



Meals prepared by:
Michigan Medicine
Patient Food & Nutrition
Services

March 18

March 19

March 20

March 21

March 22

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée – Select either Regular or Vegetarian	Cheese Omelet	Potato Encrusted Cod	Apple Pork Loin w/Chutney	Mac and Cheese	Chicken Parmesan w/Penne Pasta
	Quinoa Stuffed Pepper				
Side	Tater Tots	Wild & Brown Rice Pilaf	Roasted Butternut Squash		—
Vegetable	Chopped Spinach	Green Beans	Roasted Brussel Sprouts	Zucchini/Yellow Squash & Tomatoes	Cooked Carrots
Salad	Cucumbers & Tomato Wedges w/ Catalina Dressing	Garbanzo Bean and Cucumber Salad	Tossed Greens w/Ranch Dressing	Coleslaw	Side Caesar Salad w/Croutons & Caesar Dressing
Roll/Muffin	Whole Grain Roll w/Margarine	Whole Wheat Roll w/Margarine	Granola	French Roll w/margarine	Hawaiian Roll w/margarine
Fruit/Dessert	Sliced Peaches	Mandarin Oranges	Yogurt Parfait	Sliced Pears	Apple Crisp
Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Sandwich	Chicken Salad & Lettuce Sandwich on Wheat Bun	Roast Beef, Swiss & Lettuce Sandwich on Wheat Bun w/Mayo	Chicken Caesar Wrap on Regular Tortilla	Tuna Salad & Lettuce Sandwich on Wheat Bun	Turkey & Lettuce Sandwich on Wheat Bread w/Mayo
Fruit	Fresh Pineapple	Banana	Grapes	Fresh Orange	Grapes
Veg/Salad	Baby Carrots	Celery Sticks & Peanut Butter	Fresh Vegetable Salad	Cucumber Salad	Beet Salad



Meals prepared by:
Michigan Medicine
Patient Food & Nutrition
Services

Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
------	-----------	-----------	-----------	-----------	-----------

	March 25	March 26	March 27	March 28	March 29
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée – Select either Regular or Vegetarian	Beef Brisket Pot Roast	Oriental Chicken	Meatloaf w/Brown Gravy	Beef Mushroom Pilaf	Roast Turkey w/ US Chicken Gravy
	Broccoli Cheese Casserole				
Side	Roasted Butternut Squash	White Rice	Mashed Potatoes	—	Sweet Potatoes and Apples
Vegetable	Spinach Au Gratin	California Mixed Vegetables	Broccoli and Carrots	Roasted Brussel Sprouts	Green Beans
Salad	Tossed Greens w/ French Dressing	Fiesta Coleslaw	Three Bean Salad	Cucumber Salad	Cucumber and Tomato Wedges w/Catalina Dressing
Roll/Muffin	Whole Wheat Roll w/Margarine	Hawaiian Roll w/Margarine	Whole Wheat Roll w/Margarine	Whole Grain Roll w/Margarine	Peanut Butter Cookie
Fruit/Dessert	Grapes	Unsweetened Applesauce (Bulk)	Yogurt Parfait w/Granola	Mixed Berry Crisp	Pineapple Chunks (Canned)
Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Sandwich	Tuna Salad & Lettuce Sandwich on Wheat Bun	Turkey & Lettuce Sandwich on Whole Wheat Bread w/Mayo	Chicken Salad on Wheat Bun	Ham & Swiss Wrap on Regular Tortilla	Roast Beef & Cheddar Sandwich on Wheat Bun w/Mayo



Meals prepared by:
Michigan Medicine
Patient Food & Nutrition
Services

Fruit	Seasonal Apple	Sliced Peaches	Orange	Sliced Pears	Banana
Veg/Salad	Cucumber and Grape Tomato w/Italian Dressing	Celery Sticks & Peanut Butter	Lettuce, Sliced Tomato, and Sliced Red Onions	Baby Carrots	Lettuce, Sliced Tomato, and Sliced Red Onions
Milk	Skim Milk X2	Skim Milk	Skim Milk	Skim Milk	Skim Milk

	April 1	April 2	April 3	April 4	April 5
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée – Select either Regular or Vegetarian	Chicken Parmesan w/Penne Pasta	Macaroni and Cheese	Stir Fry w/Chicken	Apple Pork Loin w/Chutney	Potato Encrusted Cod
	Asian Vegetable Stir Fry				
Side	_____	_____	White Rice	Apple Bread Dressing	_____
Vegetable	Sliced Yellow Squash	Peas and Carrots	_____	Spinach Au Gratin	Broccoli and Carrots
Salad	Beet Salad	Garbanzo Bean and Cucumber Salad	Cucumber Salad	Three Bean Salad	Coleslaw
Roll/Muffin	Whole Grain Roll w/Margarine	Whole Wheat Roll w/Margarine	Whole Wheat Roll w/Margarine	_____	French Roll w/Margarine
Fruit/Dessert	Apple Crisp	Fresh Pineapple	Sliced Peaches	Oatmeal Raisin Cookie	Grapes
Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk



Meals prepared by:
Michigan Medicine
Patient Food & Nutrition
Services

Sandwich	Egg Salad & Lettuce Sandwich on Multigrain Bread	Turkey & Lettuce Sandwich on Wheat Bun w/ Mayo	Roast Beef and Swiss Wrap on Regular Tortilla	Tuna Salad Sandwich on Wheat Bun	Ham & Lettuce Sandwich on Wheat Bread w/Mayo and Mustard
Fruit	Strawberry Applesauce	Red Grapes	Seasonal Fruit	Banana	Sliced Pears
Veg/Salad	Cucumber & Grape Tomatoes w/Italian Dressing	Celery Sticks & Peanut Butter	Baby Carrots	Lettuce, Sliced Red Onion, Sliced Tomato	Fresh Cut Vegetable w/Ranch
Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk

April 8

April 9

April 10

April 11

April 12

	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée – Select either Regular or Vegetarian	Herb Buttered Salmon	Meatloaf w/Brown Gravy	Baked Stuffed Chicken w/US Chicken Gravy	Turkey w/US Chicken Gravy	Hamburger Patty
	Gardenburger on Wheat Bun with Mayo				
Side	Wild & Brown Rice Pilaf	Mashed Potato	Unsweetened Applesauce (Bulk)	Mashed Potatoes	—
Vegetable	Peas	California Mixed Vegetables	Broccoli	Green Beans	Corn
Salad	Fresh Cut Vegetables w/ Ranch Dressing	Tossed Greens w/ Croutons & Italian Dressing	Cucumber Salad	Side Caesar Salad w/Croutons & Caesar Dressing	Lettuce, Sliced Tomato, Sliced Red Onion, Sliced Pickles, Ketchup & Mayo
Roll/Muffin	Whole Wheat Roll w/Margarine	Whole Grain Roll w/Margarine	Whole Grain Roll w/Margarine	Sister Roll w/Margarine	Wheat Bun
Fruit/Dessert	Sliced Peaches	Sliced Pears	Lemon Bar	Yogurt Parfait w/Granola	Cherry Crisp



Meals prepared by:
Michigan Medicine
Patient Food & Nutrition
Services

Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk
Sandwich	Roast Beef, Lettuce & Cheddar Sandwich on Wheat Bread w/Mayo	Chicken Breast Sandwich on Wheat Bun w/Mayo	Egg Salad & Lettuce Sandwich on White Bun	Ham & Lettuce Sandwich on Wheat Bread w/Mayo and Mustard	Greek Chicken Wrap on Regular Tortilla
Fruit	Pineapple Chunks (canned)	Seasonal Fruit	Banana	Golden Delicious Apple	Strawberry Applesauce
Veg/Salad	V8 Juice	Lettuce, Sliced Red Onion, Sliced Tomato	Fresh Cut Vegetable w/Ranch	Broccoli Salad	Garbanzo Bean and Cucumber Salad
Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk