



Heart Healthy



Stony Brook Medicine



Employee Meal

| | Monday | Tuesday | Wednesday | Thursday | Friday | | |
|----------------------|----------------------|---------------------------------|--------------------------|--|----------------------------|-------------------|---------------|
| | 6/5 | 6/6 | 6/7 | 6/8 | 6/9 | | |
| Entrée | Beef Pepper Steak | | Chicken Pot Pie | | Swedish Meatballs | Chicken Francaise | Curry Chicken |
| Heart Healthy Entrée | Shrimp Scampi | Greek Artichoke Grilled Chicken | Fresh Salmon | Fresh Fish of The Day | Fresh Fish of The Day | | |
| Employee Meal | Baked Ziti (V) | Tortellini Primavera(V) | Penne ala Vodka (V) | Spinach Artichoke Macaroni & Cheese(V) | Ravioli Gardenia (V) | | |
| Starch | Seasoned Rice | Toasted Orzo | Rice Pilaf | Basmati Rice | White Rice | | |
| Starch | Mashed Potatoes | Yukon Gold Mashed Potatoes | Egg Noodles | Scalloped Potatoes | Roasted Red Bliss Potatoes | | |
| Vegetable | Mixed Vegetables | Spinach | Italian Blend Vegetables | Roasted Broccoli | Capri Blend Vegetables | | |
| Vegetable | Corn | 5 Way Blend Mixed Vegetables | Garlic Green Beans | Scandinavian Blend Mixed Vegetables | Glazed Carrots | | |
| Mac & Cheese | Mac & Cheese | Mac & Cheese | Mac & Cheese | Mac & Cheese | Mac & Cheese | | |
| Soup | Chicken Noodle | Cream of Potato (V) | Chicken Tortilla | Roasted Red Pepper & Smoked Gouda (V) | Manhattan Clam Chowder | | |
| Soup | Vegetable Barley (V) | Beef Noodle | Cream of Spinach (V) | Chicken Ditalini | Hearty Vegetable (V) | | |

| Chef Table | Burger Bar | Taco Bowl | Mediterranean Chicken Bowl | New York Strip Steak | Swiss Patty Melts |
|------------|------------|-----------|----------------------------|----------------------|-------------------|
|------------|------------|-----------|----------------------------|----------------------|-------------------|

Please tell your server if you have Allergies Menu Subject to Change