



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	Entrée	Standard	Meat Lasagna	Hamburger w/ ketchup, mayo, letuce, onion, tomato	Macaroni & Cheese	Chicken Parmesan w/ Penne Pasta & Marinara	Breaded Pollock w/ Tartar Sauce
		OR Vegetarian	Mushroom Ravioli w/ Marinara	Mushroom Ravioli w/ Marinara	Mushroom Ravioli w/ Marinara	Macaroni & Cheese	Macaroni & Cheese
	Vegetable		Peas & Carrots	Corn	Broccoli & Carrots	Peas	California Mixed Vegetables
	Salad		Cucumber Salad	Coleslaw	Fresh Vegetable Salad	Three Bean Salad	Cucumber & Grape Tomatoes w/Italian dressing
	Roll/Muffin		Whole Wheat Roll w/ Margarine	Wheat Bun	Whole Wheat Roll w/ Margarine		Whole Wheat Roll w/ Margarine
	Fruit/Dessert		Clementine	Pineapple Chunks	Mandarin Oranges	Cottage Cheese & Peaches	Tropical Fruit Salad
Milk		2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	
COLD BAG	Sandwich		Egg Salad & Lettuce on White Bun	Turkey, Cheddar & Lettuce on Wheat Bread w/ Mayo	Chicken Breast & Lettuce on White Bun w/ Mayo	Turkey & Swiss on Wheat Bread w/ Mayo	Chicken Salad & Lettuce on Wheat Bun
	Fruit		Seasonal Apple	Grapes	Banana	Strawberry Applesauce	Diced Pears
	Veg/Salad		Beet & Chickpea Salad	Garbanzo Bean & Cucumber Salad	Fresh Cut Vegetables w/ Ranch	Cucumber Salad	Greek Broccoli Salad
	Milk		2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Unless otherwise arranged, all clients receive TWO cartons of 2% milk with each delivery.							



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



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	
HOT MEAL	Entrée	Standard	Mushroom Ravioli w/ Marinara	Turkey Tacos w/ Rice	Roast Turkey w/Chicken Gravy & Wild and Brown Rice Pilaf	Meatloaf w/ Mashed Potatoes & Brown Gravy	Baked Herb Chicken w/ Baked Potato Wedges
		OR Vegetarian	Tator Tot Breakfast Scramble	Tator Tot Breakfast Scramble	Tator Tot Breakfast Scramble	Vegetable Stir Fry w/ Edamame	Vegetable Stir Fry w/ Edamame
	Vegetable	Peas	Corn	Sliced Carrots	Peas & Carrots	Green Beans	
	Salad	Tossed Greens & Italian Dressing	Lettuce, Tomatoes, Cheddar Cheese	Coleslaw	Cucumber & Grape Tomatoes w/ Italian dressing	Garbanzo Bean & Cucumber Salad	
	Roll/Muffin	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	
	Fruit/Dessert	Fruit Cocktail	Tropical Fruit Salad	Apple Crisp	Mandarin Oranges	Cottage Cheese & Peaches	
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	
COLD BAG	Sandwich	Turkey & Lettuce on Wheat Bread w/Mayo	Chicken Caesar Wrap on Tortilla	Ham & Lettuce on Wheat Bread w/Mayo & Mustard	Egg Salad & Lettuce on Wheat Bun	Turkey & Swiss on Wheat Bun w/Mayo	
	Fruit	Apple Slices	Strawberry Applesauce	Clementine	Seasonal Fruit	Orange Juice Box	
	Veg/Salad	Baby Carrots	Cucumber & Grape Tomatoes w/ Italian	Cucumber Salad	Fresh Cut Vegetables w/Ranch	Greek Broccoli Salad	
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	
Unless otherwise arranged, all clients receive <u>TWO</u> cartons of 2% milk with each delivery.							



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



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	Entrée	Standard	Macaroni & Cheese	Tender Chicken Breast w/Mashed Potatoes &Chicken Gravy	Meatloaf w/ Marinara	Mushroom Ravioli w/ Marinara	Breaded Pollock w/ Tartar Sauce
		OR Vegetarian	Garden Burger w/ Mayo & Ketchup	Garden Burger w/ Mayo & Ketchup	Garden Burger w/ Mayo & Ketchup	Tofu Tacos w/ Tortillas & Rice	Tofu Tacos w/ Tortillas & Rice
	Vegetable		California Mixed Vegetables	Crinkle Cut Carrots	Green Beans	Peas & Carrots	Sliced Zucchini
	Salad		Greek Broccoli Salad	Tossed Greens w/ Croutons & Italian Dressing	Three Bean Salad	Coleslaw	Couscous Vegetable Salad
	Roll/Muffin		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)
	Fruit/Dessert		Fruit Cocktail	Pineapple Chunks	Unsweetened Applesauce	Mandarin Oranges	Tropical Fruit Salad
	Milk		2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
COLD BAG	Sandwich		Chicken Salad & Lettuce on Wheat Bun	Ham, Swiss & Lettuce on Wheat Bread w/ Mayo	Quinoa Salad w/ Hummus & Vegetables	Turkey & Lettuce on Wheat Bread w/Mayo	Chicken Breast on Wheat Bun w/ Mayo
	Fruit		Fresh Orange	Diced Peaches	Banana	Seasonal Apple	Grapes
	Veg/Salad		Fresh Vegetable Salad	Beet & Chickpea Salad	Garbanzo Bean & Cucumber Salad	Greek Broccoli Salad	Cucumber & Grape Tomatoes w/ Ranch Dressing
	Milk		2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Unless otherwise arranged, all clients receive <u>TWO</u> cartons of 2% milk with each delivery.							



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



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	Entrée	Standard Broccoli Cheese Casserole	Turkey Tacos w/ Wild & Brown Rice Pilaf	Penne Pasta w/Italian Meat Sauce	Tender Chicken Breast w/Chutney	Meatloaf w/ Marinara & Potatoes O'Brien
		OR Vegetarian	<i>Vegetable Frittata w/ Rice Pilaf</i>	<i>Vegetable Frittata</i>	<i>Broccoli Cheese Casserole</i>	<i>Broccoli Cheese Casserole</i>
	Vegetable	Green Beans	California Mixed Vegetables	Crinkle Cut Carrots	Thai Steamed Vegetables	Broccoli & Carrots
	Salad	Couscous Vegetable Salad	Fiesta Coleslaw	Three Bean Salad	Tossed Greens w/ Croutons & Ranch Dressing	Fresh Vegetable Salad
	Roll/Muffin		Street Tortillas		Corn Bread	Hawaiian Roll w/ Margarine
	Fruit/Dessert	Apple Crisp	Cottage Cheese & Pineapple	Mandarin Oranges	Unsweetened Applesauce	Pineapple Chunks
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
COLD BAG	Sandwich	Tuna Salad & Lettuce on Wheat Bun	Turkey, Cheddar & Lettuce on Wheat Bread w/Mayo	Egg Salad & Lettuce on White Bun	Ham & Swiss on Tortilla	Chicken Salad & Lettuce on Wheat Bun
	Fruit	Clementine	Seasonal Apple	Grapes	Apple Slices	Banana
	Veg/Salad	Greek Broccoli Salad	Cucumber & Grape Tomatoes w/ Italian Dressing	Beet & Chickpea Salad	Coleslaw	Garbanzo Bean & Cucumber Salad
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Unless otherwise arranged, all clients receive <u>TWO</u> cartons of 2% milk with each delivery.						