






 Heart Healthy		 Stony Brook Medicine				
	Monday	Tuesday	Wednesday	Thursday	Friday	
	3/18	3/19	3/20	3/21	3/22	
Entrée	Shepherd's Pie		Beef Burgundy	Chicken Marsala	Chicken Picatta	Chicken Tikka Masala
Heart Healthy Entrée	 No Gluten Added Caribbean Shrimp and Rice		 Grilled Salmon	 Stuffed Flounder	 Potato Crusted Cod	 Garlic Salmon
	No Gluten Added *contains pork*		No Gluten Added & Dairy Free		No Gluten Added & Dairy Free	
	Employee Meal		Employee Meal	Employee Meal	Employee Meal	
Employee Meal	Penne alla Vodka(v)		Ravioli w/ Sausage & Broccoli Rabe	Vegetable Frittata (V)	Spinach Ravioli (V)	Eggplant Rollatini (V)
			contains pork			
Starch	Seasoned Rice		Egg Noodles	Creamy Orzo	Three Onion Rice	White Rice
	No Gluten Added				No Gluten Added	No Gluten Added
Starch	Boiled Red Potatoes		Mashed Potatoes	Fingerlong Potatoes	Yukon Gold Mashed Potatoes	Scalloped Potatoes
	No Gluten Added		No Gluten Added	No Gluten Added & Dairy Free	No Gluten Added	No Gluten Free
Vegetable	Garlic Green Beans		Spinach	Roasted Broccoli	Seasoned Cauliflower	Brussel Sprouts
	No Gluten Added		No Gluten Added	No Gluten Added & Dairy Free	No Gluten Added & Dairy Free	No Gluten Added
Vegetable	Bermuda Blend Vegetables		5 Way Blend Mixed Vegetables	Chef Blend Vegetables	California Blend Vegetables	Capri Blend Vegetables
	No Gluten Added		No Gluten Added	No Gluten Added	No Gluten Added	No Gluten Added
Mac & Cheese	Mac & Cheese		Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Soup	Beef Noodle		Chicken Noodle	Chicken & Rice	Cream of Chicken	Manhattan Clam Chowder
	Dairy Free		Dairy Free	No Gluten Added	Dairy Free	
Soup	Tuscan Vegetable (V)		Cream of Asparagus (V)	Cream of Potato (V)	Roasted Red Pepper & Smoked Gouda (V)	Seafood Gumbo (V)
	No Gluten Added & Dairy Free		No Gluten Added			
Chef Table	Corned Beef		Taco Tuesday	Thai Chili Rice Bowl	Quesadilla	Pretzel Nuggets

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

Menu Subject to Change