



Meals prepared by University of Michigan Health System
Patient and Food Nutrition Services



Weekend delivery begins Saturday, June 1

If you are age 60+ & would like to add Saturday or Saturday/Sunday meals, call us at 734-487-9669

Week 3 of 4-Week Cycle: June 10th, July 8th, August 5th, September 2nd, September 30th, October 28th, November 25th, December 23rd, January 20th

	August 5	August 6	August 7	August 8	August 9	August 10	August 11
Entrée – Select either Regular or Vegetarian	Cheese Omelet	Potato Encrusted Cod	Apple Pork Loin w/Chutney	Mac and Cheese	Chicken Parmesan w/Penne Pasta	Roast Beef w/Brown Gravy	Michigan Cherry Chicken Salad w/Balsamic Vinaigrette
	Quinoa Stuffed Pepper						
Side	Tater Tots	Wild & Brown Rice Pilaf	Roasted Butternut Squash		_____	Mashed Potatoes	_____
Vegetable	Chopped Spinach	Green Beans	Roasted Brussel Sprouts	Zucchini/Yellow Squash & Tomatoes	Cooked Carrots	California Mixed Vegetable	_____
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	Three Bean Salad	
Roll/Muffin	Whole Grain Roll w/Margarine	Whole Wheat Roll w/Margarine	Granola	French Roll w/margarine	Hawaiian Roll w/margarine	Whole Wheat Roll w/Margarine	Potato Roll w/margarine
Fruit/Dessert	Sliced Peaches	Mandarin Oranges	Yogurt Parfait	Sliced Pears	Apple Crisp	Cheesecake w/ Strawberries	Banana



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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	Ham & Swiss Sandwich on Wheat Bun w/Mayo & Mustard	—
Fruit	Fresh Pineapple	Banana	Grapes	Fresh Orange	Grapes	Unsweetened Applesauce Cup	V-8 Juice
Veg/Salad	Baby Carrots	Celery Sticks & Peanut Butter	Fresh Vegetable Salad	Cucumber Salad	Beet Salad	Fresh Cut Vegetable w/Ranch	—
Milk	Skim Milk	Skim Milk	Skim Milk	2Skim Milk	Skim Milk	Skim Milk	Skim Milk

Week 4 of 4-Week Cycle: June 17th, July 15th, August 12th, September 9th, October 7th, November 4th, December 2nd, December 30th, January 27th

	August 12	August 13	August 14	August 15	August 16	August 17	August 18
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	Baked Herb Chicken	Chicken Caesar Salad w/Caesar Dressing
	Broccoli Cheese Casserole						
Side	Roasted Butternut Squash	White Rice	Mashed Potatoes	—	Sweet Potatoes and Apples	Wild & Brown Rice Pilaf	Croutons
Vegetable	Spinach Au Gratin	California Mixed Vegetables	Broccoli and Carrots	Roasted Brussel Sprouts	Green Beans	Peas	V-8 Juice
Salad	Tossed Greens w/ French Dressing	Fiesta Coleslaw	Three Bean Salad	Cucumber Salad	Cucumber and Tomato Wedges w/Catalina Dressing	Broccoli Salad	—
Roll/Muffin	Whole Wheat Roll w/Margarine	Hawaiian Roll w/Margarine	Whole Wheat Roll w/Margarine	Whole Grain Roll w/Margarine	Peanut Butter Cookie	Whole Grain Roll w/Margarine	Potato Roll w/Margarine



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Fruit/Dessert	Grapes	Unsweetened Applesauce (Bulk)	Yogurt Parfait w/Granola	Mixed Berry Crisp	Pineapple Chunks (Canned)	Mandarin Oranges	—
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	Turkey & Swiss Sandwich on Wheat Bun w/Mayo	—
Fruit	Seasonal Apple	Sliced Peaches	Orange	Sliced Pears	Banana	Grapes	Strawberry Applesauce
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	Fresh Vegetable Salad	—
Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk

Week 1 of 4-Week Cycle: May 27th, June 24th, July 22nd, August 19th, September 16th, October 14th, November 11th, December 9th, January 6th

	August 19	August 20	August 21	August 22	August 23	August 24	August 25
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	Meat Lasagna	Ham and Swiss Sandwich on Wheat Bun w/Lettuce, Mayo & Mustard
	Asian Vegetable Stir Fry						
Side	—	—	White Rice	Apple Bread Dressing	—	—	—
Vegetable	Sliced Yellow Squash	Peas and Carrots	—	Spinach Au Gratin	Broccoli and Carrots	Green Beans	—



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Salad	Beet Salad	Garbanzo Bean and Cucumber Salad	Cucumber Salad	Three Bean Salad	Coleslaw	Tossed Greens w/French Dressing	Fresh Vegetable Salad
Roll/Muffin	Whole Grain Roll w/Margarine	Whole Wheat Roll w/Margarine	Whole Wheat Roll w/Margarine	—	French Roll w/Margarine	Sister Roll w/Margarine	—
Fruit/Dessert	Apple Crisp	Fresh Pineapple	Sliced Peaches	Oatmeal Raisin Cookie	Grapes	Yogurt Parfait w/Granola	Mandarin Oranges
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	Chicken Breast Sandwich on White Bun w/Mayo	—
Fruit	Strawberry Applesauce	Red Grapes	Seasonal Fruit	Banana	Sliced Pears	Fresh Orange	—
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	Lettuce, Sliced Red Onion, Sliced Tomato	—
Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk

Week 2 of 4-Week Cycle: June 3rd, July 1st, July 29th, August 26th, September 23rd, October 21st, November 18th, December 16th, January 13th

	August 26	August 27	August 28	August 29	August 30	August 31	Sept. 1
Entrée – Select either Regular or Vegetarian	Herb Buttered Cod	Meatloaf w/Brown Gravy	Baked Stuffed Chicken w/US Chicken Gravy	Turkey w/US Chicken Gravy	Hamburger Patty	Chicken Primavera	Mediterranean Quinoa Salad (2 Grape Tomatoes & 3 Sliced Cucumbers)
	Gardenburger on Wheat Bun with Mayo						



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Side	Wild & Brown Rice Pilaf	Mashed Potato	Unsweetened Applesauce (Bulk)	Mashed Potatoes	_____	_____	Naan Bread
Vegetable	Peas	California Mixed Vegetables	Broccoli	Green Beans	Corn	Brussels Sprouts & Cauliflower	_____
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	Fresh Vegetable Salad	_____
Roll/Muffin	Whole Wheat Roll w/Margarine	Whole Grain Roll w/Margarine	Whole Grain Roll w/Margarine	Sister Roll w/Margarine	Wheat Bun	Whole Wheat Roll w/Margarine	_____
Fruit/Dessert	Sliced Peaches	Sliced Pears	Lemon Bar Sliced Peaches	Yogurt Parfait w/Granola	Cherry Crisp	Grapes	Fresh Orange
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	Turkey & Swiss Sandwich on Multigrain Bread w/Mayo	_____
Fruit	Pineapple Chunks (canned)	Seasonal Fruit	Banana	Golden Delicious Apple	Strawberry Applesauce	Apple Slices (Bagged)	
Veg/Salad	V8 Juice	Lettuce, Sliced Red Onion, Sliced Tomato	Fresh Cut Vegetable w/Ranch	Broccoli Salad	Garbanzo Bean and Cucumber Salad	Baby Carrots	
Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk	Skim Milk