











 Heart Healthy

 Employee Meal



Stony Brook Medicine

Monday 4/19	Tuesday 4/20	Wednesday 4/21	Thursday 4/22	Friday 4/23
Swedish Meatballs	Chicken Bruschetta	Chicken Mozzarella	Beef Curry	Arroz Con Pollo
 Red Snapper w/ Pineapple Salsa	 Salmon w/ Orange Basil Sauce	 Parmesan Pesto Baked Haddock	 Mahi Mahi w/ Cauliflower	 Tuscan Salmon w/ Spinach & Tomatoes
 Pasta Primavera (V)	 Vegetarian Meatballs(V)	 Spinach Artichoke Mac & Cheese(V)	 Tortellini Primavera(V)	 Baked Ziti (V)
Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken
Egg Noodles	Spanish Rice	Rice Pilaf	Rice Pilaf	Seasoned Rice
Mashed Potatoes	Garlic Mashed Potatoes	Mashed Potatoes	Mashed Potatoes	Loaded Mashed Potatoes
California Blend Vegetable	Mixed Vegetables	Creamed Kale	Capri Vegetable Blend	Baby Carrots
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Tuscan Vegetable Soup	Cheddar & Broccoli Soup	Cream of Mushroom	Chicken Noodle Soup	Seafood Gumbo