



Heart Healthy



Stony Brook Medicine

	Monday 4/22	Tuesday 4/23	Wednesday 4/24	Thursday 4/25	Friday 4/26
Entrée	Swedish Meatballs	Steak Pizzaiola	Chicken Pot Pie	Chicken Mozzarella	Arroz Con Pollo <i>No Gluten Added</i>
Heart Healthy Entrée	Shrimp Scampi over Linguine	Tilapia Tortilla	Grilled Salmon w/ Mango Salsa	Cod Provencal	Garlic Ginger Salmon
		<i>Dairy free</i>	<i>No Gluten Added & Dairy Free</i>	<i>No Gluten Added</i>	<i>No Gluten Added & Dairy Free</i>
Employee Meal	<i>Employee Meal</i> Baked Ziti (V)	<i>Employee Meal</i> Quinoa Stuffed Pepper (V) <i>No Gluten Added & Dairy Free</i>	<i>Employee Meal</i> Penne Alla Vodka (V)	<i>Employee Meal</i> Pasta Primavera (V)	<i>Employee Meal</i> Cheese Ravioli (V)
Starch	Egg Noodles	Rice Pilaf <i>No Gluten Added & Dairy Free</i>	Toasted Orzo	Three Onion Rice <i>No Gluten Added</i>	Basmati Rice <i>No Gluten Added</i>
Starch	Mashed Potatoes <i>No Gluten Added</i>	Scalloped Potatoes	Roasted Red Bliss Potatoes <i>No Gluten Added & Dairy Free</i>	Mashed Potatoes <i>No Gluten Added</i>	Herb Fingerling Potatoes <i>No Gluten Free</i>
Vegetable	Corn <i>No Gluten Added</i>	Spinach <i>No Gluten Added</i>	Seasoned Cauliflower <i>No Gluten Added & Dairy Free</i>	Roasted Broccoli <i>No Gluten Added & Dairy Free</i>	Glazed Carrots <i>No Gluten Added</i>
Vegetable	Mixed Vegetables <i>No Gluten Added</i>	5 Way Blend Mixed Vegetables <i>No Gluten Added</i>	Chef Blend Vegetables <i>No Gluten Added</i>	California Blend Vegetables <i>No Gluten Added</i>	Capri Blend Vegetables <i>No Gluten Added</i>
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Soup	Chicken Noodle <i>Dairy Free</i>	Beef Noodle <i>Dairy Free</i>	Chicken Florentine <i>No Gluten Added</i>	Chicken Ditalini <i>Dairy Free</i>	Manhattan Clam Chowder <i>Dairy Free</i>
Soup	Hearty Vegetable (V) <i>No Gluten Added & Dairy Free</i>	Cream of Mushroom (V)	Cream of Potato (V)	Roasted Red Pepper & Smoked Gouda (V)	Cream of Corn (V)
Chef Table	Chicken Caprese Salad <i>No Gluten Added</i>	Taco Tuesday	Steak Fajita Bowl	Peach & Apricot Pork Loin w/ Wheatberry Salad <i>No Gluten Added & Dairy Free</i>	Shrimp Baja Taco

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

Menu Subject to Change