



Heart Healthy  
Employee Meal



# Stony Brook Medicine

	Monday	Tuesday	Wednesday	Thursday	Friday
	5/9	5/10	5/11	5/12	5/13
Entrée	Beef Pepper Steak	Swedish Meatballs	Sausage & Peppers	Grilled Chicken Parmesan	Beef Chili
Heart Healthy Entrée	Grilled Chicken Bruschetta	Garlic Crusted Cod	Parmesan Pesto Baked Haddock	Salmon Scampi	Flounder Oregenta
Employee Meal	Baked Ziti (V)	Manicotti (V)	Eggplant Rollatini (V)	Penne Whole Wheat Primavera(V)	Cheese Lasagna (V)
Starch	White Rice	Egg Noodles	Basmati Rice	Linguine	Seasoned Rice
Starch	Mashed Potatoes	Mashed Potatoes	Yukon Gold Mashed Potatoes	Roasted Potatoes	Scalloped Potatoes
Vegetable	Five Way Blend Vegetables	Green Beans	Italian Blend	Roasted Broccoli	Mixed Vegetables
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Soup	Chicken Ditalini	Cream of Mushroom	Chicken Noodle	Roasted Red Pepper & Smoked Gouda Soup	Manhattan Clam Chowder
Chef Table	Paninis	Baked Potato Bowl	<u>Nutrition Wednesdays @ The Chef's Table</u> Grilled Chicken Sizzling Salad	Nacho Bar	Bang Bang Shrimp Bowl