

Heart Healthy



Stony Brook Medicine

	Monday 1/13	Tuesday 1/14	Wednesday 1/15	Thursday 1/16	Friday 1/17
Entrée	BBQ Chicken	Coconut Honey Mustard Chicken	Flank Steak	Beef Brisket	Swedish Meatballs
Heart Healthy Entrée	Shrimp Scampi over Linguine	Tilapia Tortilla	Grilled Salmon w/ Mango Salsa <small>No Gluten Added & No Dairy Added</small>	Crusted Cod	Barramundi w/ Charred Tomato Salsa <small>No Gluten Added & Dairy Free</small>
Employee Meal	Employee Meal Baked Ziti (V)	Employee Meal Mediterranean Chickpea Bake(V)	Employee Meal Penne Ala Vodka (V)	Employee Meal Chana Masala (V)	Employee Meal Spinach Ravioli (V)
Starch	White Rice <small>No Gluten Added</small>	Toasted Orzo	Seasoned Rice <small>No Gluten Added</small>	Jasmine Rice <small>No Gluten Added</small>	Egg Noodles
Starch	Mashed Potatoes <small>No Gluten Added</small>	Potato Medley <small>No Gluten Added</small>	Yukon Gold Masked Potatoes <small>No Gluten Added</small>	Herb Fingerling Potatoes <small>No Gluten Added</small>	Brown Rice <small>No Gluten Added</small>
Vegetable	Corn Succotash <small>No Gluten Added</small>	Roasted Broccoli <small>No Gluten Added</small>	Roasted Cauliflower <small>No Gluten Added</small>	String Beans <small>No Gluten Added</small>	Glazed Carrots <small>No Gluten Added</small>
Vegetable	Italian Blend Vegetables <small>No Gluten Added</small>	5 Way Blend Mixed Vegetables <small>No Gluten Added</small>	Chef Blend Vegetables <small>No Gluten Added</small>	Mixed Vegetables <small>No Gluten Added</small>	Capri Blend Vegetables <small>No Gluten Added</small>
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Soup	Chicken Noodle	Beef Noodle	Red Curry Chicken	Chicken Florentine	Manhattan Clam Chowder
Soup	Hearty Vegetable(V)	Butternut Squash (V)	Cream of Potato (V)	Roasted Red Pepper & Smoked Gouda (V)	Cream of Mushroom
Specialty	Wings Station	Mashed Potato Bar	Wings Station	Mac & Cheese Bar	Wings Station
Hot Salad	Southern Style BBQ Chicken Salad	Southern Style BBQ Chicken Salad	Southern Style BBQ Chicken Salad	Southern Style BBQ Chicken Salad	Southern Style BBQ Chicken Salad
Chef Table	Cuban Sandwich	Taco Tuesday	Chicken Stir Fry	Quesadilla	Turkey Club

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

Menu Subject to Change