



Meals are prepared by Michigan Medicine Patient Food & Nutrition Services. This 6-day delivery menu will go into effect on Monday, September 11, 2023. Occasional substitutions may be made to the menu.

<u>Week 1 – Hot Meal Options (Standard or Option 2)</u>

Co	Meal omponent	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Standard	Meat Lasagna	w/Ketchup		Chicken Parmesan	Breaded Pollock w/ Tartar Sauce	Chicken Breast w/ Chicken Gravy	MI Cherry Chicken Salad
	Option 2	Mushro	om Ravioli w/ M	larinara	Ma	acaroni & Chee	se	
	Sides	Peas & Carrots	Onion, Lettuce, Tomato, Corn	Broccoli & Carrots	Penne Pasta w/ Marinara	California Mixed Vegetables	Wild and Brown Rice Pilaf (Standard only)	Croutons
		Cucumber Salad	Coleslaw	Fresh Vegetable Salad	Peas	Cucumbers & Tomatoes w/ Italian Dressing	Green Beans & Couscous Vegetable Salad	Beet & Chickpea Salad
		Whole Wheat Roll w/ Margarine	Wheat Bun	Whole Wheat Roll w/ Margarine	Three Bean Salad	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine
		Clementine	Pineapple Chunks	Mandarin Oranges	Cottage Cheese w/ Peaches	Tropical Fruit Salad	Cottage Cheese w/ Pineapple	Fresh Orange
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Week 1 – Cold Bag Option

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sandwich	US 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	Ham, Cheddar & Lettuce on Wheat Bread w/ Mayo & Mustard	
Fruit	Seasonal Apple	Grapes	Banana	Strawberry Applesauce	Diced Pears	Clementine	
Veg/Salad	Beet & Chickpea Salad	Garbanzo Bean & Cucumber Salad	Fresh Cut Vegetables w/ Ranch	Cucumber Salad	Greek Broccoli Salad	Fresh Vegetable Salad	
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

<u>Week 2 – Hot Meal Options (Standard or Option 2)</u>

Co	Meal omponent	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Standard	Mushroom Ravioli w/ Marinara	Turkey Tacos w/ Tortillas	Roast Turkey w/ Chicken Gravy	Meatloaf w/ Brown Gravy & Mashed Potatoes	Baked Herb Chicken & Golden Baked Potato Wedges	Chicken Stir Fry w/ Soy Ginger Glaze	Quinoa Salad w/ Hummus & Vegetables
	Option 2	Tater T	ot Breakfast So	ramble	Vegetab	ole Stir Fry w/ Eo	damame	
		Peas	Lettuce, Tomatoes, Cheddar Cheese	Wild & Brown Rice Pilaf <i>(Standard only)</i>	Peas & Carrots	Green Beans	White Rice & Stir Fry Vegetables w/ Carrots	
	Sides	Tossed Greens w/ Italian Dressing	Corn	Sliced Carrots & Coleslaw	Cucumber & Tomatoes w/ Italian Dressing	Garbanzo Bean & Cucumber Salad	Fresh Vegetable Salad	Cucumber Garbanzo Bean Salad
	Sides	Whole Wheat Roll w/ Margarine	White Rice	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Mini Naan Bread
		Fruit Cocktail	Tropical Fruit Salad	Apple Crisp	Mandarin Oranges	Cottage Cheese w/ Peaches	Unsweetened Applesauce	Seasonal Apple
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Week 2 – Cold Bag Option

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sandwich	Turkey & Lettuce on Wheat Bun w/ Mayo	Chicken Caesar Wrap on Tortilla	Ham, Cheddar & Lettuce on Wheat Bread w/ Mayo & Mustard	US Egg Salad & Lettuce on Wheat Bun	Turkey & Swiss on Wheat Bread w/ Mayo	Tuna Salad on Wheat Bun	
Fruit	Banana	Strawberry Applesauce	Clementine	Seasonal Fruit	Banana	Orange Juice Box	
Veg/Salad	Baby Carrots w/ Ranch	Garbanzo Bean & Cucumber Salad	Cucumber Salad	Fresh Cut Vegetables w/ Ranch	Coleslaw	Greek Broccoli Salad	
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

<u>Week 3 – Hot Meal Options (Standard or Option 2)</u>

C	Meal omponent	Monday	Tuesday	Wednesday	Thu	rsday	Friday		Satu	rday	Sunday
Entrée	Standard	Macaroni & Cheese	Chicken Breast w/ Chicken Gravy & Mashed Potatoes	Meatloaf w/ Marinara	Mushroom Ravioli w/ Marinara		Breaded Pollock w/ Tartar Sauce		Hamburger w/ Ketchup, Mayo, Onion, Lettuce, Tomato on Wheat Bun		Chicken Caesar Salad w/ Caesar Dressing
	Option 2	Garc	len Burger w	ı/ Mayo		Tofu ⁻	Taco's w/ Tortillas & White Rice				
					Standard	Option 2	Standard	Option 2	Standard	Option 2	
		California Mixed Vegetables	Crinkle Cut Carrots	Green Beans	Peas & Carrots	Lettuce Cheese and Tomatoes	Sliced Zucchini	Lettuce Cheese and Tomatoes	Broccoli	Lettuce Cheese and Tomatoes	Croutons
	Sides	Greek Broccoli Salad	Tossed Greens w/ Croutons & Italian Dressing	Three Bean Salad	Coleslaw	Coleslaw	Couscous Vegetable Salad	Coleslaw	Garbanzo Bean & Cucumber Salad	Coleslaw	Baby Carrots
		Fruit Pineapple Unswee	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Tortillas	Whole Wheat Roll w/ Margarine	Tortillas		Tortillas	Whole Wheat Roll w/ Margarine	
			Unsweetened Applesauce	Mandarin Oranges	Mandarin Oranges	Tropical Fruit Salad	Mandarin Oranges	Cottage Cheese w/ Peaches	Mandarin Oranges	Strawberry Applesauce	
	Milk	2% Milk	2% Milk	2% Milk	2%	Milk	2%	Milk	2%	Milk	2% Milk

Week 3 – Cold Bag Option

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sandwich	Chicken Salad & Lettuce on Wheat Bun	Ham, Swiss & Lettuce on Wheat Bread w/ Mayo	Quinoa Salad w/ Hummus & Vegetables	Tukey & Lettuce on Wheat Bread w/ Mayo	Chicken Breast on Wheat Bun w/ Mayo	US Egg Salad & Lettuce on Wheat Bun	
Fruit	Fresh Orange	Diced Peaches	Banana	Seasonal Apple	Grapes	Seasonal Apple	
Veg/Salad	Fresh Vegetable Salad	Beet & Chickpea Salad	Garbanzo Bean & Cucumber Salad	Greek Broccoli Salad	Cucumbers & Tomatoes w/ Ranch	Coleslaw	
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

<u>Week 4 – Hot Meal Options (Standard or Option 2)</u>

Co	Meal omponent	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée	Standard	Broccoli & Cheese Casserole	Turkey Tacos	Italian Meat Sauce on Penne Pasta	Chicken Breast w/ Chutney & Wedge Fries	Meatloaf w/ Marinara & Potatoes O'Brien	Roast Turkey w/ Chicken Gravy & Mashed Potatoes	Quinoa Salad w/ Hummus & Vegetables
	Option 2	V	egetable Frittat	a	Broccol	i & Cheese Ca	sserole	
		Green Beans	Wild & Brown Rice Pilaf & Tortillas	Crinkle Cut Carrots	Thai Steamed Vegetables	Broccoli & Carrots	Corn	Cucumbers & Tomatoes
	Sides	Couscous Vegetable Salad	California Mixed Vegetables	Three Bean Salad	Tossed Greens w/ Croutons & Ranch Dressing	Fresh Vegetable Salad	Cucumber Salad	Baby Carrots
			Fiesta Coleslaw		Corn Bread	Hawaiian Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Mini Naan Bread
		Apple Crisp	Cottage Cheese w/ Pineapple	Mandarin Oranges	Unsweetened Applesauce	Pineapple Chunks	Tropical Fruit Salad	Strawberry Yogurt & Diced Peaches
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Week 4 – Cold Bag Option

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sandwich	Tuna Salad & Lettuce on Wheat Bun	Turkey with Cheddar & Lettuce on Wheat Bread w/ Mayo	US Egg Salad & Lettuce on Wheat Bun	Ham & Swiss Wrap on Tortilla	Chicken Salad & Lettuce on Wheat Bun	Ham & Lettuce on Wheat Bread w/ Mayo & Mustard	
Fruit	Clementine	Seasonal Apple	Grapes	Apple Slices	Banana	Grape Juice Box	
Veg/Salad	Greek Broccoli Salad	Cucumbers & Tomatoes w/ Italian Dressing	Beet & Chickpea Salad	Coleslaw	Garbanzo Bean & Cucumber Salad	Couscous Vegetable Salad	
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	