



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



Week 1		Monday	Wednesday	Friday
		Oct 10, Nov 7	Oct 12, Nov 9	Oct 14, Nov 11
Entrée	Standard	Meat Lasagna	Potato Encrusted Cod w/ Lemon Juice	Meatloaf w/ Brown Gravy
	<i>OR Vegetarian</i>	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

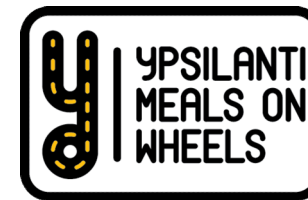
HOT MEAL

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
		Oct 17, Nov 14	Oct 19, Nov 16	Oct 21, Nov 18
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
		Sep 26, Oct 24	Sep 28, Oct 26	Sep 30, Oct 28
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
		Oct 3, Oct 31	Oct 5, Nov 2	Oct 7, Nov 4
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

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