
 Employee Meal
 Heart Healthy



Stony Brook Medicine

	Monday	Tuesday	Wednesday	Thursday	Friday
	5/23	5/24	5/25	5/26	5/27
Entrée	Chicken Cordon Bleu	Beef Burgundy	Chicken Mozzarella	Beef Stew	Chicken Tikka Masala
Heart Healthy Entrée	 Shrimp Scampi	 Cod Provencal	 Tilapia Oreganata	 Mahi Mahi w/ Cauliflower	 Creamy Tuscan Garlic Salmon
Employee Meal	 Penne Alla Vodka (V)	 Cheese Ravioli (V)	 Athenian Pasta(V)	 Choritzo Mac & Cheese (contains pork)	 Baked Ziti (V)
Starch	Seasoned Rice	Toasted Orzo	Three Onion Rice	Basmati Rice	White Rice
Starch	Scalloped Potatoes	Yukon Gold Mashed Potato	Mashed Potatoes	Spaetzle	Fingerling Potatoes
Vegetable	Mixed Vegetables	Green Beans	Italian Blend Vegetables	Glazed Baby Carrots	Capri Blend Vegetables
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Soup	Cream of Spinach	Broccoli & Cheese Soup	Chicken Noodle Soup	Roasted Red Pepper & Gouda	Seafood Gumbo
			<u>Nutrition Wednesdays @ The Chef's Table</u>		
Chef Table	Panini Station	NY Strip Sirloin Platter	Chicken Asian Salad	Rueben's	BBQ Beef Brisket w/ sides