



UNIVERSITY OF MICHIGAN HEALTH SYSTEM
 PATIENT FOOD AND NUTRITION SERVICES
 PATIENT FOOD SERVICES

Meals on Wheels Menu
 Week 1 of 4 Week Cycle
 FY 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY (Delivered Sat.)
Minestrone Soup	Cream of Tomato	Cream of Vegetable Soup	US Beef Barley Soup	Chili	Garden Vegetable Soup	
Beef Chop Suey	Broccoli Cheese Casserole	Cheese Ravioli w/Marinara Sauce	Tender Roast Beef w/Beef Herbed Au Jus	Baked Herb Chicken	Macaroni & Cheese	Beef & Mushroom Pilaf
White Rice			Whipped Potatoes	Golden Baked Potato Wedges		
Garden Vegetable Medley	Spinach	Broccoli & Carrots	Corn	Green Beans	Broccoli	Cottage Cheese
Tossed Salad w/Croutons & Ranch Dressing	Three Bean Salad	Tossed Salad w/Croutons & Italian Dressing	Coleslaw	Garbanzo Bean and Cucumber Salad	Marinated Vegetable Salad	
Potato Roll w/Margarine	Multi Grain Roll w/Margarine	Garlic Roll w/Margarine	White Roll w/Margarine	Whole Wheat Roll w/Margarine	Whole Wheat Roll w/Margarine	Potato Roll w/Margarine
Chocolate Chip Cookie / Cinnamon Goldfish Grahams*	Grapes	Yellow Cake w/Choc Icing / Sugar Free Choc Chip Cookies*	Fruited Applesauce	Blueberry Cobbler	Cherry Crisp / Angel Food Cake*	Mandarin Orange
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Ham & Cheese Wrap w/Grapes	Roast Beef & Cheddar Cheese Sandwich on Onion Bun w/ Mayo	Turkey Sandwich on Multi-Grain Bun w/Mayo	Tuna Salad Sandwich w/Sliced Tomatoes on Wheat Bread	Swiss Cheese Sandwich on Rye Bread w/Mayo	Turkey Sandwich on Wheat Bread w/Mayo	
	Cucumber Salad		Banana	Seasonal Fresh Fruit	Baby Carrots	
Cranberry Juice (x 2)	Red Delicious Apple	Fruited Applesauce	Orange Juice	Cran-Grape Juice (x 2)	Orange	Apple Juice
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

*Diabetic Dessert



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Meals on Wheels Menu
 Week 2 of 4 Week Cycle
 FY 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY (Delivered Sat.)
Cream of Broccoli Soup	Turkey Gumbo Soup	Tuscan Vegetable Soup	Chicken Noodle Soup	Cream of Tomato Soup	US Beef Barley Soup	
Roast Turkey w/ US Gravy	Potato Encrusted Cod	US Baked Stuffed Chicken Breast w/Gravy	Yankee Pot Roast	Taco Pie w/Tomato Slice	Baked Herb Chix	Ham & Swiss on Kaiser Roll w/Mayo
Yams & Apples	O' Brien Potatoes	Whipped Potatoes	Winter Squash	Corn	Whipped Potatoes	
Peas	Carrots	Broccoli	California Mix Vegetables	Garden Vegetable Medley	Spinach	
Cucumber Salad	Tossed Salad w/Croutons & French Dressing	Tossed Salad w/Italian Dressing	Three Bean Salad	Fresh-cut Vegetables w/Ranch Dressing	Cucumber & Tomato w/Catalina Dressing	Potato Salad
Whole Wheat Roll w/Margarine	Portuguese Roll w/Margarine	Whole Wheat Roll w/Margarine	Rustic French Roll w/Margarine	Whole Wheat Roll w/Margarine	Potato Roll w/Margarine	Lettuce and Sliced Tomato
Peach Slices	Carrot Cake / Angel Food Cake*	Cherry Cheesecake / SF Cheesecake*	Fresh Fruit Cup	Chocolate Pudding / SF Strawberry Jello*	Oatmeal Raisin Cookie / Vanilla Wafers*	Fruited Applesauce
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Roast Beef & Swiss Wrap w/Grapes	Chicken Breast Sandwich w/Lettuce, Sliced Tomato, Sliced Red Onion on Kaiser Roll w/Mayo	Roast Beef & Cheddar Cheese Sandwich on Wheat Bread w/Mayo	Turkey Sandwich on 12 Grain Bread w/Mayo	Tuna Salad Sandwich on Wheat Bread	Egg Salad Sandwich on Multi-Grain Bun	
	Seasonal Fresh Fruit	Banana				
Orange	Cran-Grape Juice	Orange Juice	Cranberry Juice (x 2)	Apple Juice (x 2)	Fresh Fruit Cup	Cran-Grape Juice
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

*Diabetic Dessert



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY (Delivered Sat.)
Cream of Broccoli Soup	Cream of Vegetable Soup	Garden Vegetable Soup	US Beef Barley Soup	Clam Chowder	Minestrone Soup	
Chicken Parmesan with Pasta	Tender Roast Beef w/Beef Herbed Au Jus	Baked Ham w/ Pineapple Ring (x2)	Hamburger on Multi Grain Bun w/Mayo	Spaghetti w/ Meat Sauce	Apple Pork Loin w/Chutney	Chili w/Goldfish Crackers
	Golden Baked Potato Wedges	Yams & Apples	Potato Chips		US Bread Dressing	Shredded Cheddar Cheese
Broccoli	Corn	Green Beans	Carrots and Broccoli	Garden Vegetable Medley	Mashed Winter Squash	
Tossed Salad w/Ranch Dressing	Garbanzo Bean and Cucumber Salad	Coleslaw	Lettuce, Sliced Tomato, Sliced Red Onion	Tossed Salad w/ Croutons & French Dressing	Cottage Cheese	Fresh Cut Vegetable w/Ranch Dressing
Whole Wheat Roll w/Margarine	Whole Wheat Roll w/Margarine	Potato Roll w/Margarine	Cucumber Salad	Garlic Roll w/Margarine	White Roll w/Margarine	Potato Roll w/Margarine
Lemon Squares	Sugar Cookie / Fig Newtons*	Apple Crisp / Lemon Crème Sandwich Cookie*	Cheesecake / SF Cheesecake*	Baked Custard	Yellow Cake w/Chocolate Icing / Cinnamon Goldfish Grahams*	Blueberry Yogurt
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Roast Beef Sandwich on Wheat Bread w/Mayo	Turkey and LS Swiss Cheese Sandwich on 12 Grain Bread w/Mayo	Roast Beef & Swiss Wrap w/Grapes	Ham Sandwich on Rye Bread w/Mayo	Chicken Breast Sandwich w/Lettuce, Sliced Tomato, Sliced Red Onion on Multi-Grain Bun w/Mayo	Tuna Salad Sandwich w/Sliced Tomatoes on Kaiser Roll	
Grapes	Apple Slices		Golden Delicious Apple	Pineapple Rings	Orange	
Apple Juice (x 2)	Banana	Cran-Grape Juice	Orange Juice (x 2)	Cranberry Juice (x 2)	Apple Juice	Orange Juice (x 2)
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

*Diabetic Dessert



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY (Delivered Sat.)
Turkey Gumbo Soup	Garden Vegetable Soup	Minestrone Soup	Chicken Noodle Soup	Navy Bean Soup	Cream of Tomato Soup	
Beef Stroganoff w/ Noodles	BBQ Chicken	Meatloaf w/ US Beef Gravy	Lasagna	Baked Chicken Breast w/ US Chicken Gravy	Potato Encrusted Cod	Deli Sandwich on Onion Roll
Carrots	Baked Potato	O'Brien Potatoes		Whipped Potatoes	White Rice	Strawberry Yogurt
Green Beans	Broccoli	Green Beans	Garden Vegetable Medley	California Mix Vegetables	Spinach	
Tossed Salad w/French Dressing	Fresh Cut Vegetables w/ Ranch Dressing	Cucumber Salad	Tossed Salad w/Italian Dressing	Marinated Vegetable Salad	Coleslaw	Fresh Cut Vegetables w/Ranch Dressing
French Dinner Roll w/Margarine	Whole Wheat Roll w/Margarine	Potato Roll w/Margarine	Garlic Roll w/ Margarine	Whole Wheat Roll w/Margarine	Whole Wheat Roll w/Margarine	
Rice Krispie Treat	Fresh Fruit Cup	Baked Custard	Chocolate Cake w/ Chocolate Icing / Sugar Free Peanut Butter Cookies*	Fresh Fruit Cup	Oatmeal Raisin Cookie	Mandarin Oranges
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk
Ham & Swiss Cheese Sandwich on Multi-Grain Bun w/Mayo	Tuna Salad Sandwich w/Sliced Tomatoes on Rye Bread	Turkey and Cheddar Sandwich on White Bread w/Mayo	Roast Beef Sandwich on Wheat Bread w/ Mayo	Egg Salad Sandwich on White Bread	Chicken Salad Sandwich on Wheat Bread	
					Baby Carrots	
Seasonal Fresh Fruit		Banana	Orange	Banana	Grapes	
Orange Juice (x 2)	Red Delicious Apple	Cran-Grape Juice (x 2)	Apple Juice	Orange Juice	Cranberry Juice (x 2)	Cran-Grape Juice
2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	2% Milk	

*Diabetic Dessert