UNIVERSITY OF MICHIGAN HEALTH
MICHIGAN MEDICINE

Ann Arbor meals on wheels

Meals are prepared by Michigan Medicine's Patient Food & Nutrition Services. This 6-day delivery menu will go into effect on **Monday, October 5, 2026**. Occasional substitutions may be made.

Week 1 – Hot Meal Options (Standard or Option 2)

Meal Component		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entrée	***Standard***	Ground Beef & Gravy w/ Brown Rice	Baked Panko Herb Chicken	Beef & Broccoli in Orange Sauce w/ Brown Rice	Chicken Ghallaba w/ Brown Rice	Breaded Pollock w/ Tartar Sauce	Hamburger w/ Ketchup, Mustard, Lettuce, Tomato, Onion on Wheat Bun
	Option 2	Malibu Veggie Burger w/ Whole Wheat Bun		Lentil Shepherd's Pie w/ Mashed Potatoes		Tater Tot Breakfast Scramble	
Sides		***Standard:*** Whole Wheat Roll	***Standard:*** Whole Wheat Soft Pretzel	Wheat Bread	Hawaiian Roll	Whole Wheat Roll	***Standard:*** Mashed Sweet Potatoes
		Carrots	Green Beans	Steamed Broccoli	***Standard:*** Zucchini, Peppers, Carrots	Broccoli	***Option 2:*** Whole Wheat Soft Pretzels & Baby Carrots
		Option 2: Lettuce, Onion, Tomato			***Option 2:*** California Mixed Vegetables	Couscous Vegetable Salad	
		Grapes	Unsweetened Applesauce	Mandarin Oranges	Baked Apples	Sliced Pears	Pineapple
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
Entree	Egg Salad Sandwich on Wheat Bun	Turkey & Cheddar Tray w/ Crackers	Tuna Salad Sandwich on Wheat Bun	BBQ Chicken Pasta Salad	Cottage Cheese Fruit Box w/ Granola	Mediterranean Quinoa Salad w/ Naan Bread	Signature Salad w/ Chicken
Fruit	Orange	Raisins	Banana	Pineapple Chunks	Diced Peaches	Papaya & Mango Fruit Cup	Apple
Veg/Salad	Greek Broccoli Salad	Baby Carrots	Carrot Salad	-	Baby Carrots	Cucumber & Tomatoes	Beet & Chickpea Salad Whole Grain Croissant
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Week 2 – Hot Meal Options (Standard or Option 2)

<table>
<tr><th colspan="2">Meal Component</th><th>Monday</th><th>Tuesday</th><th>Wednesday</th><th>Thursday</th><th>Friday</th><th>Saturday</th></tr>
<tr><td rowspan="2">Entrée</td><td>Standard</td><td>Chickpea Curry w/ Edamame & Brown Rice</td><td>Chicken, Broccoli, & Rice Casserole</td><td>Mushroom Ravioli w/ Marinara</td><td>BBQ Pulled Chicken</td><td>Baked Haddock</td><td>Chicken Stir Fry w/ Brown Rice</td></tr>
<tr><td>Option 2</td><td colspan="2">Vegetable Stir Fry w/ Edamame and Brown Rice</td><td colspan="2">Three Bean Chili & Cheese</td><td colspan="2">Broccoli & Cheese Casserole</td></tr>
<tr><td colspan="2" rowspan="4">Sides</td><td rowspan="2">Hawaiian Roll</td><td rowspan="2">Whole Wheat Roll</td><td colspan="2">Wheat Bread</td><td rowspan="2">Hawaiian Roll</td><td rowspan="2">Whole Wheat Roll</td></tr>
<tr><td>Option 2: Whole Grain Tostitos</td><td>Standard: Cornbread</td></tr>
<tr><td>Standard: Peas & Carrots</td><td>Standard: Green Beans</td><td rowspan="2">California Mixed Vegetables</td><td rowspan="2">Mashed Sweet Potatoes</td><td rowspan="2">Standard: Baked Potato Wedges</td><td>Standard: Stir Fry Vegetables</td></tr>
<tr><td colspan="2">Option 2: Stir Fry Vegetables</td><td>Option 2: Corn</td></tr>
<tr><td>Pineapple Chunks</td><td>Mandarin Oranges</td><td>Fruit Cocktail</td><td>Standard: Black Beans</td><td>Standard: Peas & Carrots
Option 2: Steamed Carrots</td><td rowspan="2">Pineapple Chunks</td></tr>
<tr><td>-</td><td>-</td><td>-</td><td>Sliced Pears</td><td>Cherry Applesauce</td><td>-</td></tr>
<tr><td colspan="2">Milk</td><td>2% Milk</td><td>2% Milk</td><td>2% Milk</td><td>2% Milk</td><td>2% Milk</td><td>2% Milk</td></tr>
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Week 2 – Cold Bag Option

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Mac & Cheese	Turkey Club Pasta Salad	Salmon Brunch Bagel	Chicken Salad Sandwich	Maple Pancakes w/ Chicken Sausage	Chicken Caesar Salad w/ Croutons	Mediterranean Quinoa Salad w/ Mini Naan Bread
Fruit	-	Tropical Fruit Salad	Apple Slices & Juice Box	Raisins	Banana	-	Apple
Veg/Salad	Tossed Green Salad	-	Red Onion & Tomato	Quinoa Garden Salad	Potatoes O'Brien	Wheat Roll	Cucumber & Tomatoes w/ Salad
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Week 3 – Hot Meal Options (Standard or Option 2)

Meal Component		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entrée	***Standard***	Stuffed Shells Primavera w/ Spinach, Mushroom, & Tomato	Chimichurri Chicken	Taco Bowl	Chicken Fried Rice	Lemon Butter Breaded Pollock w/ Rice Pilaf	Pot Roast w/ Brown Rice
	Option 2	Fiesta Stuffed Pepper w/ Cheese & Brown Rice		Vegetable Fried Rice w/ Nuggets		Malibu Veggie Burger w/ Wheat Bun	
Sides		***Standard:*** Whole Wheat Roll	***Standard:*** Whole Wheat Roll	***Standard:*** Whole Grain Tostitos	Hawaiian Roll	***Standard:*** Whole Wheat Roll	***Standard:*** Whole Wheat Roll
		Option 2: Wheat Bread	***Option 2:*** Wheat Bread	***Option 2:*** Cornbread			
		Standard: Broccoli	***Standard:*** Green Beans	***Standard:*** Corn & Black Beans	Stir Fry Vegetables	Broccoli	Steamed Carrots
		Option 2: Stuffing w/ Corn & Mushrooms	***Option 2:*** Stuffing w/ Corn & Mushrooms	***Option 2:*** Stir Fry Vegetables		***Option 2:*** Lettuce, Onion, Tomato	
		Unsweetened Applesauce	Pineapple	Sliced Peaches	Mandarin Oranges	Sliced Pears	Pineapple Baked Apples
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
Entree	Protein Egg Box	Turkey Swiss Sandwich	Tuna Picnic Plate	Peanut Butter & Strawberry Jelly Uncrustable	Yogurt Parfait Bowl w/ Granola	Signature Salad w/ Chicken & Whole Grain Pretzels	Michigan Cherry Chicken Salad
Fruit	Apple Slices & Grapes	Apple Juice Box	Strawberry Applesauce	Raisins	Berries	-	Applesauce
Veg/Salad	-	Coleslaw	Celery Sticks	Cucumber Salad	Baby Carrots	Vegetable Chickpea Mix & Diced Beets	Wheat Bread
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

Week 4 – Hot Meal Options (Standard or Option 2)

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<tr><th colspan="2">Meal Component</th><th>Monday</th><th>Tuesday</th><th>Wednesday</th><th>Thursday</th><th>Friday</th><th>Saturday</th></tr>
<tr><td rowspan="2">Entrée</td><td>Standard</td><td>Chicken Parmesan</td><td>Turkey Tacos</td><td>Chicken Tenders</td><td>Mac and Cheese w/ Pulled Chicken</td><td>Glazed Meatloaf</td><td>Chicken Breast w/ Gravy</td></tr>
<tr><td>Option 2</td><td colspan="2">Tofu Tacos</td><td colspan="2">Broccoli & Cheese Casserole</td><td colspan="2">Three Bean Chili & Cheese</td></tr>
<tr><td colspan="2" rowspan="4">Sides</td><td>Standard: Whole Wheat Roll</td><td rowspan="2">Cilantro Lime Brown Rice</td><td>Standard: Mashed Potatoes & Whole Wheat Roll</td><td>Standard: Hawaiian Roll</td><td>Standard: Brown Rice & Whole Wheat Roll</td><td>Standard: Mashed Potatoes & Cornbread</td></tr>
<tr><td>Option 2: Cilantro Lime Brown Rice</td><td colspan="2">Option 2: Wheat Bread</td><td>Option 2: Brown Rice & Wheat Bread</td><td>Option 2: Mashed Potatoes & Wheat Bread</td></tr>
<tr><td rowspan="2">California Mixed Vegetables</td><td rowspan="2">Green Beans</td><td>Broccoli</td><td>Standard: Green Beans</td><td rowspan="2">Corn</td><td rowspan="2">Crinkle Cut Carrots</td></tr>
<tr><td>Option 2: Steamed Carrots</td><td>Option 2: Celery</td></tr>
<tr><td>Mandarin Oranges</td><td>Sliced Pears</td><td>Unsweetened Applesauce</td><td>Baked Apples</td><td>Tropical Fruit Salad</td><td>Pineapple Chunks</td></tr>
<tr><td colspan="2">Milk</td><td>2% Milk</td><td>2% Milk</td><td>2% Milk</td><td>2% Milk</td><td>2% Milk</td><td>2% Milk</td></tr>
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Week 4 – Cold Bag Option

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entree	Cheese Omelet w/ Whole Grain Bagel	Turkey Pesto Sandwich	Lobster Roll	Ranch Chicken Bowl w/ Brown Rice	Overnight Oats w/ Granola	Sesame Noodle Bowl	Brussels Caesar Salad w/ Quinoa
Fruit	Orange	Diced Pears	Apple Juice Box	Carrot Salad	Berries & Banana	Mandarin Oranges & Apple Juice Box	Apple
Veg/Salad	Potatoes O'Brien	-	Cucumber Salad & Goldfish Crackers	-	-	-	Wheat Roll
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk