



Meals Prepared by:
Michigan Medicine
Patient Food and Nutrition Services
Effective 5.1.2022



Week 1		Monday	Wednesday	Friday
		May 23, Jun 20, Jul 18, Aug 15, Sep 12	May 25, Jun 22, Jul 20, Aug 17, Sep 14	May 27, Jun 24, Jul 22, Aug 19, Sep 16
Entrée	Standard	Meat Lasagna	Potato Encrusted Cod w/ Lemon Juice	Meatloaf w/ Brown Gravy
	<i>OR</i> Vegetarian	Lentil Walnut Penne Pasta	<i>Lentil Walnut Penne Pasta</i>	<i>Macaroni & Cheese</i>
Side			Wild & Brown Rice Pilaf <i>(only Standard)</i>	Mashed Potatoes <i>(only Standard)</i>
Vegetable		California Mixed Vegetables	Broccoli & Carrots	Peas & Carrots
Salad		Cucumber Salad	Coleslaw	Cucumber & Grape Tomatoes w/ Italian Dressing
Roll/Muffin		Whole Wheat Roll w/ Margarine	Blueberry Muffin	Whole Wheat Roll w/ Margarine
Fruit/Dessert		Diced Peaches	Mandarin Oranges	Fruit Compote
Sandwich		Egg Salad & Lettuce on White Bun	Chicken Breast on White Bun w/ Mayo	Ham & Lettuce on Wheat Bread w/ Mayo & Mustard
Fruit		Seasonal Apple	Banana	Diced Pears
Veg/Salad		V8 Juice	Lettuce, Red Onion, Tomato	Greek Broccoli Salad
Milk		2% Milk	2% Milk	2% Milk

HOT MEAL

COLD BAG

Unless otherwise arranged, all clients receive TWO of the above meals with each delivery.



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Week 2		Monday	Wednesday	Friday
		May 2, May 30 (CLOSED), Jun 27, Jul 25, Aug 22, Sep 19	May 4, Jun 1, Jun 29, Jul 27, Aug 24, Sep 21	May 6, Jun 3, Jul 1, Jul 29, Aug 26, Sep 23
Entrée	Standard	Baked Stuffed Chicken w/ Chicken Gravy	Chicken Stir Fry w/ Soy Ginger Glaze	Beef Brisket Pot Roast
	<i>OR</i> Vegetarian	<i>Two Bean Tamale Pie</i>	<i>Two Bean Tamale Pie</i>	<i>Vegetable Stir Fry w/ Edamame</i>
Side		Potatoes O'Brien <i>(only Standard)</i>	White Rice <i>(only Standard)</i>	Roasted Butternut Squash <i>(only Standard)</i>
Vegetable		Corn	Stir Fry Vegetables w/ Carrots	Green Beans
Salad		Tossed Greens w/ Italian Dressing	Fresh Vegetable Salad	Cucumber & Grape Tomatoes w/ Catalina Dressing
Roll/Muffin			Unsweetened Applesauce	Whole Wheat Roll w/ Magarine
Fruit/Dessert		Mixed Berry Crisp	Mini Naan Bread	Diced Peaches
Sandwich		Turkey & Lettuce on Wheat Bun w/ Mayo	Roast Beef & Cheddar on Wheat Bread w/ Mayo	Tuna Salad on Wheat Bun
Fruit		Apple Slices	Seasonal Fruit	Banana
Veg/Salad		Baby Carrots	Celery Sticks & Peanut Butter	Lettuce, Red Onion, Tomato
Milk		2% Milk	2% Milk	2% Milk

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Week 3		Monday	Wednesday	Friday
		May 9, Jun 6, Jul 4 (CLOSED), Aug 1, Aug 29, Sep 26	May 11, Jun 8, Jul 6, Aug 3, Aug 31, Sep 28	May 13, Jun 10, Jul 8, Aug 5, Sep 2, Sep 30
Entrée	Standard	Roast Turkey w/ Chicken Gravy	Broccoli Cheese Casserole	Chickpea Korma Curry
	<i>OR</i> Vegetarian	<i>Malibu Burger</i>	<i>Malibu Burger w/ Tator Tots</i>	<i>Vegetable Frittata</i>
Side		Mashed Potatoes <i>(only Standard)</i>		White Rice
Vegetable		California Mixed Vegetables	Peas	Crinkle Cut Carrots
Salad		Coleslaw	Coucous Vegetable Salad	Greek Broccoli Salad
Roll/Muffin		Hawaiian Roll w/ Margarine		Mini Naan Bread
Fruit/Dessert		Diced Peaches	Grapes	Cheesecake w/ Strawberries
Sandwich		Chicken Salad & Lettuce on Wheat Bun	Turkey & Lettuce on Wheat Bread w/ Mayo	Hummus Wrap on Tortilla
Fruit		Clementine	Seasonal Apple	Banana
Veg/Salad		Fresh Vegetable Salad	Beet & Chickpea Salad	Fresh Cut Vegetables w/ Ranch
Milk		2% Milk	2% Milk	2% Milk

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Week 4		Monday	Wednesday	Friday
		May 16, Jun 13, Jul 11, Aug 8, Sep 5 (CLOSED)	May 18, Jun 15, Jul 13, Aug 10, Sep 7	May 20, Jun 17, Jul 15, Aug 12, Sep 9
Entrée	Standard	Beef & Mushroom Pilaf	Italian Meat Sauce	Tender Chicken Breast w/ Chicken Gravy
	<i>OR</i> Vegetarian	<i>Broccoli Cheese Casserole</i>	<i>Broccoli Cheese Casserole</i>	<i>Tater Tot Breakfast Scramble</i>
Side			Penne Pasta <i>(only Standard)</i>	Potatoes O'Brien <i>(only Standard)</i>
Vegetable		Green Beans	Crinkle Cut Carrots	Broccoli
Salad		Unsweetened Applesauce	Side Caesar Salad w/ Croutons & Caesar Dressing	Fresh Vegetable Salad
Roll/Muffin		Hawaiian Roll w/ Margarine		Hawaiian Roll w/ Margarine
Fruit/Dessert		Cherry Crisp	Diced Pears	Pineapple Chunks
Sandwich		Tuna Salad & Lettuce on Wheat Bun	Roast Beef & Swiss Wrap on Tortilla	Turkey & Lettuce on Wheat Bread w/ Mayo
Fruit		Seasonal Apple	Grape Bunches	Apple Slices
Veg/Salad		Cucumber & Grape Tomatoes w/ Italian Dressing	Coleslaw	Couscous Vegetable Salad
Milk		2% Milk	2% Milk	2% Milk

HOT MEAL

COLD BAG

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