

# Week 1 Menu

## WEEK AT A GLANCE MENU

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

	September 24, 2023	September 25, 2023	September 26, 2023	September 27, 2023	September 28, 2023	September 29, 2023	September 30, 2023
BREAKFAST	<b>Sunday Breakfast</b> Choice of Juice  Total Cereal  Scrambled Eggs Sauteed Breakfast Potatoes Bacon Banana  Milk Coffee	<b>Monday Breakfast</b> Choice of Juice  Blintzes  Scrambled Eggs  Sausage Link  Milk Coffee	<b>Tuesday Breakfast</b> Choice of Juice  Oatmeal w/ Cran-Orange Compote  Denver Scramble  Potato Hash  Milk Coffee	<b>Wednesday Breakfast</b> Choice of Juice  Egg, Bacon, Cheddar, Sandwich  Breakfast Potatoes Fruit Cup Raisin Bran Cereal Bowl  Milk Coffee	<b>Thursday Breakfast</b> Choice of Juice  Potato Vegetable Skillet  Sausage Link  Banana  Milk Coffee	<b>Friday Breakfast</b> Choice of Juice  Cinnamon French Toast Banana Foster Sauce  Scrambled Eggs Pork Bacon  Milk Coffee	<b>Saturday Breakfast</b> Choice of Juice  Cheesy Scrambled Eggs  Sauteed Breakfast Potatoes Sausage Link  Fruit Cup  Milk Coffee
	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)	<b>Alternate</b> pancakes (2) bacon (2) <i>or</i> sausage (2)
	<b>Sunday Lunch</b>	<b>Monday Lunch</b>	<b>Tuesday Lunch</b>	<b>Wednesday Lunch</b>	<b>Thursday Lunch</b>	<b>Friday Lunch</b>	<b>Saturday Lunch</b>
LUNCH	<b>Beef Pot Roast</b>  Mashed Potatoes  Carrots with Herbs  Cookies Mousse  Milk, Tea	<b>Chicken Breast Marsala</b>  Garlic & Herb Roasted Potatoes Sheet Pan Ratatouille  Orange Creamsicle Gelatin  Milk, Tea	<b>Meatloaf</b>  Mashed Potatoes  Steamed Broccoli  Banana Parfait  Milk, Tea	<b>Roasted Pork Loin</b>  Tomato, Spinach, Brown Rice  Carrots w/ Ginger  Cinnamon Apples  Milk, Tea	<b>Roast Turkey Breast</b>  Mashed Potato w/Gravy Seasoned Green Beans  Brownie  Milk, Tea	<b>Beef Stroganoff</b>  Egg Noodles  Carmelized Carrots  Blueberry Crisp  Milk, Tea	<b>Chicken Pot Pie</b>  Fresh Steamed Broccoli  Brownie & Strawberry Delight  Milk, Tea
	<b>Alternate</b> Chicken Salad on WW Tomato Soup	<b>Alternate</b> PB, Almond, & Apple Wrap Minestrone Soup	<b>Alternate</b> Chef Salad Chicken Rice Soup	<b>Alternate</b> Chicken Caesar Salad Chunky Potato Soup	<b>Alternate</b> BBQ Chicken Salad Broccoli Cheddar Soup	<b>Alternate</b> Greek Salad w/ Chicken Italian Wedding Soup	<b>Alternate</b> Chef Salad Chicken Noodle Soup
	<b>Sunday Dinner</b>	<b>Monday Dinner</b>	<b>Tuesday Dinner</b>	<b>Wednesday Dinner</b>	<b>Thursday Dinner</b>	<b>Friday Dinner</b>	<b>Saturday Dinner</b>
DINNER	<b>Grilled Chicken Breast</b> Seasoned Green Beans Cauliflower Mac & Cheese  Fruit Cup  Angel Food Cake w/ Whip Topping Milk, Tea	<b>Italian Meatballs</b> WW Penne Pasta Vegan Marinara Sauce Dinner Roll Garden Side Salad Pineapple Brownie  Milk, Tea	<b>17 Spice Grill Chicken</b> Honey Mustard Sauce Macaroni & Cheese  Balsamic Brussel Sprouts Red Seedless Grapes Chocolate Chip Cookie  Milk, Tea	<b>Hot Beef Sandwich</b>  Mashed Cauliflower Potatoes  Garden Side Salad Banana Ultimate Double Brownie  Milk, Tea	<b>Chicken Breast Parmesan</b> WW Penne Pasta Dinner Roll Zucchini w/ Tomato  Fruit Cup Sugar Cookie  Milk, Tea	<b>Chicken Tinga Bowl</b>  Pineapple  Orange Creamsicle Gelatin  Milk, Tea	<b>Lasagna Roll Up w/ Marinara</b>  Sheet Pan Ratatouille Dinner Roll Red Seedless Grapes Chocolate Ice Cream  Milk, Tea
	<b>Alternate</b> Turkey & Swiss Sandwich Tomato Soup	<b>Alternate</b> Greek Salad w/ Chicken Minestrone Soup	<b>Alternate</b> Tuna Salad on WW Chicken Rice Soup	<b>Alternate</b> Trio salad (egg, chicken, tuna) Chunky Potato Soup	<b>Alternate</b> Turkey & Swiss Sandwich Broccoli Cheddar Soup	<b>Alternate</b> Tuna Salad Sandwich on WW Italian Wedding Soup	<b>Alternate</b> Chicken Salad on WW Chicken Noodle 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.