



Heart Healthy Employee Meal



Stony Brook Medicine



	Monday	Tuesday	Wednesday	Thursday	Friday
	9/26	9/27	9/28	9/29	9/30
Entrée	Beef Pepper Steak	Swedish Meatballs	Chicken Pot Pie	Chicken Francaise	Sausage & Peppers
Entrée	Chicken Cordon Bleu	Mediterranean Salmon	Sliced Ham	Sliced Pizzaiola	Southern Fried Chicken
Heart Healthy Entrée	Shrimp Scampi	Grilled Chicken Bruschetta	Lemon Pepper Tilapia	Garlic Lemon Cod	Flounder Oregenta
Employee Meal	Baked Ziti (V)	Tortellini Primavera(V)	Rigatoni w/ Sausage (V) <i>*contains Pork*</i>	Spinach Artichoke Macaroni & Cheese(V)	Manicotti (V)
Starch	White Rice	Egg Noodles	Basmati Rice	Seasoned Rice	Three Onion Rice
Starch	Mashed Potatoes	Toasted Orzo	Yukon Gold Mashed Potatoes	Loaded Mashed Potato <i>*contains Pork*</i>	Scalloped Potatoes
Vegetable	Mixed Vegetables	Green Beans	Italian Blend Vegetables	Roasted Broccoli	Capri Blend Vegetables
Vegetable	Corn	Five Way Blend Mixed Vegetables	Buffalo Cauliflower	Scandinavian Blend Mixed Vegetables	Zucchini & Tomatoes
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Soup	Chicken Noodle	Cream of Mushroom (V)	Chicken Barley	Roasted Red Pepper & Smoked Gouda (V)	Broccoli & Cheddar (V)
Soup	Hearty Vegetable (V)	Beef Noodle	Cream of Spinach (V)	Chicken Ditalini	Manhattan Clam Chowder
			<u>Nutrition Wednesdays @ The Chef's Table</u>		
Chef Table	Gyros	Tacos	Grilled Chicken Sizzling Salad	Nacho Bar	Paninis