



Meals are prepared by Michigan Medicine Patient Food & Nutrition Services. This 6-day delivery menu will go into effect on **Monday**, **July 15**, **2024**. Occasional substitutions may be made.

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

Co	Meal Imponent	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entrée	Standard	Roast Turkey w/ Chutney	Meatballs & Brown Gravy	Chicken Parmesan	Chicken Fried Rice	Breaded Pollock w/ Tartar Sauce	Hamburger w/ Ketchup, Mayo, Lettuce
<u> </u>	Option 2	Lentil Shepherd's Pie		Broccoli & Cheese Casserole			er w/ Mayo & chup
		Mashed Potatoes (Standard Meal Only)	White Rice (Standard Meal Only)	Green Beans	Stir-Fry Vegetables	California Mixed Vegetables	Crinkle Cut Carrots
	Sides	Peas & Carrots	Corn			3	
		Cucumber Salad	Cucumber & Tomatoes w/ Italian Dressing	Carrot Salad	Three Bean Salad	Fiesta Coleslaw	Couscous Vegetable Salad
		Roll w/ Roll w/ Roll		Whole Wheat Roll w/ Margarine	Hawaiian Roll w/ Margarine	Wheat Bun	Wheat Bun
		Grapes	Pineannle		Diced Peaches	Tropical Fruit Salad	Pineapple Chunks

Milk :	2% Milk 2% Milk	2% Milk 29	% Milk 2% Milk	2% Milk
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Week 1 – Cold Bag Option

Meal Component	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Sandwich	Chicken Salad & Lettuce on Wheat Bun	Turkey, Cheddar & Lettuce on Wheat Bread w/ Mayo	Ham, Cheddar, & Lettuce on Wheat Bread w/ Mayo & Mustard	Turkey & Swiss on Wheat Bread	Chicken Caesar Wrap on Tortilla	Chicken Sesame Noodle Salad	MI Cherry Chicken Salad w/ Croutons
Fruit	Banana	Orange	Raisins	Strawberry Applesauce	Banana	Orange	Grape Juice Box
Veg/Salad	Couscous Vegetable Salad	Greek Broccoli Salad	Vegetable Chickpea Salad	Beet & Chickpea Salad	Greek Broccoli Salad	Carrot Salad	Cucumber Salad Whole Wheat roll w/ Margarine
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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

Co	Meal omponent	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entrée	Standard	Mushroom Ravioli w/ Marinara	Baked Panko Herb Chicken	Glazed Meatloaf	Roast Turkey w/ Chutney	Baked Haddock	Chicken Stir Fry w/ Soy Ginger Glaze
"	Option 2	Tater Tot Brea	kfast Scramble	Three Bean C	Chili & Cheese	Vegetable Stir-F	ry w/ Edamame
		Green Beans	Baked Potato Wedges	White Rice	Mashed Potatoes	Wild & Brown Rice Pilaf (Standard Meal Only)	White Rice
	Sides		California Mixed Vegetables	Corn	Green Beans	Peas & Carrots	Stir-Fry Vegetables w/ Carrots
		Baby Carrots w/ Ranch	Tossed Green & Italian Dressing	Cucumber Salad	Cucumber & Tomatoes w/ Italian Dressing	Three Bean Salad	Beet & Chickpea Salad
		Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Corn Bread	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine
				Baked Fruit w/ Granola	Mandarin Oranges	Cottage Cheese w/ Peaches	Unsweetened Applesauce
	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	Chickpea Salad on Wheat Bun w/ Lettuce & Swiss	Ham, Cheddar & Lettuce on Wheat Bread w/ Mayo & Mustard	Turkey & Cheddar Tray w/ Crackers	Egg Salad & Lettuce on Wheat Bun	Turkey & Swiss on Wheat Bread w/ Mayo	Tuna Salad, Cheddar & Lettuce on Wheat Bun	Quinoa Salad w/ Hummus, Cucumbers, & Tomatoes & Mini Naan Bread
Fruit	Banana	Orange	Raisins	Seasonal Fruit	Banana	Orange	Seasonal Apple & Strawberry Yogurt
Veg/Salad	Greek Broccoli Salad	Beet & Chickpea Salad	Couscous Vegetable Salad	Fresh Cut Vegetables w/ Ranch	Carrot Salad	Vegetable Chickpea Salad	Cucumber & Garbanzo Bean 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)

C	Meal omponent	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Entrée	Standard	Meat Lasagna	Tender Chicken Breast w/ Gravy		Chicken Fried Rice	Breaded Pollock w/ Tartar Sauce	Hamburger w/ Ketchup, Mayo, Lettuce	
	Option 2	Fiesta Stuffed P	epper w/ Cheese	Vegetable Fried	Rice w/ Nuggets	Vedge Burger w/	Mayo & Ketchup	
		California Mixed Vegetables Wild & Brown Rice Pilaf (Standard Meal Only)		Green Beans	Stir Fry Vegetables w/ Carrots	Broccoli	Peas & Carrots	
		vegetables	Crinkle Cut Carrots		Carrots			
	Sides	Greek Broccoli Salad	Couscous Vegetable Salad	Three Bean Salad	Carrot Salad	Fiesta Coleslaw	Tossed Green w/ Italian Dressing	
		Whole Wheat Roll w/ Margarine		Whole Wheat Roll w/ Margarine	Hawaiian Roll w/ Margarine	Wheat Bun	Wheat Bun	
		Fruit Cocktail	Pineapple Chunks	Unsweetened Applesauce	Mandarin Oranges	Tropical Fruit Salad	Pineapple Chunks	
	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	Egg Salad & Lettuce on Wheat Bun	Turkey, Cheddar & Lettuce on Wheat Bread w/ Mayo	Quinoa Salad w/ Hummus & Vegetables	Signature Salad w/ Chicken & Balsamic Vinaigrette	Chicken Caesar Salad w/ Caesar Dressing & Croutons
Fruit	Raisins	Seasonal Apple	Banana	Seasonal Apple	Orange	Banana	Seasonal Apple
Veg/Salad	Carrot Salad	Coleslaw	Garbanzo Bean & Cucumber Salad	Vegetable Chickpea Salad	Beet & Chickpea Salad	Couscous Vegetable Salad	Baby Carrots Whole Wheat Roll w/ Margarine
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk

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

Meal Component		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Entrée	Standard	Baked Haddock (Fish Tacos)	Turkey Tacos	Meatballs w/ Marinara	Roast Turkey w/ Chutney	Baked Panko Herb Chicken	Glazed Meatloaf
	Option 2	Tofu ⁻	Tacos	Broccoli & Che	eese Casserole	Three Bean Cl	nili w/ Cheddar
		White Rice Wild & Brown Rice Pilaf		Penne Pasta (Standard Meal Only)	Potatoes O'Brien	Wedge Fries	Mashed Potatoes
		Coleslaw Shredded Taco Salad		Green Beans	Peas & Carrots	Broccoli	Corn
	Sides	Peas & California Mixed Vegetables		Carrot Salad	Tossed Greens w/ Croutons & Ranch Dressing	Cucumber Salad	Garbanzo Bean & Cucumber Salad
		Soft Shell Tortillas	Soft Shell Tortillas	Whole Wheat Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Corn Bread	Whole Wheat Roll w/ Margarine
		Baked Fruit w/ Granola	Mandarin Oranges	Fruit Cocktail	Unsweetened Applesauce	Pineapple Chunks	Tropical Fruit Salad
	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	Chickpea Salad on Wheat Bun w/ Lettuce & Swiss	Tuna Salad w/ Cheddar & Lettuce on Wheat Bun	Turkey Cheddar & Lettuce on Wheat Bread w/ Mayo	Chicken Sesame Noodle Salad	Egg Salad & Lettuce on Wheat Bun	Ham, Swiss & Lettuce on Wheat Bread w/ Mayo & Mustard	Turkey & Cheddar Tray w/ Club Crackers
Fruit	Orange	Raisins	Seasonal Apple	Orange	Banana	Grape Juice Box	Seasonal Apple
Veg/Salad	Greek Broccoli Salad	Cucumber Salad	Beet & Chickpea Salad	Coleslaw	Vegetable Chickpea Salad	Couscous Vegetable Salad	Carrot Salad Cucumber and Grape Tomatoes w/ Ranch Dressing
Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk