



Meals prepared by: Michigan Medicine Patient Food & Nutrition Services

The menu below will go into effect the week of November 7, 2022 and will remain in effect until further notice.

Week 1			Tuesday	Thursday	Saturday	Sunday
HOT MEAL	Entrée	Standard	Meat Lasagna	Carolina Pulled Chicken	Breaded Pollock w/ Tartar Sauce	Michigan Cherry Chicken Salad w/ Balsamic Dressing
		Option 2	Lentil Walnut Penne Pasta	Macaroni & Cheese		-----
	Side	-----	-----	-----	-----	
	Vegetable	Peas & Carrots	Corn	Sliced Zucchini	-----	
	Salad	Cucumber Salad	Coleslaw	Caesar Salad w/ Croutons & Caesar Dressing	Beet Chickpea Salad	
	Roll/Muffin	Whole Wheat Roll w/ Margarine	Wheat Bun (Standard only)	-----	Potato Roll w/ Margarine	
	Fruit/Dessert	Mandarin Oranges	Pineapple Chunks	Tropical Fruit Salad	Fresh Orange	
COLD BAG	Sandwich	Egg Salad & Lettuce on White Bun	Turkey & Swiss on Wheat Bread w/ Mayo	Ham & Lettuce on Wheat Bread w/ Mayo & Mustard	-----	
	Fruit	Seasonal Apple	Grapes	Diced Pears	-----	
	Veg/Salad	V8 Juice	Garbanzo Bean & Cucumber Salad	Greek Broccoli Salad	-----	
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	
Week 2			Tuesday	Thursday	Saturday	Sunday
HOT MEAL	Entrée	Standard	Mushroom Ravioli w/ Marinara	Meatloaf w/ Brown Gravy	Chicken Stir Fry w/ Soy Ginger Glaze	Mediterranean Quinoa Salad w/ Vegetables
		Option 2	Two Bean Tamale Pie	Vegetable Stir Fry w/ Edamame		-----
	Side	-----	Wedge Fries (Standard only)	Rice	-----	
	Vegetable	Peas	Zucchini/Yellow Squash/Tomatoes	Stir Fry Vegetables w/ Carrots	-----	
	Salad	Coleslaw	Tossed Greens w/ Croutons & Italian Dressing	Cucumber & Grape Tomatoes w/ Catalina Dressing	Cucumber Garbanzo Bean Salad	
	Roll/Muffin	Whole Wheat Roll w/ Margarine	-----	Hawaiian Roll w/ Margarine	Mini Naan Bread	
Fruit/Dessert	Fruit Cocktail	Fruit Compote	Diced Pears	Blueberry Yogurt		
COLD BAG	Sandwich	Chicken Salad & Lettuce Sandwich on Wheat Bun	Roast Beef & Cheddar on Wheat Bread w/ Mayo	Tuna Salad on Wheat Bun with Lettuce	-----	
	Fruit	Clementine	Strawberry Applesauce	Banana	-----	
	Veg/Salad	Baby Carrots	Celery Sticks & Peanut Butter	Couscous Vegetable Salad	-----	
	Milk	2% Milk	2% Milk	2% Milk	2% Milk	

Week 3		Tuesday	Thursday	Saturday	Sunday	
HOT MEAL	Entrée	<i>Standard</i>	Tender Chicken Breast w/ Chicken Gravy	Beef & Mushroom Pilaf	Vegetarian Lasagna	Chicken Caesar Salad w/ Caesar Dressing
		<i>Option 2</i>	Garden Burger w/ Mayo & Ketchup	Vegetable Frittata		-----
	Side		Potatoes O'Brien (Standard only)	-----	Tater Tots (Option 2 only)	Croutons
	Vegetable		Broccoli	Green Beans	Peas & Carrots	V-8 Juice
	Salad		Fresh Vegetable Salad	Caesar Salad w/ Croutons & Caesar Dressing	Couscous Vegetable Salad	-----
	Roll/Muffin		Whole Wheat Roll w/ Margarine	-----	-----	Potato Roll w/ Margarine
	Fruit/Dessert		Pineapple Chunks	Cherry Crisp	Mandarin Oranges	Strawberry Applesauce
COLD BAG	Sandwich		Egg Salad & Lettuce on White Bun	Mediterranean Quinoa Salad	Turkey & Swiss on Wheat Bread w/ Mayo	-----
	Fruit		Seasonal Apple	Clementine	Grapes	-----
	Veg/Salad		V8 Juice	Fresh Cut Vegetables w/ Ranch	Cucumber & Grape Tomatoes w/ Ranch	-----
	Milk		2% Milk	2% Milk	2% Milk	2% Milk
Week 4		Tuesday	Thursday	Saturday	Sunday	
HOT MEAL	Entrée	<i>Standard</i>	Meatloaf w/ Marinara	Tender Chicken Breast w/ Chutney	Broccoli Cheese Casserole	Mediterranean Quinoa Salad
		<i>Option 2</i>	Broccoli Cheese Casserole	Tater Tot Breakfast Scramble		-----
	Side		-----	Sweet Potatoes & Apples	-----	Strawberry Applesauce
	Vegetable		Zucchini/Yellow Squash/Tomatoes	Cauliflower & Carrots	Crinkle Cut Carrots	Cucumbers and Tomatoes (w/ salad)
	Salad		Three Bean Salad	Garbanzo Bean & Cucumber Salad	Tossed Greens w/ Croutons & Italian Dressing	Baby Carrots
	Roll/Muffin		Whole Wheat Roll w/ Margarine	Hawaiian Roll w/ Margarine	Whole Wheat Roll w/ Margarine	Mini Naan Bread
Fruit/Dessert		Peach Crisp	-----	Cheesecake w/ Strawberries	Strawberry Yogurt	
COLD BAG	Sandwich		Tuna Salad & Lettuce on Wheat Bun	Roast Beef & Swiss Wrap on Tortilla	Chicken Salad & Lettuce on Wheat Bun	-----
	Fruit		Banana	Apple Slices	Grape Juice Box	-----
	Veg/Salad		Greek Broccoli Salad	Coleslaw	Couscous Vegetable Salad	-----
	Milk		2% Milk	2% Milk	2% Milk	2% Milk