbo</b>