

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)

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













