



# Stony Brook Medicine

Heart Healthy



Employee Meal

	Monday	Tuesday	Wednesday	Thursday	Friday
	6/27/22	6/28/22	6/29/22	6/30/22	7/1/22
Entrée	BBQ Chicken	Arroz Con Pollo	Sesame Chicken	Beef & Broccoli	Chicken Cordon Bleu
Heart Healthy Entrée	Garlic Parmesan Flounder	Salmon Mango Salsa	Crusted Cod	Baked Tilapia	Mediterranean Salmon
Employee Meal	Stuffed Shells (V)	Baked Ziti (V)	Vegetable Lo Mein (V)	Penne Alla Vodka (V)	Eggplant Rollatini (V)
Starch	Spanish Rice	Toasted Orzo	Rice Pilaf	Fried Rice	Seasoned Rice
Starch	Mashed Potatoes	Roasted Red Potatoes	White Rice	Scalloped Potatoes	Fingerling Potatoes
Vegetable	Corn Succotash	Honey Glazed Baby Carrots	Garlic Green Beans	Five Way Blend Vegetables	Mixed Blend Vegetables
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Soup	Chicken Barley	Cream of Broccoli	Chicken Noodle	Roasted Red Pepper & Smoked Gouda	Italian Wedding Soup
			<a href="#"><u>Nutrition Wednesdays @ The Chef's Table</u></a>		
Chef Table	Paninis	Tacos	Caprese Salad w/ Grilled Chicken	Turkey Club	

Please let your server know if you have an allergy before ordering

Menu Subject to Change