



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, Feb 2, March 1, March 29 |
| <b>Entrée</b>        | <b>Standard</b>               | <b>Meat Lasagna</b>  | <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>                         |
|                      | <i>OR 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                                 | 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  |  |
| <b>COLD BAG</b>      | <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  |

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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><br>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              |
|                 |                      | <i>OR</i><br>Vegetarian<br>Tator Tot Breakfast Scramble | Tator Tot Breakfast Scramble                          | Tator Tot Breakfast Scramble                             | Vegetable Stir Fry w/ Edamame                          | Vegetable Stir Fry w/ Edamame                          |
|                 | <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>      | 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                     |
|                 | <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 |   |
| <b>HOT MEAL</b> | <b>Entrée</b>        | <b>Standard</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>OR Vegetarian</i>                                     | <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   |   |
| <b>COLD BAG</b> | <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<br>(Christmas Day Meal), Jan 22,<br>Feb 19, March 18 | Oct 3, Oct 31, Nov 28, Dec 26,<br>Jan 23, Feb 20, March 19 | Oct 4, Nov 1, Nov 29, Dec 27,<br>Jan 24, Feb 21, March 20 | Oct 5, Nov 2, Nov 30, Dec 28,<br>Jan 25, Feb 22, March 21 | Oct 6, Nov 3, Dec 1, Dec 29,<br>Jan 26, Feb 23, March 22 |
| HOT MEAL | <b>Entrée</b>        | <b>Standard</b><br>Broccoli Cheese Casserole                                       | <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><br>Vegetarian<br>Vegetable Frittata                                      | Vegetable Frittata<br>w/ Rice Pilaf                        | Vegetable Frittata  | Broccoli Cheese Casserole                                 | Broccoli Cheese Casserole                                |
|          | <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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