



Heart Healthy
Employee Meal



Stony Brook Medicine

Monday	Tuesday	Wednesday	Thursday	Friday
7/19	7/20	7/21	7/22	7/23
Beef Pepper Steak	Beer Battered Fish & Chips	Orange Chicken	Chicken Parmesan	BBQ Ribs (Pork)
♥ Salmon Lemon Dill w/ Garlic Wine	♥ Apricot Chicken	♥ Stuffed Flounder	♥ Lemon Picatta Tilapia	♥ Shrimp w/ Tomatillo Sauce
★ Penne Alla Vodka(V)	★ Manicotti (V)	★ Vegetable Lo Mein(V)	★ Creamy Lemon Spring Vegetable Pasta(V)	★ Stuffed Shells (V)
Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken	Rotisserie Chicken
Steamed Rice	Toasted Parm Orzo	Fried Rice	Three Onion Rice	Seasoned Rice
Sweet Mashed Potatoes	Mashed Potatoes	Loaded Mashed Potatoes (Pork)	Linguine	Mashed Potatoes
Capri Vegetable	Roasted Broccoli	Stir Fried Vegetables	Roasted Cauliflower	Corn
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
White Bean Escarole	Black Bean Soup	Cream of Chicken Soup	Roasted Red Pepper & Gouda Soup	Split Pea & Ham (Pork)