











 Heart Healthy

 Employee Meal



Stony Brook Medicine

Monday 1/18	Tuesday 1/19	Wednesday 1/20	Thursday 1/21	Friday 1/22
Chicken Meatballs Peperonata	Creamy Lemon Pepper Orzo w/ Grilled Chicken	Chicken Marsala	Southern Fried Chicken	Chicken Curry
 Cod w/ Capers, Tomatoes & Basil	 Salmon Roasted w/Fennel, Olives & Tomato	 Shrimp Carbonera	 Tilapia Oreganta	 Creamy Lemon Garlic Parmesan Shrimp
 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	Sweet Potatoes w/Pecan & Gingersnaps	Garlic and Scallion Mashed Potatoes	Mashed Potatoes	Red Skinned Mashed Potatoes
Sweet Corn Succotash	Italian Blend	California Blend	Corn	Mixed Vegetables
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Potato Leek Soup	Cream Of Asparagus Soup	Roasted Red Pepper Gouda Soup	Corn Chowder	Italian Wedding