



Heart Healthy
Employee Meal



Stony Brook Medicine

Monday 11/1	Tuesday 11/2	Wednesday 11/3	Thursday 11/4	Friday 11/5
Beef Pepper Steak	Beer Battered Fish & Steak Fries	Orange Chicken	Chicken Parmesan	Ropa Vijeas
♥ Salmon Lemon Dill w/ Garlic Wine	♥ Apricot Chicken	♥ Stuffed Flounder	♥ Lemon Picatta Tilapia	♥ Shrimp Scampi
★ Manicotti (V)	★ Pasta Bolognese	★ Vegetable Lo Mein(V)	★ Pasta Primavera(V)	★ Baked Ziti(V)
Steamed Rice	Three Onion Rice	Fried Rice	Toasted Parm Orzo	Seasoned Rice
Mashed Potatoes	Mashed Potatoes	Roasted Potatoes	Linguine	Mashed Potatoes
Capri Blend Vegetable	California Blend Vegetables	Stir Fried Vegetables	Italian Blend Vegetables	Mixed Vegetables
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Chicken Noodle	Chicken Dumpling	Cream of Chicken Soup	Roasted Red Pepper & Gouda Soup	Manhattan Clam Chowder

Omelets

Paninis

Chicken Wings

Nacho Bar

Cuban Sandwich