





 Heart Healthy  Stony Brook Medicine					
	Monday	Tuesday	Wednesday	Thursday	Friday
	4/8	4/9	4/10	4/11	4/12
Entrée	Beef Chili <i>No Gluten Added</i>				
Heart Healthy Entrée	 Caribbean Shrimp and Rice <i>No Gluten Added *contains pork*</i>	 Grilled Salmon <i>No Gluten Added & Dairy Free</i>	 Stuffed Flounder <i>No Gluten Added & Dairy Free</i>	 Potato Crusted Cod <i>No Gluten Added & Dairy Free</i>	 Garlic Salmon <i>No Gluten Added & Dairy Free</i>
Employee Meal	Employee Meal Penne alla Vodka (V) Ravioli w/ Sausage & Broccoli Rabe <i>*contains pork*</i> Vegetable Frittata (V) Spinach Ravioli (V) Eggplant Rollatini (V)				
Starch	Seasoned Rice <i>No Gluten Added</i>	Egg Noodles	Creamy Orzo	Three Onion Rice <i>No Gluten Added</i>	White Rice <i>No Gluten Added</i>
Starch	Red Bliss Mashed Potatoes <i>No Gluten Added</i>	Mashed Potatoes <i>No Gluten Added</i>	Fingerling Potatoes <i>No Gluten Added & Dairy Free</i>	Yukon Gold Mashed Potatoes <i>No Gluten Added</i>	Scalloped Potatoes <i>No Gluten Free</i>
Vegetable	Garlic Green Beans <i>No Gluten Added</i>	Spinach <i>No Gluten Added</i>	Roasted Broccoli <i>No Gluten Added & Dairy Free</i>	Seasoned Cauliflower <i>No Gluten Added & Dairy Free</i>	Brussel Sprouts <i>No Gluten Added</i>
Vegetable	Bermuda Blend Vegetables <i>No Gluten Added</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 <i>Dairy Free</i>	Chicken Noodle <i>Dairy Free</i>	Chicken & Rice <i>No Gluten Added</i>	Cream of Chicken <i>No Gluten Added</i>	Manhattan Clam Chowder <i>Dairy Free</i>
Soup	Tuscan Vegetable (V) <i>No Gluten Added & Dairy Free</i>	Cream of Asparagus (V) <i>No Gluten Added</i>	Cream of Potato (V) <i>No Gluten Added</i>	Roasted Red Pepper & Smoked Gouda (V) <i>No Gluten Added</i>	Chicken Sausage Gumbo <i>No Gluten Added</i>
Chef Table	Swiss Patty Melt Taco Tuesday Thai Chili Rice Bowl Quesadilla Stir Fry Station				

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

Menu Subject to Change