

Week 3 Menu

WEEK AT A GLANCE MENU

Providence Everett Medical Center - Pacific Campus (updated 9/30/2022)

	September 17, 2023	September 18, 2023	September 19, 2023	September 20, 2023	September 21, 2023	September 22, 2023	September 23, 2023	
BREAKFAST	Sunday Breakfast Choice of Juice Scrambled Egg Banana Pancakes Turkey Sausage Links Milk Coffee	Monday Breakfast Choice of Juice Scrambled Eggs Mild Picante Salsa Sauteed Breakfast Potatoes Mandarin Orange Sections Milk Coffee	Tuesday Breakfast Choice of Juice Scrambled Egg Oatmeal with Berries Seasoned Hash Browns Applesauce Milk Coffee	Wednesday Breakfast Choice of Juice Potato Vegetable Skillet Mild Picante Salsa Total Cereal Diced Peaches Milk Coffee	Thursday Breakfast Choice of Juice Egg & Cheese Biscuit Sandwich Potatoes O'Brien Mild Picante Salsa Banana Milk Coffee	Friday Breakfast Choice of Juice Scrambled Eggs Cinnamon French Toast Turkey Sausage Link Total Cereal Milk Coffee	Saturday Breakfast Choice of Juice Scrambled Eggs w/ Cheese Sweet Potato Hash Blueberry Muffin Banana 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)
	Sunday Lunch	Monday Lunch	Tuesday Lunch	Wednesday Lunch	Thursday Lunch	Friday Lunch	Saturday Lunch	
LUNCH	Baked Ziti w/ Cheese Meat Sauce Fresh Steamed Broccoli Dinner Roll Orange Angel Food Cake w/ Whip Topping Milk, Tea	Sloppy Joe Garlic Herb Roasted Potatoes Coleslaw Diced Pears Carrot Cake w/ Walnuts Milk, Tea	Baked Chicken Macaroni and Cheese Sauteed Zucchini Red Seedless Grapes Cookie Mousse Milk, Tea	Lasagna Roll-up w/ Marinara Sheet Pan Ratatouille Dinner Roll Fruit Cup Chocolate Chip Cookie Milk, Tea	Braised Beef Spanish Style Brown Rice Sauteed Tomatoes with Kale Red Seedless Grapes Sugar Cookie Milk, Tea	Chicken Pot Pie Sauteed Zucchini and Squash Pineapple Banana Parfait Milk, Tea	17 Spice Grill Chicken Honey Mustard Sauce Maple Mashed Sweet Potatoes Creamed Spinach Dinner Roll Fruit Cup 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 Trio Salad (chicken, egg, tuna) Chicken Noodle Soup	Alternate Turkey & Swiss Sandwich Chunky Potato Soup	Alternate Tuna Salad Sandwich on WW Vegetable Rice Soup	Alternate Almond Chicken Salad Broccoli Cheddar Soup	
	Sunday Dinner	Monday Dinner	Tuesday Dinner	Wednesday Dinner	Thursday Dinner	Friday Dinner	Saturday Dinner	
DINNER	Pork Loin Mashed Potatoes Seasoned Green Beans Banana Sugar Cookie Milk, Tea	Chicken Tinga Bowl Red Seedless Grapes Brownie Milk, Tea	Beef Stroganoff Egg Noodles Fresh Steamed Broccoli Dinner Roll Fruit Cup Vanilla Ice Cream Milk, Tea	Teriyaki Chicken Brown Fried Rice Carrots with Ginger Pineapple Angel Food Cake w/ Whipped Topping Milk, Tea	Roast Turkey Breast Mashed Potatoes Seasoned Green Beans Mandarin Orange Sections Vanilla Ice Cream Cup Milk, Tea	Dijon Herb Crusted Fish Lemon Orzo Sauteed Vegetable Medley Red Seedless Grapes Brownies Milk, Tea	Cheeseburger Lettuce & Tomato Garlic Herb Roasted Potatoes Carrot Sticks Fruit Cup Oatmeal Raisin Cookie Milk, Tea	
	Alternate Tuna Salad Sandwich on WW Tomato Soup	Alternate Patty Melt Chicken Rice Soup	Alternate Santa Fe Turkey Wrap Minestrone Soup	Alternate Dijon Roast Beef on WW Chicken Noodle Soup	Alternate Chef Salad Chunky Potato Soup	Alternate Greek Salad w/ Chicken Vegetable Rice Soup	Alternate Turkey Wrap Broccoli Cheddar Soup	

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.