



Meals Prepared by University of Michigan Health System  
Patient and Food Nutrition Services (PFANS)



Weekend meal delivery begins Saturday, June 1.

If you are 60+ and would like to receive Saturday or Saturday/Sunday meals, please call (734) 487-9669.

	May 13	May 14	May 15	May 16	May 17
	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



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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
Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk

May 20

May 21

May 22

May 23

May 24

	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



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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
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

	May 27	May 28	May 29	May 30	May 31
	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



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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
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