



Meals Prepared by:  
Michigan Medicine  
Patient Food and Nutrition Services  
Effective 9/11/23



Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
		Sep 11, Oct 9, Nov 6, Dec 4, Jan 1 (New Year's Meal), Jan 29, Feb 26, March 25	Sep 12, Oct 10, Nov 7, Dec 5, Jan 2, Jan 30, Feb 27, March 26	Sep 13, Oct 11, Nov 8, Dec 6, Jan 3, Jan 31, Feb 28, March 27	Sep 14, Oct 12, Nov 9, Dec 7, Jan 4, Feb 1, Feb 29, March 28	Sep 15, Oct 13, Nov 10, Dec 8, Jan 5, March 1, March 29
HOT MEAL	<b>Entrée</b>	<b>Standard</b>  <i>Meat Lasagna</i>	<b>Hamburger w/ ketchup, mayo, lettuce, onion, tomato</b>	<b>Macaroni &amp; Cheese</b>	<b>Chicken Parmesan w/ Penne Pasta &amp; Marinara</b>	<b>Breaded Pollock w/ Tartar Sauce</b>
		<b>OR</b> <i>Vegetarian</i>  <i>Mushroom Ravioli w/ Marinara</i>	<i>Mushroom Ravioli w/ Marinara</i>	<i>Mushroom Ravioli w/ Marinara</i>	<i>Macaroni &amp; Cheese</i>	<i>Macaroni &amp; Cheese</i>
	<b>Vegetable</b>	Peas & Carrots	Corn	Broccoli & Carrots	Peas	California Mixed Vegetables
	<b>Salad</b>	Cucumber Salad	Coleslaw	Fresh Vegetable Salad	Three Bean Salad	Cucumber & Grape Tomatoes w/Italian dressing
	<b>Roll/Muffin</b>	Whole Wheat Roll w/ Margarine	Wheat Bun	Whole Wheat Roll w/ Margarine		Whole Wheat Roll w/ Margarine
	<b>Fruit/Dessert</b>	Clementine	Pineapple Chunks	Mandarin Oranges	Cottage Cheese & Peaches	Tropical Fruit Salad
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
COLD BAG	<b>Sandwich</b>	<b>Egg Salad &amp; Lettuce on White Bun</b>	<b>Turkey, Cheddar &amp; Lettuce on Wheat Bread w/ Mayo</b>	<b>Chicken Breast &amp; Lettuce on White Bun w/ Mayo</b>	<b>Turkey &amp; Swiss on Wheat Bread w/ Mayo</b>	<b>Chicken Salad &amp; Lettuce on Wheat Bun</b>
	<b>Fruit</b>	Seasonal Apple	Grapes	Banana	Strawberry Applesauce	Diced Pears
	<b>Veg/Salad</b>	Beet & Chickpea Salad	Garbanzo Bean & Cucumber Salad	Fresh Cut Vegetables w/ Ranch	Cucumber Salad	Greek Broccoli Salad
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Unless otherwise arranged, all clients receive TWO cartons of 2% milk with each delivery.



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Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
		Sep 18, Oct 16, Nov 13, Dec 11, Jan 8, Feb 5, March 4	Sep 19, Oct 17, Nov 14, Dec 12, Jan 9, Feb 6, March 5	Sep 20, Oct 18, Nov 15, Dec 13, Jan 10, Feb 7, March 6	Sep 21, Oct 19, Nov 16, Dec 14, Jan 11, Feb 8, March 7	Sep 22, Oct 20, Nov 17, Dec 15, Jan 12, Feb 9, March 8
<b>HOT MEAL</b>	<b>Entrée</b>	<b>Standard</b> <b>Mushroom Ravioli w/ Marinara</b>	<b>Turkey Tacos w/ Rice</b>	<b>Roast Turkey w/Chicken Gravy &amp; Wild and Brown Rice Pilaf</b>	<b>Meatloaf w/ Mashed Potatoes &amp; Brown Gravy</b>	<b>Baked Herb Chicken w/ Baked Potato Wedges</b>
		<i>OR</i> <b>Vegetarian</b> <i>Tator Tot Breakfast Scramble</i>	<i>Tator Tot Breakfast Scramble</i>	<i>Tator Tot Breakfast Scramble</i>	<i>Vegetable Stir Fry w/ Edamame</i>	<i>Vegetable Stir Fry w/ Edamame</i>
	<b>Vegetable</b>	Peas	Corn	Sliced Carrots	Peas & Carrots	Green Beans
	<b>Salad</b>	Tossed Greens & Italian Dressing	Lettuce, Tomatoes, Cheddar Cheese	Coleslaw	Cucumber & Grape Tomatoes w/ Italian dressing	Garbanzo Bean & Cucumber Salad
	<b>Roll/Muffin</b>	Whole Wheat Roll w/ Margarine	Street Tortillas	Whole Wheat Roll w/ Margarine (Option 1 only)	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine
	<b>Fruit/Dessert</b>	Fruit Cocktail	Tropical Fruit Salad	Apple Crisp	Mandarin Oranges	Cottage Cheese & Peaches
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
<b>COLD BAG</b>	<b>Sandwich</b>	<b>Turkey &amp; Lettuce on Wheat Bread w/Mayo</b>	<b>Chicken Caesar Wrap on Tortilla</b>	<b>Ham &amp; Lettuce on Wheat Bread w/Mayo &amp; Mustard</b>	<b>Egg Salad &amp; Lettuce on Wheat Bun</b>	<b>Turkey &amp; Swiss on Wheat Bun w/Mayo</b>
	<b>Fruit</b>	Apple Slices	Strawberry Applesauce	Clementine	Seasonal Fruit	Orange Juice Box
	<b>Veg/Salad</b>	Baby Carrots	Cucumber & Grape Tomatoes w/ Italian	Cucumber Salad	Fresh Cut Vegetables w/Ranch	Greek Broccoli Salad
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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Week 3		Monday	Tuesday	Wednesday	Thursday	Friday	
		Sep 25, Oct 23, Nov 20, Dec 18, Jan 15, Feb 12, March 11	Sep 26, Oct 24, Nov 21, Dec 19, Jan 16, Feb 13, March 12	Sept 27, Oct 25, Nov 22, Dec 20, Jan 17, Feb 14, March 13	Sep 28, Oct 26, Nov 23 (Thanksgiving Meal), Dec 21, Jan 18, Feb 15, March 14	Sep 29, Oct 27, Nov 24 (CLOSED), Dec 22, Jan 19, Feb 16, March 15	
HOT MEAL	<b>Entrée</b>	<b>Standard</b>  <i>OR</i> <b>Vegetarian</b>	<b>Macaroni &amp; Cheese</b>	<b>Tender Chicken Breast w/Mashed Potatoes &amp; Chicken Gravy</b>	<b>Meatloaf w/ Marinara</b>	<b>Mushroom Ravioli w/ Marinara</b>	<b>Breaded Pollock w/ Tartar Sauce</b>
		<i>Garden Burger w/ Mayo &amp; Ketchup</i>	<i>Garden Burger w/ Mayo &amp; Ketchup</i>	<i>Garden Burger w/ Mayo &amp; Ketchup</i>	<i>Tofu Tacos w/ Tortillas &amp; Rice</i>	<i>Tofu Tacos w/ Tortillas &amp; Rice</i>	
	<b>Vegetable</b>	California Mixed Vegetables	Crinkle Cut Carrots	Green Beans	Peas & Carrots	Sliced Zucchini	
	<b>Salad</b>	Greek Broccoli Salad	Tossed Greens w/ Croutons & Italian Dressing	Three Bean Salad	Coleslaw	Couscous Vegetable Salad	
	<b>Roll/Muffin</b>	Mini Naan Bread	Hawaiian Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine (Option 1 only)	Whole Wheat Roll w/ Margarine (Option 1 only)	
	<b>Fruit/Dessert</b>	Fruit Cocktail	Pineapple Chunks	Unsweetened Applesauce	Mandarin Oranges	Tropical Fruit Salad	
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	
COLD BAG	<b>Sandwich</b>	<b>Chicken Salad &amp; Lettuce on Wheat Bun</b>	<b>Ham, Swiss &amp; Lettuce on Wheat Bread w/ Mayo</b>	<b>Quinoa Salad w/ Hummus &amp; Vegetables</b>	<b>Turkey &amp; Lettuce on Wheat Bread w/Mayo</b>	<b>Chicken Breast on Wheat Bun w/ Mayo</b>	
	<b>Fruit</b>	Fresh Orange	Diced Peaches	Banana	Seasonal Apple	Grapes	
	<b>Veg/Salad</b>	Fresh Vegetable Salad	Beet & Chickpea Salad	Garbanzo Bean & Cucumber Salad	Greek Broccoli Salad	Cucumber & Grape Tomatoes w/ Ranch Dressing	
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

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Week 4		Monday	Tuesday	Wednesday	Thursday	Friday	
		Oct 2, Oct 30, Nov 27, Dec 25 (Christmas Day Meal), Jan 22, Feb 19, March 18	Oct 3, Oct 31, Nov 28, Dec 26, Jan 23, Feb 20, March 19	Oct 4, Nov 1, Nov 29, Dec 27, Jan 24, Feb 21, March 20	Oct 5, Nov 2, Nov 30, Dec 28, Jan 25, Feb 22, March 21	Oct 6, Nov 3, Dec 1, Dec 29, Jan 26, Feb 23, March 22	
HOT MEAL	<b>Entrée</b>	<b>Standard</b>	<b>Broccoli Cheese Casserole</b>	<b>Turkey Tacos w/ Wild &amp; Brown Rice Pilaf</b>	<b>Penne Pasta w/Italian Meat Sauce</b>	<b>Tender Chicken Breast w/Chutney</b>	<b>Meatloaf w/ Marinara &amp; Potatoes O'Brien</b>
		<i>OR</i> <b>Vegetarian</b>	<i>Vegetable Frittata</i>	<i>Vegetable Frittata w/ Rice Pilaf</i>	<i>Vegetable Frittata</i>	<i>Broccoli Cheese Casserole</i>	<i>Broccoli Cheese Casserole</i>
	<b>Vegetable</b>	Green Beans	California Mixed Vegetables	Crinkle Cut Carrots	Thai Steamed Vegetables	Broccoli & Carrots	
	<b>Salad</b>	Couscous Vegetable Salad	Fiesta Coleslaw	Three Bean Salad	Tossed Greens w/ Croutons & Ranch Dressing	Fresh Vegetable Salad	
	<b>Roll/Muffin</b>		Street Tortillas		Corn Bread	Hawaiian Roll w/ Margarine	
	<b>Fruit/Dessert</b>	Apple Crisp	Cottage Cheese & Pineapple	Mandarin Oranges	Unsweetened Applesauce	Pineapple Chunks	
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	
COLD BAG	<b>Sandwich</b>	<b>Tuna Salad &amp; Lettuce on Wheat Bun</b>	<b>Turkey, Cheddar &amp; Lettuce on Wheat Bread w/Mayo</b>	<b>Egg Salad &amp; Lettuce on White Bun</b>	<b>Ham &amp; Swiss on Tortilla</b>	<b>Chicken Salad &amp; Lettuce on Wheat Bun</b>	
	<b>Fruit</b>	Clementine	Seasonal Apple	Grapes	Apple Slices	Banana	
	<b>Veg/Salad</b>	Greek Broccoli Salad	Cucumber & Grape Tomatoes w/ Italian Dressing	Beet & Chickpea Salad	Coleslaw	Garbanzo Bean & Cucumber Salad	
	<b>Milk</b>	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

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