

Menu
Week 1 of 6 Week Cycle

Meals prepared by:
University of Michigan Health System,
Patient Food & Nutrition Services

S
V

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Garden Vegetable	Chicken Noodle	US Beef Barley	Cream of Broccoli	Minestrone	Cream of Tomato	-----
BBQ Chicken	Beef and Mushroom Pilaf	Asian Stir Fry w/ Chicken	Beef Stroganoff w/Noodles	Baked Ham w/Pineapple	Cheese Omelet	-----
Quinoa Stuffed Pepper	Quinoa Stuffed Pepper	Quinoa Stuffed Pepper	Quinoa Stuffed Pepper	Quinoa Stuffed Pepper	Quinoa Stuffed Pepper	-----
Wedge Fries	-----	White Rice	-----	Sweet Potatoes and Apples	O'Brien Potatoes	-----
Peas	California Mixed Vegetables	-----	Carrots	Green Beans	Spinach	-----
Fresh Vegetable Salad	Tossed Greens w/ Ranch Dressing	Coleslaw	Garbanzo Bean and Cucumber Salad	Tossed Greens w/ Italian Dressing	Fresh Cut Vegetables w/ Ranch Dressing	Cottage Cheese
Whole Wheat Roll	Roll	Whole Wheat Roll	Honey Wheat Roll	Sweet Yeast Roll	Blueberry Muffin	Potato Roll
Brownie *Cinnamon Goldfish Graham	Oatmeal Raisin Cookie	Rice Krispies Treat	Lemon Bar	Fig Newton	Nature Valley Granola Bar	Grapes
Roast Beef Sandwich on Wheat Bread w/Mayo	Ham & Cheese Wrap w/Grapes	Egg Salad Sandwich on Multigrain Bun	Turkey Sandwich on Wheat Bread w/Mayo	Chicken Breast Sandwich w/ Lettuce, Sliced Red Onion on Multigrain Bun w/Mayo	Tuna Salad Sandwich on Multigrain Bun	Michigan Chicken Cherry Salad w/ Balsamic Vinaigrette
Fresh Fruit Cup	Orange Juice	Banana	Cranberry Juice	Golden Delicious Apple	Orange	Strawberry Applesauce
2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	Skim Milk

*** Diabetic Dessert**

All rolls except muffins and corn bread come with margarine

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S V	Clam Chowder	Tuscan Vegetable	Garden Vegetable	Chicken Noodle	Cheesy Potato Bisque	Minestrone	-----
	Harvest Beef Stew	Oriental Chicken Breast	Penne Pasta w/ Meat Sauce	Chargrilled Salmon	Baked Stuffed Chicken	Meatloaf w/ US Brown Gravy	-----
	Hearty Beans with Rice	Hearty Beans with Rice	Hearty Beans with Rice	Hearty Beans with Rice	Hearty Beans with Rice	Hearty Beans with Rice	
	Noodles	Roasted Butternut Squash	-----	Wild and Brown Rice Pilaf	-----	Mashed Potatoes	Croutons
	Cauliflower and Carrots	Garden Vegetable Medley	Sliced Zucchini	Green Beans	Spinach	California Mixed Vegetables	-----
	Tossed Greens w/Croutons & French Dressing	Cucumbers & Tomatoes w/ Catalina Dressing	Fresh Vegetable Salad	Potato Salad	Tossed Greens w/Croutons & Italian Dressing	Coleslaw	Fresh Cut Vegetables w/Ranch Dressing
	Blueberry Muffin	Roll	Oatbran Raisin Muffin	Whole Wheat Roll	French Roll	Whole Wheat Roll	Potato Roll
	Sugar Cookie	Key Lime Cheesecake	Yogurt Parfait	Peanut Butter Cookie	Lemon Bar	Rice Krispies Treat	Cinnamon Goldfish Grahams
	Turkey & Cheddar Sandwich on 12- Grain Bread w/Mayo	Egg Salad Sandwich on Multigrain Bun	Chicken Caesar Wrap w/Grapes	Ham Sandwich on Rye Bread w/Mayo	Roast Beef Sandwich on Wheat Bread w/Mayo	Chicken Salad Sandwich on 12- Grain Bread	Caesar Salad w/ Chicken and Creamy Caesar Dressing
	Seasonal Fruit	Pineapple Chunks	Apple Juice	Banana	Strawberry Applesauce	Cranberry Juice	Orange Juice
2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	Skim Milk	

*** Diabetic Dessert**

All rolls except muffins and corn bread come with margarine

Menu
Week 3 of 6 Week Cycle

Meals prepared by:
University of Michigan Health System,
Patient Food & Nutrition Services

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S V	Turkey Gumbo	Cream of Broccoli	Clam Chowder	Cream of Tomato	Chicken Noodle	Garden Vegetable	-----
	Mac and Cheese	Chicken Parmesan w/Penne Pasta	Lasagna	Apple Pork Loin w/Chutney	Beef Chili	Cod Pomodori	-----
	Asian Vegetable Stir Fry	Asian Vegetable Stir Fry	Asian Vegetable Stir Fry	Asian Vegetable Stir Fry	Asian Vegetable Stir Fry	Asian Vegetable Stir Fry	-----
	-----	-----	-----	Apple Bread Dressing	-----	Southwest Rice	-----
	Garden Vegetable Medley	Sliced Yellow Squash	California Mixed Vegetables	Roasted Butternut Squash	Broccoli and Carrots	Green Beans	-----
	Garbanzo Bean and Cucumber Salad	Tossed Greens w/Italian Dressing	Coleslaw	Three Bean Salad	Cucumber Salad	Tossed Greens w/French Dressing	Potato Salad
	Whole Wheat Roll	Sweet Yeast Roll	Whole Wheat Roll	Honey Wheat Roll	Corn Bread	Roll	-----
	Nature Valley Granola Bar	Fig Newton	Chocolate Layer Cake *Baked Custard	Oatmeal Raisin Cookie	Mixed Berry Crisp	Chocolate Chip Cookie	Strawberry Yogurt
	Italian Sandwich ham, turkey, sliced onion, lettuce, sliced tomato, on Ciabata Bread w/mayo	Roast Beef & Swiss Wrap w/Grapes	Turkey Sandwich on 12-Grain Bread w/Mayo	Egg Salad Sandwich on Wheat Bread	Chicken Breast Sandwich w/ Lettuce, Sliced Red Onion on Multigrain Bun w/Mayo	Roast Beef Sandwich on Onion Bun w/Mayo	Ham and Swiss Sandwich on Multigrain Bun w/Lettuce & Mayo
	Apple Juice	Fresh Fruit Cup	Seasonal Apple	Banana	Applesauce	Orange	Cranberry Juice
2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	Skim Milk	

*** Diabetic Dessert**

All rolls except muffins and corn bread come with margarine

Menu
Week 4 of 6 Week Cycle

Meals prepared by:
University of Michigan Health System,
Patient Food & Nutrition Services

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S V	Chicken Noodle	Turkey Gumbo	Cream of Broccoli	Tuscan Vegetable	Cheesy Potato Bisque	Minestrone	-----
	Cheese Ravioli w/Marinara Sauce	Beef Stroganoff w/Noodles	Roast Turkey w/Chicken Gravy	Hamburger on Multigrain Bun	Beef Chop Suey w/Rice	Chicken Primavera	-----
	Gardenburger on Multigrain Bun with Mayo	Gardenburger on Multigrain Bun with Mayo	Gardenburger on Multigrain Bun with Mayo	Gardenburger on Multigrain Bun with Mayo	Gardenburger on Multigrain Bun with Mayo	Gardenburger on Multigrain Bun with Mayo	-----
	-----	-----	Mashed Potatoes	Potato Chips	-----	-----	Pita Bread
	Peas	California Mixed Vegetables	Green Beans	Lettuce, Sliced Tomato, Sliced Red Onion & Mayo	Garden Vegetable Medley	Roasted Brussels Sprouts	-----
	Fresh Cut Vegetables w/Ranch Dressing	Cottage Cheese	Tossed Greens w/Croutons & Italian Dressing	Coleslaw	Cucumber Salad	Fresh Vegetable Salad	-----
	Whole Wheat Roll	Honey Wheat Roll	Wheat Roll	-----	French Roll	Whole Wheat Roll	-----
	Yogurt Parfait	Lemon Bar	Sugar Cookie	Mixed Berry Crisp	Sliced Peaches	Chocolate Pudding *SF Strawberry Jello	Fig Newton
	Roast Beef Sandwich on Wheat Bread w/Mayo	Egg Salad Sandwich on Multigrain Bun	Ham Sandwich on Rye Bread w/Mayo	Chicken Breast Sandwich w/Lettuce, Sliced Red Onion on Multigrain Bun w/Mayo	Tuna Salad Sandwich on Rye Bread	Turkey and LS Swiss Sandwich on 12-Grain Bread w/Mayo	Mediterranean Quinoa Salad
	Pineapple Chunks	Seasonal Fruit	Grape Juice	Golden Delicious Apple	Red Grapes	Orange Juice	Cranberry Juice
2% Milk & Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	Skim Milk	

*** Diabetic Dessert**

All rolls except muffins and corn bread come with margarine

Menu Week 5 of 6 Week Cycle
--

Meals prepared by:
 University of Michigan Health System,
 Patient Food & Nutrition Services

S
V

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Garden Vegetable	Tuscan Vegetable	Chicken Noodle	US Beef Barley	Cream of Tomato	Cream of Broccoli	-----
Beef Taco Pie w/Tomato Slice	Apple Pork Loin w/Chutney	Potato Encrusted Cod	Mac and Cheese	Roast Beef w/US Brown Gravy	Baked Herb Chicken	-----
Penne Pasta with Marinara Sauce	Penne Pasta with Marinara Sauce	Penne Pasta with Marinara Sauce	Penne Pasta with Marinara Sauce	Penne Pasta with Marinara Sauce	Penne Pasta with Marinara Sauce	-----
-----	Apple Bread Dressing	White Rice	-----	Mashed Potatoes	Golden Baked Potato Wedges	-----
Corn	Roasted Butternut Squash	Peas	Zucchini/Yellow Squash & Tomatoes	Glazed Carrots	Green Beans	-----
Extra tomato slices	Tossed Greens w/Ranch Dressing	Cucumbers & Tomatoes w/ Catalina Dressing	Garbanzo Bean and Cucumber Salad	Coleslaw	Tossed Greens w/Italian Dressing	Fresh Cut Vegetables w/ Ranch Dressing
Honey Wheat Roll	Roll	Whole Wheat Roll	Oatbran Raisin Muffin	Sweet Yeast Roll	Whole Wheat Roll	Potato Roll
Sliced Peaches	Rice Krispies Treat	Brownie *Cinnamon Goldfish Grahams	Baked Custard	Fresh Fruit Cup	Oatmeal Raisin Cookie	Blueberry Yogurt
Chicken Salad Sandwich on 12-Grain Bread	Chicken Caesar Wrap w/Grapes	Roast Beef Sandwich on Onion Bun w/Mayo	Tuna Salad Sandwich on Rye Bread	Ham & Swiss Sandwich on Multigrain Bun w/Mayo	Turkey Sandwich on Wheat Bread w/Mayo	Beef and Mushroom Pilaf
Fresh Fruit Cup	Apple Juice	Banana	Orange	Grape Juice	Strawberry Applesauce	Orange Juice
2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	Skim Milk

*** Diabetic Dessert**

All rolls except muffins and corn bread come with margarine

Menu
Week 6 of 6 Week Cycle

Meals prepared by:
University of Michigan Health System,
Patient Food & Nutrition Services

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S V	Chicken Noodle	Minestrone	Turkey Gumbo	Cheesy Potato Bisque	Tuscan Vegetable	Clam Chowder	-----
	Baked Stuffed Chicken	Meatloaf w/ Brown Gravy	Vegetarian Chili	Penne Pasta w/Meat Sauce	Roast Turkey w/ Pineapple Chunks	Yankee Pot Roast	-----
	Broccoli Cheese Casserole	Broccoli Cheese Casserole	Broccoli Cheese Casserole	Broccoli Cheese Casserole	Broccoli Cheese Casserole	Broccoli Cheese Casserole	
	-----	Mashed Potatoes	-----	-----	Sweet Potatoes and Apples	Roasted Butternut Squash	-----
	Peas	Broccoli and Carrots	California Mixed Vegetables	Garden Vegetable Medley	Green Beans	-----	-----
	Tossed Greens w/Croutons and French Dressing	Three Bean Salad	Coleslaw	Cucumber Salad	Tossed Greens w/Italian Dressing	Fresh Cut Vegetables w/ Ranch Dressing	Potato Salad
	French Roll	Whole Wheat Roll	Corn Bread	Honey Wheat Roll	Whole Wheat Roll	Blueberry Muffin	-----
	Apple Crisp	Peanut Butter Cookie	Fig Newton	Rice Krispies Treat	Sugar Cookie	Chocolate Pudding *SF Strawberry Jello	Cinnamon Goldfish Grahams
	Tuna Salad Sandwich on Wheat Bread	Turkey Sandwich on Multigrain Bun w/Mayo	Ham & Swiss Sandwich on Multigrain Bun w/Mayo	Italian Sandwich – ham, turkey, lettuce, sliced onion, sliced tomato on Ciabata Bread w/mayo	Roast Beef & Cheddar Sandwich on Onion Bun w/Mayo	Turkey & LS Swiss Sandwich on Multigrain Bun w/Mayo	Deli Sandwich on Onion Roll
	Green Grapes	Sliced Peaches	Orange	Apple Juice	Banana	Cranberry Juice	Applesauce
2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	2% Milk Skim Milk	Skim Milk	

*** Diabetic Dessert**

All rolls except muffins and corn bread come with margarine