



Heart Healthy



Stony Brook Medicine

	Monday 6/10	Tuesday 6/11	Wednesday 6/12	Thursday 6/13	Friday 6/14
Entrée	Chicken Caccitore <i>No Gluten Added</i>	Guyana Jerk Chicken	Creamy Chicken Lemon Orzo	Chicken Parmesan	Caramelized Apple Pork Loin
Heart Healthy Entrée	Cajun Shrimp <i>No Gluten Added</i>	Baked Tilapia	Baked Salmon <i>No Gluten Added & Dairy Free</i>	Crusted Cod	Lemon Dill Salmon <i>No Gluten Added</i>
Employee Meal	<i>Employee Meal</i> Greek Pasta (V)	<i>Employee Meal</i> Chana Masala (V)	<i>Employee Meal</i> Eggplant Rollatini	<i>Employee Meal</i> Rasta Pasta (V)	<i>Employee Meal</i> Rigatoni Alla Vodka(V)
Starch	Seasoned Rice <i>No Gluten Added</i>	Rice & Beans <i>No Gluten Added</i>	White Rice <i>No Gluten Added</i>	Linguine	Basmati Rice <i>No Gluten Added</i>
Starch	Egg Noodles	Yukon Gold Mashed Potatoes <i>No Gluten Added</i>	Mashed Potatoes <i>No Gluten Added</i>	Garlic Bread	Red Skinned Mashed
Vegetable	Corn <i>No Gluten Added</i>	Glazed Carrots <i>No Gluten Added</i>	Roasted Broccoli <i>No Gluten Added & Dairy Free</i>	Seasoned Cauliflower <i>No Gluten Added & Dairy Free</i>	Green Beans Almandine <i>No Gluten Added</i>
Vegetable	Mixed Vegetables <i>No Gluten Added & Dairy Free</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	Beef Noodle	Split Pea with Ham <i>*contains pork* No Gluten Added</i>	Roasted Red Pepper & Smoked Gouda (V)	Chicken Noodle	White Bean & Escarole <i>No Gluten Added</i>
Soup	Lentil (V) <i>No Gluten Added & Dairy Free</i>	Minestrone (V)	Chicken Ditalini	Cream of Mushroom (V)	New England Clam Chowder
Chef Table	Flank Steak Platter	Taco Salad	Guest Chef	Shrimp Stir Fry	Tuna Melt

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

Menu Subject to Change