

Cycle 4	Heart Healthy	Stony Brook Medicine			
	Monday 7/15	Tuesday 7/16	Wednesday 7/17	Thursday 7/18	Friday 7/19
Entrée	BBQ Brisket <small>No Gluten Added</small>	Chicken Bruschetta <small>No Gluten Added</small>	Chicken Marsala	Chicken Picatta	Chicken Tikka Masala
Heart Healthy Entrée	Caribbean Shrimp and Rice <small>No Gluten Added *contains pork*</small>	Grilled Salmon <small>No Gluten Added & Dairy Free</small>	Stuffed Flounder	Potato Crusted Cod	Tilapia Orogenata
Employee Meal	Employee Meal Penne Alla Vodka (v)	Employee Meal Ravioli w/ Sausage & Broccoli Rabe <small>*contains pork*</small>	Employee Meal Vegetable Frittata (v)	Employee Meal Spinach Ravioli (v)	Employee Meal Eggplant Rollatini (v)
Starch	Seasoned Rice <small>No Gluten Added</small>	Egg Noodles	Creamy Orzo	Three Onion Rice <small>No Gluten Added</small>	White Rice <small>No Gluten Added</small>
Starch	Red Bliss Mashed Potatoes <small>No Gluten Added</small>	Roasted Potatoes <small>No Gluten Added</small>	Fingerling Potatoes <small>No Gluten Added & Dairy Free</small>	Yukon Gold Mashed Potatoes <small>No Gluten Added</small>	Garlic Mashed Potatoes <small>No Gluten Free</small>
Vegetable	Corn on the Cobb <small>No Gluten Added</small>	Spinach <small>No Gluten Added</small>	Broccoli <small>No Gluten Added & Dairy Free</small>	Buffalo Cauliflower <small>No Gluten Added & Dairy Free</small>	Brussel Sprouts <small>No Gluten Added</small>
Vegetable	Bermuda Blend Vegetables <small>No Gluten Added</small>	5 Way Blend Mixed Vegetables <small>No Gluten Added</small>	Chef Blend Vegetables <small>No Gluten Added</small>	California Blend Vegetables <small>No Gluten Added</small>	Capri Blend Vegetables <small>No Gluten Added</small>
Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese	Mac & Cheese
Soup	Lentil (v) <small>No Gluten Added & Dairy Free</small>	Chicken Noodle <small>Dairy Free</small>	Broccoli Cheddar (v) <small>No Gluten Added</small>	Roasted Red Pepper & Smoked Gouda (v)	Lobster Bisque
Hot Summer Salad	Roasted Corn And Blueberry Salad	Roasted Corn And Blueberry Salad	Roasted Corn And Blueberry Salad	Roasted Corn And Blueberry Salad	Roasted Corn And Blueberry Salad
Chef Table	Breakfast for Lunch	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