

Heart Healthy



Stony Brook Medicine

Employee Meal

	Monday	Tuesday	Wednesday	Thursday	Friday
	1/16	1/17	1/18	1/19	1/20
Entrée	Beef Pepper Steak	Swedish Meatballs	Chicken Pot Pie	Chicken Francaise	Sausage & Peppers
Entrée	Chicken Cacciatore	Mediterranean Salmon	Cubano Stuffed Pork Loin	Sheppard's Pie	Curry Chicken
Heart Healthy Entrée	Shrimp Scampi	Greek Artichoke Grilled Chicken	Lemon Pepper Tilapia	Garlic Lemon Cod	Flounder Oreganata
Employee Meal	Baked Ziti (V)	Tortellini Primavera(V)	Curry Chickpea w/ Spinach (V)	Spinach Artichoke Macaroni & Cheese(V)	Ravioli Gardenia (V)
Starch	White Rice	Egg Noodles	Basmati Rice	Three Onion Rice	Seasoned Rice
Starch	Mashed Potatoes	Toasted Orzo	Yukon Gold Mashed Potatoes	Mashed Potato	Scalloped Potatoes
Vegetable	Mixed Vegetables	Green Beans	Italian Blend Vegetables	Roasted Broccoli	Capri Blend Vegetables
Vegetable	Corn	Five Way Blend Mixed Vegetables	Cauliflower	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	Hearty Vegetable (V)	Beef Noodle	Cream of Spinach (V)	Chicken Ditalini	Split Pea (V)
Chef Table	Chicken & Waffles	Taco Bowl	Grilled Chicken Rice Bowl	New York Strip Steak	Swiss Patty Melts