
 Employee Meal
 Heart Healthy



Stony Brook Medicine

	Monday	Tuesday	Wednesday	Thursday	Friday
	8/15	8/16	8/17	8/18	8/19
Entrée	Chicken Cordon Bleu	Beef Burgundy	Chicken Mozzarella	Ropa Vieja	Chicken Tikka Masala
Heart Healthy Entrée	 Caribbean Shrimp and Rice *contains pork*	 Flounder Provencal	 Tilapia Oreganata	 Potato Crusted Cod	 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	Spanish Rice	White Rice
Starch	Scalloped Potatoes	Yukon Gold Mashed Potato	Mashed Potatoes	Mashed Sweet Potatoes	Fingerling Potatoes
Vegetable	Glazed Carrots	Green Beans	Italian Blend Vegetables	Mixed Vegetables	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	Split Pea & Ham *contains pork*
			<u>Nutrition Wednesdays @ The Chef's Table</u>		
Chef Table	Panini Station	Bang Bang Shrimp Bowl	Chicken Asian Salad	Turkey Platter	Seafood Fra Diavolo