



ANN ARBOR MEALS ON WHEELS MENU



Meals prepared by:
Michigan Medicine
Patient Food & Nutrition Services

Week 1 of 4 Week Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée – Select either Regular or Vegetarian	Chicken Parmesan w/Penne Pasta	Macaroni and Cheese	Stir Fry w/Chicken	Apple Pork Loin w/Chutney	Potato Encrusted Cod	Meat Lasagna	Ham and Swiss Sandwich on Wheat Bun w/Lettuce, Mayo & Mustard
	Asian Vegetable Stir Fry						
Side	_____	_____	White Rice	Apple Bread Dressing	_____	_____	_____
Vegetable	Sliced Yellow Squash	Peas and Carrots	_____	Chopped Spinach	Broccoli and Carrots	Green Beans	_____
Salad	Tossed Greens w/Italian Dressing	Garbanzo Bean and Cucumber Salad	Cucumber Salad	Three Bean Salad	Coleslaw	Tossed Greens w/French Dressing	Fresh Vegetable Salad
Roll/Muffin	Whole Grain Roll w/Margarine	Whole Wheat Roll w/Margarine	Whole Wheat Roll w/Margarine	_____	French Roll w/Margarine	Sister Roll w/Margarine	_____
Fruit/Dessert	Apple Crisp	Fresh Pineapple	Sliced Peaches	Oatmeal Raisin Cookie	Mandarin Oranges	Yogurt Parfait w/Granola	Grapes
Sandwich	Egg Salad & Lettuce Sandwich on Multigrain Bread	Turkey & Lettuce Sandwich on Wheat Bun w/ Mayo	Roast Beef and Swiss Wrap on Regular Tortilla	Tuna Salad & Lettuce Sandwich on Wheat Bun	Ham & Lettuce Sandwich on Wheat Bread w/Mayo and Mustard	Chicken Breast Sandwich on White Bun w/Mayo	_____
Fruit	Strawberry Applesauce	Red Grapes	Seasonal Fruit	Banana	Sliced Pears	Fresh Orange	_____
Veg/Salad	Cucumber & Grape Tomatoes w/Italian Dressing	Celery Sticks & Peanut Butter	Baby Carrots	Lettuce, Sliced Red Onion, Sliced Tomato	Fresh Cut Vegetable w/Ranch	Lettuce, Sliced Red Onion, Sliced Tomato	_____
Milk	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



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Week 2 of 4 Week Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée – Select either Regular or Vegetarian	Baked Stuffed Chicken w/US Chicken Gravy	Meatloaf w/Brown Gravy	Herb Buttered Salmon	Turkey w/US Chicken Gravy	Hamburger Patty	Chicken Primavera	Mediterranean Quinoa Salad (2 Grape Tomatoes & 3 Sliced Cucumbers)
	Gardenburger on Wheat Bun with Mayo						
Side	Unsweetened Applesauce (Bulk)	Mashed Potato	Wild & Brown Rice Pilaf	Mashed Potatoes	_____	_____	Naan Bread
Vegetable	Peas	California Mixed Vegetables	Broccoli	Green Beans	Corn	Brussels Sprouts & Cauliflower	_____
Salad	Fresh Cut Vegetables w/ Ranch Dressing	Tossed Greens w/ Croutons & Italian Dressing	Cucumber Salad	Side Caesar Salad w/Croutons & Caesar Dressing	Lettuce, Sliced Tomato, Sliced Red Onion, Sliced Pickles, Ketchup & Mayo	Fresh Vegetable Salad	_____
Roll/Muffin	Whole Wheat Roll w/Margarine	Whole Grain Roll w/Margarine	Whole Grain Roll w/Margarine	Sister Roll w/Margarine	Wheat Bun	Whole Wheat Roll w/Margarine	_____
Fruit/Dessert	Lemon Bar	Sliced Pears	Sliced Peaches	Yogurt Parfait w/Granola	Cherry Crisp	Grapes	Fresh Orange
Sandwich	Roast Beef, Lettuce & Cheddar Sandwich on Wheat Bread w/Mayo	Chicken Breast Sandwich on Wheat Bun w/Mayo	Egg Salad & Lettuce Sandwich on White Bun	Ham & Lettuce Sandwich on Wheat Bread w/Mayo and Mustard	Greek Chicken Wrap on Regular Tortilla	Turkey & Swiss Sandwich on Multigrain Bread w/Mayo	_____
Fruit	Pineapple Chunks (canned)	Seasonal Fruit	Banana	Golden Delicious Apple	Strawberry Applesauce	Apple Slices (Bagged)	
Veg/Salad	V8 Juice	Lettuce, Sliced Red Onion, Sliced Tomato	Fresh Cut Vegetable w/Ranch	Celery Sticks & Peanut Butter	Garbanzo Bean and Cucumber Salad	Baby Carrots	
Milk	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



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Week 3 of 4 Week Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée – Select either Regular or Vegetarian	Cheese Omelet	Potato Encrusted Cod	Apple Pork Loin w/Chutney	Mac and Cheese	Chicken Parmesan w/Penne Pasta	Roast Beef w/Brown Gravy	Michigan Cherry Chicken Salad w/Balsamic Vinaigrette
	Quinoa Stuffed Pepper						
Side	Tater Tots	Wild & Brown Rice Pilaf	Roasted Butternut Squash		_____	Mashed Potatoes	_____
Vegetable	Chopped Spinach	Green Beans	Peas	Zucchini/Yellow Squash & Tomatoes	Cooked Carrots	California Mixed Vegetable	_____
Salad	Cucumbers & Tomato Wedges w/ Catalina Dressing	Garbanzo Bean and Cucumber Salad	Tossed Greens w/Ranch Dressing	Coleslaw	Side Caesar Salad w/Croutons & Caesar Dressing	Three Bean Salad	
Roll/Muffin	Whole Grain Roll w/Margarine	Whole Wheat Roll w/Margarine	Granola	French Roll w/margarine	Hawaiian Roll w/margarine	Whole Wheat Roll w/Margarine	Potato Roll w/margarine
Fruit/Dessert	Sliced Peaches	Mandarin Oranges	Yogurt Parfait	Sliced Pears	Apple Crisp	Strawberry Cheesecake w/ Fresh Strawberries	Banana
Sandwich	Chicken Salad & Lettuce Sandwich on Multigrain Bread	Roast Beef, Swiss & Lettuce Sandwich on Wheat Bun w/Mayo	Chicken Caesar Wrap on Regular Tortilla	Tuna Salad & Lettuce Sandwich on Wheat Bun	Turkey & Lettuce Sandwich on Wheat Bread w/Mayo	Ham & Swiss Sandwich on Wheat Bun w/Mayo & Mustard	_____
Fruit	Fresh Pineapple	Banana	Grapes	Fresh Orange	Grapes	Unsweetened Applesauce Cup	V-8 Juice
Veg/Salad	Baby Carrots	Celery Sticks & Peanut Butter	Fresh Vegetable Salad	Cucumber Salad	Cucumber & Grape Tomato w/Italian Dressing	Fresh Cut Vegetable w/Ranch	_____
Milk	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



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Week 4 of 4 Week Cycle

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Entrée – Select either Regular or Vegetarian	Beef Brisket Pot Roast	Oriental Chicken	Meatloaf w/Brown Gravy	Beef Mushroom Pilaf	Roast Turkey w/ US Chicken Gravy	Baked Herb Chicken	Chicken Caesar Salad w/Caesar Dressing
	Broccoli Cheese Casserole						
Side	Roasted Butternut Squash	White Rice	Mashed Potatoes	—	Sweet Potatoes and Apples	Wild & Brown Rice Pilaf	Croutons
Vegetable	Cooked Spinach	California Mixed Vegetables	Broccoli and Carrots	Peas and Carrots	Green Beans	Peas	V-8 Juice
Salad	Tossed Greens w/ French Dressing	Coleslaw	Three Bean Salad	Cucumber Salad	Cucumber and Tomato Wedges w/Catalina Dressing	Fresh Cut Vegetables w/ Ranch Dressing	—
Roll/Muffin	Whole Wheat Roll w/Margarine	Hawaiian Roll w/Margarine	Whole Wheat Roll w/Margarine	Whole Grain Roll w/Margarine	Peanut Butter Cookie	Whole Grain Roll w/Margarine	Potato Roll w/Margarine
Fruit/Dessert	Grapes	Unsweetened Applesauce (Bulk)	Yogurt Parfait w/Granola	Mixed Berry Crisp	Pineapple Chunks (Canned)	Mandarin Oranges	—
Sandwich	Tuna Salad & Lettuce Sandwich on Wheat Bun	Turkey & Lettuce Sandwich on Whole Wheat Bread w/Mayo	Chicken Salad on Multigrain Bread	Ham & Swiss Wrap on Regular Tortilla	Roast Beef & Cheddar Sandwich on Whole Wheat Bread w/Mayo	Turkey & Swiss Sandwich on Wheat Bun w/Mayo	—
Fruit	Seasonal Apple	Sliced Peaches	Orange	Sliced Pears	Banana	Grapes	Strawberry Applesauce
Veg/Salad	Cucumber and Grape Tomato w/Italian Dressing	Celery Sticks & Peanut Butter	Lettuce, Sliced Tomato, and Sliced Red Onions	Baby Carrots	Lettuce, Sliced Tomato, and Sliced Red Onions	Fresh Vegetable Salad	—
Milk	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