



Heart Healthy
Employee Meal



Stony Brook Medicine

Monday

Tuesday

BBQ Wednesday

Thursday

Friday

7/26

7/27

7/28

7/29

7/30

Southern Fried Chicken

Flounder Oreganata

BBQ Menu on the Patio

Chicken Francese

Chicken Tikka Masala

Blackened Cajun Salmon

Grilled Chicken Milanese

Chicken & Beef Empanadas

Sautéed Snapper w/ Tomatoes & Spinach

Cod Provencal

Penne Alla Vodka (V)

Grilled Vegetable Ravioli (V)

Eggplant Rollatini(V)

Cheese Lasagna (V)

Vegetarian Stuffed Peppers (V)

Rotisserie Chicken

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Seasoned Rice

Creamy Orzo w/ Spinach

Parm Orzo

Basmati Rice

Mashed Potatoes

Roasted Potatoes

Yukon Gold Mashed Potato

Fingerling Potatoes

Broccoli

Honey Glazed Baby Carrots

Squash Blend

Creamed Spinach

Capri Blend Vegetables

California Blend Vegetables

Italian Blend Vegetables

Corn Succotash

Mac & Cheese

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Mac & Cheese

Greek Lemon Chicken Soup

Roasted Red Pepper & Smoked Gouda Soup

Chef's Choice Soup

Minestrone Soup

Seafood Gumbo

BBQ Menu on the Patio