











 Heart Healthy

 Employee Meal



Stony Brook Medicine

Monday 4/12	Tuesday 4/13	Wednesday 4/14	Thursday 4/15	Friday 4/16
Chicken Meatballs Peperonata	Creamy Lemon Pepper Orzo w/ Grilled Chicken	Shrimp Carbonara	Southern Fried Chicken	Chicken Curry
 Cod w/ Capers, Tomatoes & Basil	 Roasted Salmon	Chicken Marsala	 Grilled Salmon w/ Cilantro Sauce	 Tilapia Oreganta
 Pasta Bolognese	 Penne a la Vodka (V)	 Eggplant Rollatini (V) 	 Rigatoni w/ Sausage	 Baked Ziti
Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken
Seasoned Rice	Basmati Rice	Parm Basil Orzo	Seasoned Rice	Three Onion Rice
Mashed Potatoes	Mashed Potatoes	Garlic and Scallion Mashed Potatoes	Mashed Potatoes	Red Skinned Mashed Potatoes
Sweet Corn Succotash	Italian Blend	California Blend	Capri Blend	Mixed Vegetables
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Potato & Leek Soup	Cream of Asparagus	Roasted Red Pepper & Gouda Soup	Corn Chowder	Tomato Basil