

# Week 3 Menu

## WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus

March 8, 2026		March 9, 2026		March 10, 2026		March 11, 2026		March 12, 2026		March 13, 2026		March 14, 2026	
Sunday Breakfast		Monday Breakfast		Tuesday Breakfast		Wednesday Breakfast		Thursday Breakfast		Friday Breakfast		Saturday Breakfast	
Choice of Juice		Choice of Juice		Choice of Juice		Choice of Juice		Choice of Juice		Choice of Juice		Choice of Juice	
Scrambled Egg Banana Pancakes	Scrambled Eggs Mild Picante Salsa	Scrambled Egg Oatmeal with Berries Seasoned Hash Browns	Scrambled Egg Oatmeal with Berries Seasoned Hash Browns	Scrambled Egg Oatmeal with Berries Seasoned Hash Browns	Scrambled Egg Oatmeal with Berries Seasoned Hash Browns	Scrambled Egg Oatmeal with Berries Seasoned Hash Browns	Scrambled Egg Oatmeal with Berries Seasoned Hash Browns	Scrambled Eggs Cinnamon French Toast Turkey Sausage Link	Scrambled Eggs Cinnamon French Toast Turkey Sausage Link	Scrambled Eggs Cinnamon French Toast Turkey Sausage Link	Scrambled Eggs Cinnamon French Toast Turkey Sausage Link	Scrambled Eggs w/ Cheese Sweet Potato Hash Blueberry Muffin Banana	Scrambled Eggs w/ Cheese Sweet Potato Hash Blueberry Muffin Banana
Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Milk Coffee	Total Cereal	Total Cereal	Total Cereal	Total Cereal	Milk, Tea Coffee	Milk, Tea Coffee
Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)	Alternate pancakes (2) bacon (2) or sausage (2)
Sunday Lunch		Monday Lunch		Tuesday Lunch		Wednesday Lunch		Thursday Lunch		Friday Lunch		Saturday Lunch	
Baked Ziti w/ Cheese Meat Sauce	Sloppy Joe	Baked Chicken	Baked Chicken	Lasagna Roll-up w/ Marinara	Lasagna Roll-up w/ Marinara	Braised Beef Spanish Style	Braised Beef Spanish Style	Chicken Pot Pie	Chicken Pot Pie	Chicken Pot Pie	Chicken Pot Pie	17 Spice Grill Chicken Honey Mustard Sauce	17 Spice Grill Chicken Honey Mustard Sauce
Fresh Steamed Broccoli Dinner Roll Orange	Garlic Herb Roasted Potatoes Coleslaw	Macaroni and Cheese Sauteed Zucchini	Macaroni and Cheese Sauteed Zucchini	Sheet Pan Ratatouille Dinner Roll	Sheet Pan Ratatouille Dinner Roll	Brown Rice Sauteed Tomatoes with Kale	Brown Rice Sauteed Tomatoes with Kale	Sauteed Zucchini and Squash Pineapple	Sauteed Zucchini and Squash Pineapple	Sauteed Zucchini and Squash Pineapple	Sauteed Zucchini and Squash Pineapple	Maple Mashed Sweet Potatoes Creamed Spinach Dinner Roll Fruit Cup	Maple Mashed Sweet Potatoes Creamed Spinach Dinner Roll Fruit Cup
Angel Food Cake w/ Whip Topping Milk, Tea	Diced Pears Carrot Cake w/ Walnuts Milk, Tea	Red Seedless Grapes Cookie Mousse Milk, Tea	Red Seedless Grapes Cookie Mousse Milk, Tea	Fruit Cup Chocolate Chip Cookie Milk, Tea	Fruit Cup Chocolate Chip Cookie Milk, Tea	Sugar Cookie Milk, Tea	Sugar Cookie Milk, Tea	Banana Parfait Milk, Tea	Banana Parfait Milk, Tea	Banana Parfait Milk, Tea	Banana Parfait Milk, Tea	Chocolate Ice Cream Milk, Tea	Chocolate Ice Cream Milk, Tea
Alternate Hot Turkey Sandwich Tomato Soup	Alternate Grilled Chicken Caesar Wrap Chicken Rice Soup	Alternate Asian Chicken Salad Minestrone Soup	Alternate Asian Chicken Salad Minestrone Soup	Alternate Trio Salad (chicken, egg, tuna) Chicken Noodle Soup	Alternate Trio Salad (chicken, egg, tuna) Chicken Noodle Soup	Turkey & Swiss Sandwich Chunky Potato Soup	Turkey & Swiss Sandwich Chunky Potato Soup	Tuna Salad Sandwich on WW Vegetable Rice Soup	Tuna Salad Sandwich on WW Vegetable Rice Soup	Tuna Salad Sandwich on WW Vegetable Rice Soup	Tuna Salad Sandwich on WW Vegetable Rice Soup	Alternate Almond Chicken Salad Broccoli Cheddar Soup	Alternate Almond Chicken Salad Broccoli Cheddar Soup
Sunday Dinner		Monday Dinner		Tuesday Dinner		Wednesday Dinner		Thursday Dinner		Friday Dinner		Saturday Dinner	
Pork Loin	Chicken Tinga Bowl	Beef Stroganoff	Beef Stroganoff	Teriyaki Chicken	Teriyaki Chicken	Roast Turkey Breast	Roast Turkey Breast	Dijon Herb Crusted Fish	Dijon Herb Crusted Fish	Dijon Herb Crusted Fish	Dijon Herb Crusted Fish	Cheeseburger Lettuce & Tomato	Cheeseburger Lettuce & Tomato
Mashed Potatoes Seasoned Green Beans	Red Seedless Grapes	Egg Noodles Fresh Steamed Broccoli Dinner Roll	Egg Noodles Fresh Steamed Broccoli Dinner Roll	Brown Fried Rice Carrots with Ginger	Brown Fried Rice Carrots with Ginger	Mashed Potatoes Seasoned Green Beans	Mashed Potatoes Seasoned Green Beans	Lemon Orzo Sauteed Vegetable Medley	Lemon Orzo Sauteed Vegetable Medley	Lemon Orzo Sauteed Vegetable Medley	Lemon Orzo Sauteed Vegetable Medley	Garlic Herb Roasted Potatoes Carrot Sticks	Garlic Herb Roasted Potatoes Carrot Sticks
Banana	Brownie	Fruit Cup Vanilla Ice Cream Milk, Tea	Fruit Cup Vanilla Ice Cream Milk, Tea	Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea	Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea	Mandarin Orange Sections Vanilla Ice Cream Cup Milk, Tea	Mandarin Orange Sections Vanilla Ice Cream Cup Milk, Tea	Red Seedless Grapes Brownies	Red Seedless Grapes Brownies	Red Seedless Grapes Brownies	Red Seedless Grapes Brownies	Fruit Cup Oatmeal Raisin Cookie Milk, Tea	Fruit Cup Oatmeal Raisin Cookie Milk, Tea
Sugar Cookie Milk, Tea	Brownie	Fruit Cup Vanilla Ice Cream Milk, Tea	Fruit Cup Vanilla Ice Cream Milk, Tea	Alternate Dijon Roast Beef on WW Chicken Noodle Soup	Alternate Dijon Roast Beef on WW Chicken Noodle Soup	Alternate Santa Fe Turkey Wrap Minestrone Soup	Alternate Santa Fe Turkey Wrap Minestrone Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Turkey Wrap Broccoli Cheddar Soup	Alternate Turkey Wrap Broccoli Cheddar Soup
Alternate Tuna Salad Sandwich on WW Tomato Soup	Alternate Patty Melt Chicken Rice Soup	Alternate Santa Fe Turkey Wrap Minestrone Soup	Alternate Santa Fe Turkey Wrap Minestrone Soup	Alternate Dijon Roast Beef on WW Chicken Noodle Soup	Alternate Dijon Roast Beef on WW Chicken Noodle Soup	Alternate Chef Salad Chunky Potato Soup	Alternate Chef Salad Chunky Potato Soup	Alternate Vegetable Rice Soup	Alternate Vegetable Rice Soup	Alternate Vegetable Rice Soup	Alternate Vegetable Rice Soup	Alternate Milk, Tea	Alternate Milk, Tea

BREAKFAST

LUNCH

DINNER

Name: \_\_\_\_\_  
Room #: \_\_\_\_\_  
Circle Main or Alternate Entree. Please do not write in additional items.  
All therapeutic diets will be modified according to diet restrictions and texture requirements.