

Ypsilanti Meals on Wheels - Michigan Medicine Menu - October 2026

Week 1	Oct 5, Nov 2, Nov 30, Dec 28, Jan 25, Feb 22, Mar 22, Apr 19, May 17	Oct 6, Nov 3, Dec 1, Dec 29, Jan 26, Feb 23, Mar 23, Apr 20, May 18	Oct 7, Nov 4, Dec 2, Dec 30, Jan 27, Feb 24, Mar 24, Apr 21, May 19	Oct 8, Nov 5, Dec 3, Dec 31, Jan 28, Feb 25, Mar 25, Apr 22, May 20	Oct 9, Nov 6, Dec 4, Jan 1, Jan 29, Feb 26, Mar 26, Apr 23, May 21
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée Option I	Ground Beef w/ Gravy Over Rice	Baked Panko Herb Chicken	Beef & Broccoli w/ Orange Sauce	Chicken Ghallaba	Breaded Pollock w/ Tartar Sauce
Vegetarian Option II	Malibu Burger w/ Mayo & Ketchup, Lettuce, Onion, Tomato		Lentil Shepherd's Pie		Tater Tot Breakfast Scramble
Side	Brown Rice (Opt I only)	Whole Wheat Soft Pretzels (Opt I Only)	Brown Rice (Opt I only)	Brown Rice (Opt I only)	-
Hot Vegetable	Carrots	Green Beans	Broccoli	California Mixed Veg (Opt II Only)	Broccoli
Salad	-	-	-	-	Couscous Vegetable Salad (Opt I Only)
Roll	Whole Wheat Roll w/ Margarine (Opt I Only)	-	Wheat Bread Slice w/ Margarine	Hawaiian Roll w/ Margarine	Whole Wheat Roll w/ Margarine
Fruit/Dessert	Grapes	Unsweetened Applesauce	Mandarin Oranges	Baked Apples	Sliced Pears
Cold Bag	US Egg Salad Sandwich	Turkey Ham & Cheddar Tray	Tuna Salad Sandwich	BBQ Chicken Pasta Salad	Cottage Cheese Fruit Box
Fruit	Whole Orange	Raisins	Banana	Pineapple Tidbit Cup	Diced Peaches Cup
Vegetable / Salad	Greek Broccoli Salad	Baby Carrots Pkg w/ Ranch Pkt	Carrot Salad	-	Baby Carrots Pkg w/ Ranch Pkt
Additional Accompaniments	-	-	-	String Cheese	-
Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk

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Week 2	Oct 12, Nov 9, Dec 7, Jan 4, Feb 1, Mar 1, Mar 29, Apr 26, May 24	Oct 13, Nov 10, Dec 8, Jan 5, Feb 2, Mar 2, Mar 30, Apr 27, May 25	Oct 14, Nov 11, Dec 9, Jan 6, Feb 3, Mar 3, Mar 31, Apr 28, May 26	Oct 15, Nov 12, Dec 10, Jan 7, Feb 4, Mar 4, Apr 1, Apr 29, May 27	Oct 16, Nov 13, Dec 11, Jan 8, Feb 5, Mar 5, Apr 2, Apr 30, May 28
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée Option I	Chickpea Curry	Chicken, Broccoli, & Rice Casserole	Mushroom Ravioli w/ Marinara	BBQ Pulled Chicken	Baked Haddock
Vegetarian Option II	Vegetable Stir Fry w/ Edamame		Three Bean Chili		Broccoli & Cheese Casserole
Side	Brown Rice	Brown Rice	Whole Grain Tostitos (Opt II Only)	Mashed Sweet Potatoes	Baked Potato Wedges (Opt I Only)
Hot Vegetable	Peas & Carrots (Opt I Only)	Green Beans (Opt I Only)	California Mixed Vegetables	Black Beans (Opt I Only)	Peas & Carrots (Opt I Only) Steamed Carrots (Opt II Only)
Salad	-	-	Cottage Cheese (Opt I Only)	-	Cottage Cheese (Opt II Only)
Roll	Hawaiian Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Wheat Bread Slice w/ Margarine	Cornbread (Opt I Only) Wheat Bread Slice (Opt II Only)	Hawaiian Roll w/ Margarine
Fruit/Dessert	Pineapple Chunks	Mandarin Oranges	Fruit Cocktail	Sliced Pears	Cherry Applesauce
Cold Bag	Mac n Cheese	Turkey Club Pasta Salad	Brunch Salmon Bagel	Chicken Salad Sandwich	Mini Maple Pancakes w/ Chicken Sausage
Fruit	Grapes Pkg Apple Jucie Box	Tropical Fruit Cup	Apple Slices Pkg	Raisins	Banana
Vegetable / Salad	Tossed Green Salad w/ Italian Dressing	-	-	Quinoa Garden Salad	Potatoes O'Brien
Additional Accompaniments	Goldfish Crackers Pkg	-	Apple Juice Box	-	-
Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk

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Week 3	Oct 19, Nov 16, Dec 14, Jan 11, Feb 8, Mar 8, Apr 5, May 3, May 31	Oct 20, Nov 17, Dec 15, Jan 12, Feb 9, Mar 9, Apr 6, May 4	Oct 21, Nov 18, Dec 16, Jan 13, Feb 10, Mar 10, Apr 7, May 5	Oct 22, Nov 19, Dec 17, Jan 14, Feb 11, Mar 11, Apr 8, May 6	Oct 23, Nov 20, Dec 18, Jan 15, Feb 12, Mar 12, Apr 9, May 7
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée Option I	Stuffed Shells Primavera	Chimichurri Chicken	Taco Bowl	Chicken Fried Rice	Lemon Butter Breaded Pollock
Vegetarian Option II	Fiesta Stuffed Pepper w/ Cheese		Vegetable Fried Rice w/ Nugget		Malibu Burger w/ Mayo & Ketchup, Lettuce, Onion, Tomato
Side	Whole Grain Tostitos (Opt II Only)	Potatoes O'Brien (Opt I Only) Whole Grain Tostitos (Opt II Only)	Brown Rice (part of recipes)	Brown Rice (part of recipes)	Rice Pilaf (Opt I Only)
Hot Vegetable	Broccoli (Opt I Only)	Green Beans	Corn & Black Beans (Opt I Only)	Stir Fry Vegetables w/ Carrots	Broccoli
Salad	Cottage Cheese (Opt II Only)	Cottage Cheese (Opt II Only)	-	-	-
Roll	Whole Wheat Roll (Opt I Only) Wheat Bread Slice (Opt II Only)	Whole Wheat Roll (Opt I Only) Wheat Bread Slice (Opt II Only)	Whole Grain Tostitos (Opt I Only) Cornbread (Opt II Only)	Hawaiian Roll w/ Margarine	Whole Wheat Roll w/ Margarine (Opt I Only)
Fruit/Dessert	Cherry Applesauce (Opt I Only) Applesauce (Opt II Only)	Pineapple Chunks	Sliced Peaches	Mandarin Oranges	Sliced Pears
Cold Bag	Protein Egg Box	Turkey Swiss Sandwich w/ Mayo	Tuna Picnic Plate	Peanut Butter & Strawberry Jelly Uncrustable	Yogurt Parfait Bowl
Fruit	Apple Slices Pkg	Apple Juice Box	Strawberry Applesauce	Raisins	-
Vegetable / Salad	-	Coleslaw	Celery Sticks	Cucumber Salad	Baby Carrots Pkg w/ Ranch Pkt
Additional Accompaniments	Grapes Pkg	-	Apple Juice Box	-	-
Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk

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Week 4	Oct 26, Nov 23, Dec 21, Feb 15, Mar 15, Apr 12, May 10	Oct 27, Nov 24, Dec 22, Jan 19, Feb 16, Mar 16, Apr 13, May 11	Oct 28, Nov 25, Dec 23, Jan 20, Feb 17, Mar 17, Apr 14, May 12	Oct 29, Dec 24, Jan 21, Feb 18, Mar 18, Apr 15, May 13	Oct 30, Jan 22, Feb 19, Mar 19, Apr 16, May 14
	Monday	Tuesday	Wednesday	Thursday	Friday
Entrée Option I	Chicken Parmesan	Turkey Taco's w/ Tortillas	Chicken Tenders	Mac n Cheese w/ Pulled Chicken & BBQ Sauce	Glazed Meatloaf
Vegetarian Option II	Tofu Taco's w/ Tortillas		Broccoli & Cheese Casserole		Three Bean Chili
Side	Cilantro Lime Brown Rice (Opt II Only)	Cilantro Lime Brown Rice	Mashed Potatoes (Opt I Only)	-	Brown Rice
Hot Vegetable	California Mixed Vegetables	Green Beans	Broccoli (Opt I Only) Steamed Carrots (Opt II Only)	Green Beans (Opt I Only)	Corn
Salad	Shredded Taco Salad (Opt II Only)	Shredded Taco Salad (Opt II Only)	Cottage Cheese (Opt II Only)	Celery Sticks (Opt II Only) Cottage Cheese (Opt II Only)	-
Roll	Whole Wheat Roll w/ Margarine (Opt I Only)	-	Whole Wheat Roll (Opt I Only) Wheat Bread Slice (Opt II Only)	Hawaiian Roll (Opt I Only) Wheat Bread Slice (Opt II Only)	Whole Wheat Roll (Opt I Only) Wheat Bread Slice (Opt II Only)
Fruit/Dessert	Mandarin Oranges	Sliced Pears	Cherry Applesauce (Opt I Only) Applesauce (Opt II Only)	Baked Apples	Tropical Fruit Salad
Cold Bag	Cheese Omelet	Turkey Pesto Sandwich	Lobster Roll	Ranch Chicken Bowl	Overnight Oats
Fruit	Whole Orange	Diced Pear Cup	Apple Juice Box	-	Banana
Vegetable / Salad	Potatoes O'Brien	-	Cucumber Salad	Carrot Salad	-
Additional Accompaniments	Whole Grain Bagel	-	Goldfish Crackers Pkg	-	-
Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk	(2) 2% Milk