



Heart Healthy



Stony Brook Medicine



	Monday 7/1	Tuesday 7/2	Wednesday 7/3	Thursday 7/4	Friday 7/5
Entrée	Swedish Meatballs	Chicken Mozzarella	Chicken Pot Pie	BBQ Chicken	Southern Fried Chicken
Heart Healthy Entrée	Shrimp Scampi over Linguine	Tilapia Tortilla	Grilled Salmon w/ Mango Salsa	Cod Provencal	Tropical Mahi Mahi
		Dairy free	No Gluten Added & Dairy Free	No Gluten Added	No Gluten Added & Dairy Free
Employee Meal	Employee Meal Baked Ziti (V)	Employee Meal Stuffed Shells (V)	Employee Meal Pasta Primavera	Employee Meal Penne Ala Vodka	Employee Meal Spinach Ravioli (V)
		No Gluten Added & Dairy Free			
Starch	Egg Noodles	Rice Pilaf	Toasted Orzo	Three Onion Rice	Mashed Potatoes
		No Gluten Added & Dairy Free		No Gluten Added	No Gluten Added
Starch	Mashed Potatoes	Potato Medley	Roasted Red Bliss Potatoes	Yukon Gold Mashed	
	No Gluten Added		No Gluten Added & Dairy Free	No Gluten Added	
Vegetable	Italian 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	Hearty Vegetable (V)	Tomato Basil (V)	Roasted Red Pepper & Gouda (V)	Chicken Noodle	Broccoli Cheddar
	No Gluten Added & Dairy Free			Dairy Free	
Chef Table	Breakfast for Lunch	Taco Tuesday	Peach & Apricot Pork Loin w/ Wheatberry Salad	Hot Dog Bar	

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

Menu Subject to Change